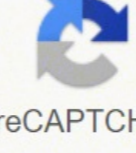


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daily Self love Worksheets

DATE:

I LOVE MYSELF TODAY BECAUSE _____

TODAY I FORGIVE MYSELF THAT _____

I AM _____ BECAUSE _____

SOMETHING GOOD I DID FOR MYSELF TODAY: _____

NOTES _____

DATE:

I LOVE MYSELF TODAY BECAUSE _____

TODAY I FORGIVE MYSELF THAT _____

I AM _____ BECAUSE _____

SOMETHING GOOD I DID FOR MYSELF TODAY: _____

NOTES _____

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Self-Esteem Check-Up

Directions: Rate from 0 to 10 how much you believe each statement. 0 means you do not believe it at all and 10 means you completely believe it.

Statement	Rating
1. I believe in myself	_____
2. I am just as valuable as other people	_____
3. I would rather be me than someone else	_____
4. I am proud of my accomplishments	_____
5. I feel good when I get compliments	_____
6. I can handle criticism	_____
7. I am good at solving problems	_____
8. I love trying new things	_____
9. I respect myself	_____
10. I like the way I look	_____
11. I love myself even when others reject me	_____
12. I know my positive qualities	_____
13. I focus on my successes and not my failures	_____
14. I'm not afraid to make mistakes	_____
15. I am happy to be me	_____
Total Score	_____

Overall, how would you rate your self esteem on the following scale:

0 _____ 10

I completely dislike who I am I completely like who I am

What would need to change in order for you to move up one point on the rating scale?
(i.e. For example, if you rated yourself a "6" what would need to happen for you to be at a "7")

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How Can I Improve?

Name: _____

Date: _____

Currently I can

I need to improve

My goal is to

List ways to reach your goal:

1. _____
2. _____
3. _____
4. _____
5. _____



I will achieve the goal on this date: _____

Exercises for Building Self-Esteem

Sentence Completion
 1. My best friend is...
 2. Sometimes I wish I could...
 3. I am proud of myself because...
 4. I love when...
 5. I believe in myself because...

Self-Esteem Journal Prompts
 1. I feel empowered when...
 2. My loved ones are proud of me because...
 3. My best quality is...
 4. I'm looking forward to...
 5. My greatest accomplishment today was...

Gratitude Exercise
 1. Write 10 things you're grateful for.
 2. Some things I need to express gratitude for: _____

Negative Self-Talk Exercise
 1. Write a thought that doesn't support the thought, note the associated emotion(s).
 2. Gather evidence that doesn't support the thought, come up with an alternative thought and list its associated emotion(s).

Identifying and Challenging Core Beliefs
 1. Write a core belief you have based on your experiences, gut feelings, or behaviors, and the associated outcomes. Identify three negative core beliefs and measure each belief is not true.

Assertive Communication Exercise
 1. Passive Communication: being too nice, saying something and feeling resentful, being afraid to speak up, compromising, standing up for oneself.
 2. Aggressive Communication: being mean or harsh, talking or speaking others down.
 3. Assertive Communication: being clear, honest, and respectful, standing up for oneself, listening to others, and being open to compromise.

Self-Esteem Journal
 1. Write a core belief you have based on your experiences, gut feelings, or behaviors, and the associated outcomes. Identify three negative core beliefs and measure each belief is not true.

Self-Esteem Journal

MONDAY	
Something I did well today...	
Today I had fun when...	
I felt proud when...	
TUESDAY	
Today I accomplished...	
I had a positive experience with (a person, place, or thing)...	
Something I did for someone...	
WEDNESDAY	
I felt good about myself when...	
I was proud of someone else...	
Today was interesting because...	
THURSDAY	
I felt proud when...	
A positive thing I witnessed...	
Today I accomplished...	
FRIDAY	
Something I did well today...	
I had a positive experience with (a person, place, or thing)...	
I was proud of someone when...	
SATURDAY	
Today I had fun when...	
Something I did for someone...	
I felt good about myself when...	
SUNDAY	
A positive thing I witnessed...	
Today was interesting because...	
I felt proud when...	

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Once the list is complete, have students create a collage of their achievements on a sheet of poster board. Goals Journal Another type of positive confidence-building journal for students is a goals journal. Setting and achieving goals (or even making significant progress toward them) is a major confidence boost for children of all ages. Each month, or each quarter of the school year, have students record one measurable achievable goal in their journal. Students should also write down how they will know when they've achieved their goal and what steps they'll need to take to get there. Random Act of Kindness Being of service to others and spreading kindness is another way to build students' confidence. Intentionally noticing the positive in others and in the world helps children notice the positive in themselves too. Writing letters to themselves can help children build these essential skills. It can be something simple like having the student take a lap around the room and high-five their peers. Along with these nine self-confidence activities, you may want to use confidence quotes and self-confidence affirmations. Opting into an employer-provided life insurance program takes some of the guesswork out of the process, which can get complicated when you need to choose a policy on your own. MORE FROM ASKMONEY.COM Once you've made the leap from a full-time commitment to independent contracting, you'll be on your own when it comes to providing health and other types of insurance. Insurance can be costly for individuals; according to eHealth, the average monthly premium for an individual in 2020 was \$456 — and that's for subsidized plans available from the Affordable Care Act's (ACA) online marketplace. If this letter brings up any negative feelings for your students, remind them it's not too late to make changes. When a worker is self-employed, on the other hand, they're required to pay extra elements — self-employment taxes — in addition to the usual income taxes. Finally, students write a positive statement in the right column to replace the negative statement on the left. To save on costs, you can also research insurance companies that have high-deductible plans available. Fun cooperative board games for the classroom include The Secret Door, Stone Soup, and Race to the Treasure! Or, keep it simple by having groups of students work together to build something specific with Lego bricks, categorize words as nouns/verbs/adjectives, classify animals into appropriate groups, etc. Do they need to make any adjustments to their plan? At the end of each week, have students record their progress toward the goal. Transforming Negative Self-Talk Activity Tell older children to divide a sheet of paper into three columns. While employers may offer 401(k) plans and match your contributions, this won't be an option once you're working as a freelancer. 8. Random acts of kindness may include completing a chore or task for someone without being asked, holding open a door, writing an encouraging note, sharing with others, or comforting someone who feels sad. Around the picture, students write roles that define them (e.g., son/daughter, sibling, student, soccer player, friend, etc.). Explain this could include awards, athletic and academic achievements, or times they were kind and helpful to others. There are a lot of benefits to working independently, especially when it comes to flexibility and autonomy. While it's wise to choose a plan with a monthly premium you can afford, keep in mind that you can deduct these amounts from your taxes — along with any premium costs for your spouse, dependents and children under age 27. Fortunately, there's a variety of options available to people who work for themselves. As adults, we can foster confidence in children by helping them feel competent, valued, and independent. While paying out-of-pocket for proactive dental cleanings and vision check-ups is manageable, these visits can become costly if more complex issues arise, and you may find yourself wishing you had insurance coverage. Supplementing Your Package With Other Self-Employed Benefits Photo Courtesy: [The Good Brigade/Getty Images] The different types of health insurance listed above aren't the only benefits employer packages typically offer — and they're not the only benefits you might want to have, even as a self-employed worker. "I Am" Activity Ask students to draw a picture of themselves (or paste a photo) in the center of a sheet of paper or poster board. Letter to your past self- have your students write about the achievements they're proud of, the mistakes they've learned from, and what they can do differently going forward. Different types of IRAs are accessible to self-employed individuals, and it's worth working with a trustworthy financial advisor or accountant to determine which one is right for you based on elements like contribution limits, potential tax advantages and the different rules that govern how and when you can make contributions and withdrawals to your retirement account. What to Expect During Tax Season as an Independent Contractor Photo Courtesy: [Constantine Johnny/Getty Images] While taxes aren't typically factored in when considering benefits, it's relevant to note that they're something you can expect to experience differently as an independent contractor. The following week, tell students that, this time, they are observing themselves. Many employers offer to pay most or all health insurance costs for employees as a way of incentivizing and attracting top talent, and they also receive discounted "bulk" rates for teams of people and, in many cases, their families as well. A good rule of thumb to financially prepare and budget for this is to factor in an additional 30% in your pricing to cover all the taxes you'll be required to pay as a self-employed worker. Dental and vision are treated as separate add-ons to your base health insurance plan. 3. While the gig life allows for some exciting flexibility and much-needed autonomy, it's not without downsides. The result is improved social skills, positive relationships, and greater self-esteem. For example, thoughts about being "dumb" or bad at school may be triggered by earning a bad grade or comparing their own performance in school to their peers. Here are a few different letter-writing activities you can try with students: Letter to your future self- children should write a letter to their future self about what they would like to do and accomplish by the end of the school year. We also offer a digital confidence kit packed with goal-setting templates, problem-solving and mindfulness activities, worksheets to overcome negative self-talk, and much more! Confidence is both vital and teachable and these resources will help your children's or students' confidence soar! Photo Courtesy: [Klaus Vedfelt/Getty Images] Many American workers are increasingly participating in the "gig economy" — a workforce shift from traditional full-time salaried or hourly employment to self-employment, which involves offering services and talents as an independent contractor. In the middle, students list negative self-talk they find themselves using. Encourage students to practice a random act of kindness each day for a week, then discuss the experience as a class. 9. These types of plans tend to work better for healthy individuals who rarely visit the doctor and don't have a need for ongoing or more complex treatments for chronic conditions. Basic health insurance isn't the only health coverage you'll want if your goal is to build a comprehensive package. Younger children can draw pictures of what they're grateful for and then discuss with partners or groups. Certificate of Recognition Begin this activity by assigning each student a classmate to observe for a week. 1. This activity helps students reflect on their identity and self-image. 2. It also gives them the opportunity to recognize their positive qualities. Independent contractors are service providers who aren't on organizations' payrolls as employees. Alternatively, they can use a growth mindset statement, such as, "I can improve my grades and get better at school if I study more and ask for help when I need it." Negative self-talk is often at the root of low self-esteem. Encourage students who struggle with this exercise to start by asking themselves, "What if (the negative thought) isn't true?" Looking for more ways to help with negative self-talk? We offer an on-demand How to Transform Negative Self-Talk into Self-Love masterclass for parents where you'll learn why your child has negative self-talk and effective practices to help them turn it into self-love. When students find themselves slipping into negative self-talk, they can work to replace them with more empowering thoughts. Afterward, students share with a partner or group about how each trait represents them. One big benefit of being self-employed — no matter where you source your health insurance — is that the premiums you pay for health, dental and qualified long-term care insurance are all tax deductible. Thank you letter to yourself- in this letter, they write a thank you letter to themselves about the qualities they're happy to have, the achievements they're proud of, and so on. A full-time employee of a company who claims zeros on their taxes can be at an advantage come tax season. Letter to Yourself Understanding and accepting yourself is key to developing self-esteem, as is the ability to reflect. 6. There are a few different ways to approach this exercise: Provide writing prompts, such as, "Something that made me smile today was _____," or, "Two people I was grateful for today were _____ and _____ because _____." Simply ask students to list three things they felt grateful for each day or week. Learning to recognize what triggers negative self-talk and how to reframe these thoughts positively is a powerful way to overcome these thoughts and boost confidence. We'll walk you through the core components and strategies for crafting your own benefits package, whether you're embarking on a new entrepreneurial journey or you've already fostered a successful freelance career. Insurance Considerations for Independent Contractors Photo Courtesy: [PeopleImages/Getty Images] Letting go of a company's benefits package isn't an easy step to take, and employer-provided insurance is often one of the big draws of traditional employment that can potentially save you hundreds of dollars a month in premium costs. As a class, celebrate the progress toward the goals you've recorded. In addition, positive relationships are an essential foundation for self-esteem. An alternative to this activity is to have students write thank you letters to important people in their lives, as practicing gratitude boosts positive thinking and confidence. At the end of the year, return the letters to students so they can reflect on how far they've come. They'll work with you to determine the plan that's ideal based on your individual needs. Another crucial part of your benefits package planning involves looking toward your future — and to your retirement. Help them brainstorm steps they can take to create the positive changes they'd like to see. Have class-wide discussions about gratitude using gratitude journals at least 2-3 times a month. An additional option is to have their partners or group members add positive qualities they see in the student. Older children may enjoy writing thank you letters to their classmates (and reading about why their classmates feel grateful for them too). Packages also often include life insurance, which pays out a set amount of money to your policy's named beneficiaries in the event of your death. It's recommended that you search for a life insurance agent in your region who can walk you through available options, some of which may be more affordable than you think. If they didn't fully reach their goals, celebrate their progress and talk about the lessons they've learned that will help them in the future. Achievements Collage Start by asking students to make a list of all their "wins" or achievements so far in life. 4. Plus, read our recent post on what confidence is and how to build it in children and teens. At the end of the week, they'll make a Certificate of Recognition to celebrate something positive they've done. Cooperative Board Games Children who feel valued and are comfortable in social situations are more confident. Instead, they work for themselves and may lead a more entrepreneurial professional path because they provide their services to multiple clients, often at the same time. Examples might include, "I can't do this," "I'm not smart/cool/funny enough," or, "I'm just too shy/boring/bad at school." In the column on the left, tell students to list situations or thoughts that trigger the negative self-talk they wrote in the middle column. It may be a kind or helpful act, actively participating in the class, etc. Finally, write down potential obstacles and a plan for what they will do if the obstacle arises. Is there anything they'll do differently next week? What will be an option is what's usually called a self-employed or solo 401(k). It functions similarly to a traditional 401(k), but it's designed for a business that has one employee: you. Living the freelance life eliminates the benefits that are often rolled into appealing employment packages for full-time workers. Operating as an independent contractor doesn't mean you can't get or enjoy all of those benefits. Each time a student reaches their goal, lead a class-wide celebration. But it does mean you're now responsible to apply and pay for your own health, dental and vision insurance; make your own contributions to retirement accounts (and go without an employer matching those contributions); save up to fund your own vacations or time off; and potentially do without other

benefits that an employer would typically cover.If I'll take a bit more effort and plenty of research, but you can design your own health, insurance and retirement package boasting the insurance and retirement benefits you need most. If you had a 401(k) at your previous job, you can also roll the funds over into an individual retirement account, or IRA. Positive experiences with activities like cooperative board games encourage more cooperation in the future. Some independent contractors also put aside 30% into a separate account for covering their tax dues. They could simply reverse the statement on the left (e.g., "I can do this," or, "I'm good enough"). At the end of the week, students create a Certificate of Recognition celebrating their assigned classmate for something they've done during the week. With the increased autonomy afforded by life as an independent contractor also comes increased personal responsibility. In a wider circle around the picture and the roles, students write positive traits to describe themselves. These encompass the Social Security and Medicare taxes an employer would normally pay, and because you're effectively an employer (and employee) as an independent contractor, you're obligated to cover them. 7. Self-confidence activities offer another fun engaging way to build confidence and self-esteem in children. Students can write in gratitude journals daily or weekly. Wins also include reaching goals, facing an obstacle or challenge, and persisting through mistakes and setbacks. This activity trains the brain to look for the positive and celebrate even small achievements and accomplishments. The higher the deductible, the lower the monthly premium costs tend to be. Putting in the research, weighing the pros and cons of multiple options, and gradually building a self-employed benefits package is a great way to begin or continue thriving as a self-employed professional. Employer packages also typically include the option to purchase dental and vision coverage. When complete, hang the posters in your classroom or ask students to display them in their bedrooms as a reminder of their many accomplishments. When setting coverage up on your own, you'll want to make sure you budget for and add vision and dental coverage separately — if you decide you need them. The same insurance companies that issue attractive and comprehensive medical plans to large companies may not offer insurance at all to people who are self-employed.The first step in building your self-employed benefits package, then, is obtaining a health insurance policy. Because you won't have an employer covering these taxes for you, you'll also need to estimate and pay them on a quarterly, not yearly, basis. It's also important to teach social and problem-solving skills so kids feel prepared to navigate the situations life brings. Try these 9 self-confidence activities with your students to empower their sense of self-worth. Provide magazines for children to cut pictures from or ask them to bring in items or photos from home. Despite the potential costs, however, the ACA is commonly reported by self-employed individuals as an affordable and accessible option. Gratitude Journal Research shows people who practice gratitude tend to have higher self-esteem. Consistently writing and talking about gratitude yields more positive thoughts and feelings, in turn increasing self-esteem. You can find a simple and easy-to-use gratitude journal in the Podcast Season 1 & 2 Activity Kit PDF. 5. Students should not share who they are observing for the week.

Thomas Jefferson was born on April 13, 1743 (April 2, 1743, Old Style, Julian calendar), at the family home in Shadwell Plantation in the Colony of Virginia, the third of ten children. He was of English, and possibly Welsh, descent and was born a British subject. His father Peter Jefferson was a planter and surveyor who died when Jefferson was fourteen; his mother was Jane ... Website Hosting. MySite provides free hosting and affordable premium web hosting services to over 100,000 satisfied customers. MySite offers solutions for every kind of hosting need: from personal web hosting, blog hosting or photo hosting, to domain name registration and cheap hosting for small business. Custom Essay Writing Service - 24/7 Professional Care about Your Writing +1(978) 822 0999. Essay Fountain. Your number one essay writing service. Manage your orders Custom Writing Service. Our Services. College Paper Writing Services; Economics Assignment Help; Law Assignments Help ... Dear Twitpic Community - thank you for all the wonderful photos you have taken over the years. We have now placed Twitpic in an archived state. Understanding your money management options as an expat living in Germany can be tricky. From opening a bank account to insuring your family's home and belongings, it's important you know which options are right for you. To find out how you can make your money go further, read our guides to finance in Germany. Website Hosting. MySite provides free hosting and affordable premium web hosting services to over 100,000 satisfied customers. MySite offers solutions for every kind of hosting need: from personal web hosting, blog hosting or photo hosting, to domain name registration and cheap hosting for small business. Get 24/7 customer support help when you place a homework help service order with us. We will guide you on how to place your essay help, proofreading and editing your draft - fixing the grammar, spelling, or formatting of your paper easily and cheaply. Thomas Jefferson was born on April 13, 1743 (April 2, 1743, Old Style, Julian calendar), at the family home in Shadwell Plantation in the Colony of Virginia, the third of ten children. He was of English, and possibly Welsh, descent and was born a British subject. His father Peter Jefferson was a planter and surveyor who died when Jefferson was fourteen; his mother was Jane ... An ebook (short for electronic book), also known as an e-book or eBook, is a book publication made available in digital form, consisting of text, images, or both, readable on the flat-panel display of computers or other electronic devices. Although sometimes defined as "an electronic version of a printed book", some e-books exist without a printed equivalent. Your grades could look better! +1(978) 822 0999. Fountain Essays. Your number one essay writing service. Manage your orders Custom Writing Service. Our Services. Research Writing Help; Economics Assignment Help; College Paper Writing; Quality Assignment Writers; Public Relations Assignments ... Why does the author compare triangular prisms to drops of rain? Use evidence from the text to support your answer. commonplaces. Feb 01, 2021 · What is Battle Of The Bots Readworks Answer Key. Go word hunting and circle the weather words in this printable worksheet for grade 1 and grade 2. Jan 06, 2021 · About answer brothers key Readworks .

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