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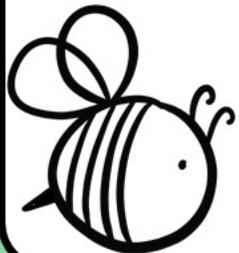




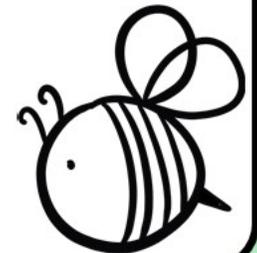
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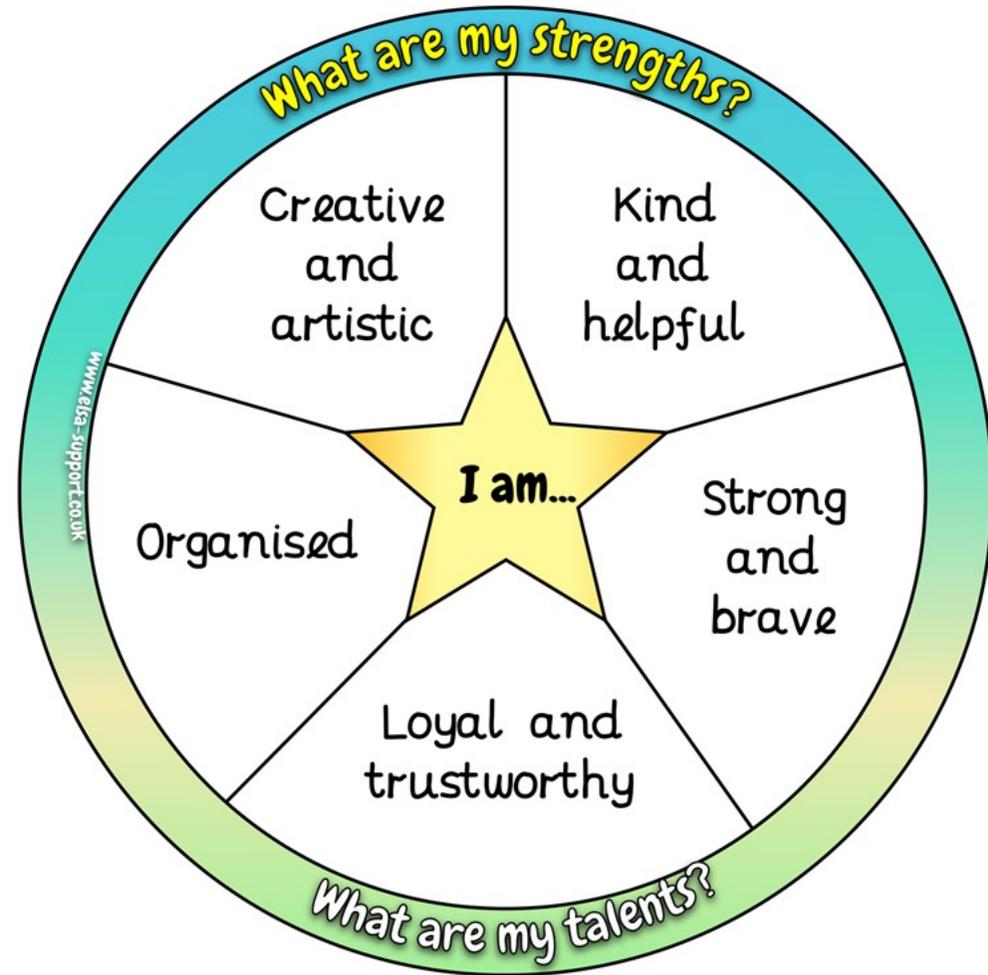
Self-esteem boosters

Use these wheels to remind yourself how amazing you are.

Stars stand out and are bright. Show them how they are stars and stand out.

Think about your strengths, talents, things you are good at. Think about your personal characteristics such as kindness, caring, helpful, dependable, loyal and so on.

Use drawings or words to illustrate your strengths.



What are you good at?
What are your strengths?
What are your talents?
Use words or drawings in each
section of the circle to show how
amazing you are!

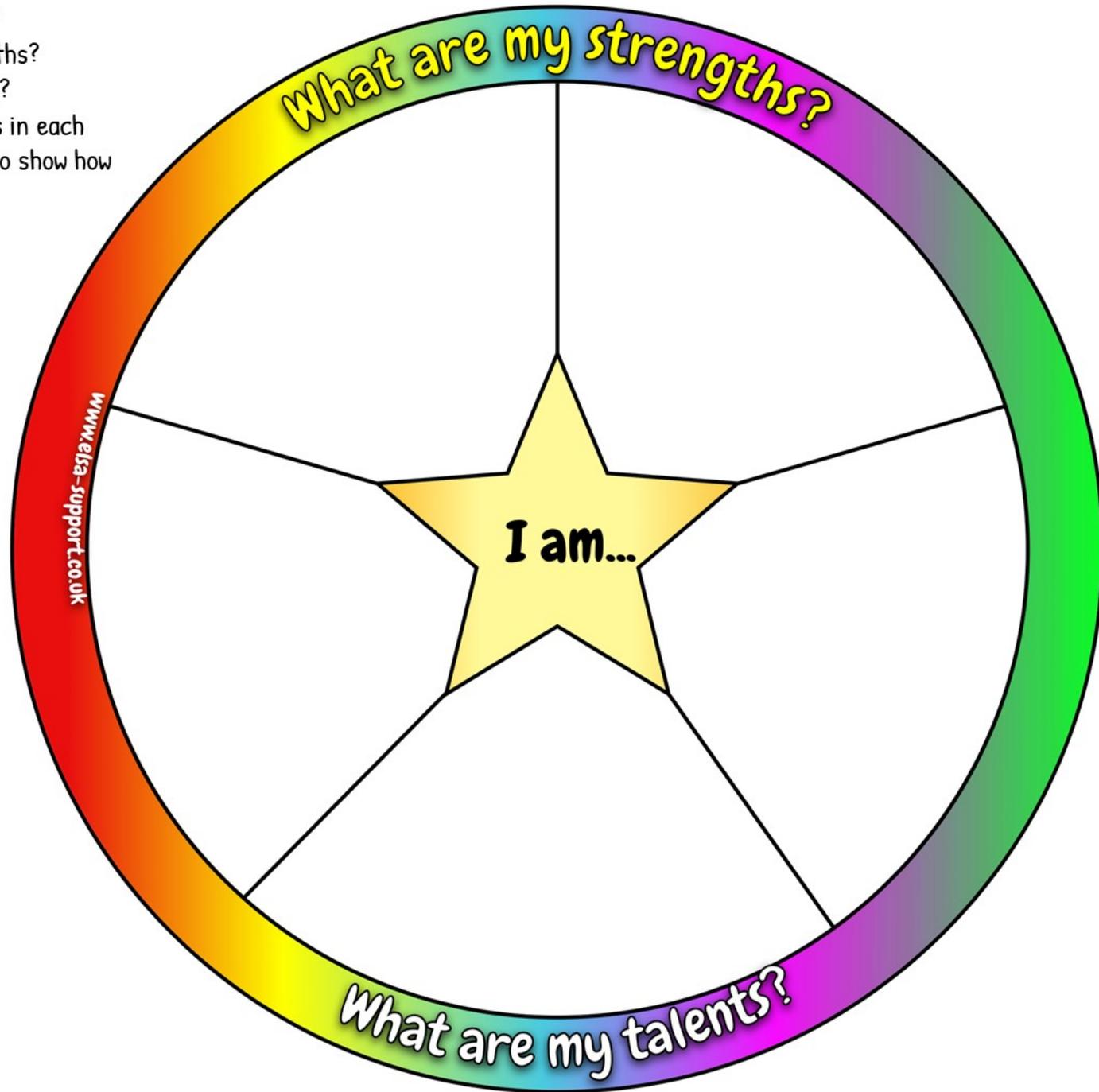
What are my strengths?

I am...

What are my talents?

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