Positive affirmations are self-esteem boosters!

The person I look up to the most is ______________________
________________________
________________________
________________________
________________________

The one person that always makes me feel good about myself is
________________________
________________________
________________________
________________________
________________________

I have a natural talent for
________________________
________________________
________________________
________________________
________________________

People say I am a good
________________________
________________________
________________________
________________________
________________________

The color ______________________
________________________
______ looks great on me!

I know that I have been successful in life because I have _________________
________________________
________________________
________________________
________________________

The two best things I do are
________________________
________________________
________________________
________________________
________________________

People compliment me about ______________________
________________________
________________________
________________________
________________________

be proud of who you are!
Walking - a Healthy Exercise

Did you know walking is one of the most popular forms of physical activity? If done on a regular basis, walking can help you to lose weight, and relax you as well. Another advantage of walking is that it can be done anywhere, anytime and it is free! You already know how to do it and it can be done by almost anyone. Body posture is important in making your walking as efficient as possible. Keep these pointers in mind when walking:

• Hold your head erect.
• Keep your back straight.
• Point your toes straight ahead.
• Keep your abdomen flat.
• Swing your arms loosely at your sides.
• Land on your heel and roll off the ball of your foot.
• Wear shoes that are cushioned and provide support.
• If you become short of breath, you are walking too fast.
• Do not compete with others – you are not in a race.
• Make your walk a pleasant experience.

positive affirmations are self-esteem boosters!

I like myself because

_________________________  __________________
_________________________  __________________
_________________________  __________________
_________________________  __________________
_________________________  __________________
_________________________  __________________

I do

_________________________  __________________
_________________________  __________________
_________________________  __________________
_________________________  __________________
_________________________  __________________
_________________________  __________________

very well.
positive affirmations are self-esteem boosters!

I feel good about  ________________________________________________________________
I am most happy when  _____________________________________________________________

My favorite place is  ________________________________________________________________

I have been told that I have pretty  __________________________________________________

I consider myself a good  ____________________________________________________________

My friends respect me because I always  ________________________________________________

My goals for the future are  __________________________________________________________

_______________ loves me!

I like the way I feel about myself when I  _____________________________________________

I have a good sense of  ________________________________________________________________

What’s the Weather?


BLIZZARD  SLEET
CLOUDY  SNOW
COLD  SPRING
HAIL  STORM
HOT  SUNNY
FLURRIES  THERMOMETER
FOG  THUNDER
FRONT  WARM
LIGHTNING  WIND
RAIN  SHOWER
Blast from the Past

positive affirmations are self-esteem boosters!

What I really enjoy most is ____________________________

Name That Tune!

positive affirmations are self-esteem boosters!

I look good when ____________________________

Name That Tune!

blueberry hill
bye bye love
fever
heartbreak hotel
honky tonk
hound dog
kansas city
lonely teardrops
mack the knife
maybellene
misty
only you
peggy sue
shout
sixteen tons
suzie q
tutti frutti

name that tune!