

Respect

TRUST

Affec-

Athleticism

Good style

Honesty

Compromise

Fair

Confidence

**Creativity**

Romance

GOOD LOOKS

Intelligence

# Recipe for Self-Esteem!

*Write in qualities about yourself that you love, value, and respect!*

- \* 4 cups: \_\_\_\_\_
- \* 3 cups: \_\_\_\_\_
- \* 2 cups: \_\_\_\_\_
- \* 1 cup: \_\_\_\_\_
- \* 1 cup: \_\_\_\_\_
- \* 1/2 cup: \_\_\_\_\_
- \* 1/4 cup: \_\_\_\_\_
- \* 3 tablespoons: \_\_\_\_\_
- \* 2 teaspoons: \_\_\_\_\_
- \* A pinch of: \_\_\_\_\_
- \* Add \_\_\_\_\_, \_\_\_\_\_  
& \_\_\_\_\_ to taste and stir well.
- \* Top with: \_\_\_\_\_ and serve!

ADVENTURE

Safety

Support

Patience

Charm

Open communication

Kindness

Good lis-

Curiosity

Talent

Musicality

Chivalry

Money

Inner Beauty