



5 Day Self-esteem Challenge

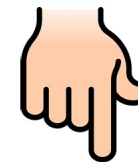
#elsafreefriday

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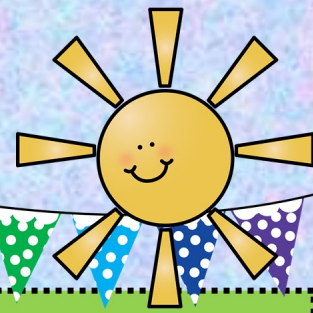
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5 DAY ELSA SUPPORT SELF ESTEEM CHALLENGE



Drawing or writing task –

Draw a picture of you then name 5 things you like about you

Talking or doing task –

Tell someone about one of the things you like about yourself

Day 1

Drawing or writing task –

What makes you feel happy?

Talking or doing task –

Do something today that makes you feel happy

Day 2

Drawing or writing task –

What are you grateful for?

Talking or doing task –

Do something nice for someone today

Day 3

Drawing or writing task –

What are your strengths or talents?

Talking or doing task –

Give someone a compliment

Day 4

Drawing or writing task –

If you could have one wish, what would it be?

Talking or doing task –

Try something new today – a food, a drink, a game or a sport?

Day 5



Day 1



This is me



Things I like
about me



1.

2.

3.

4.

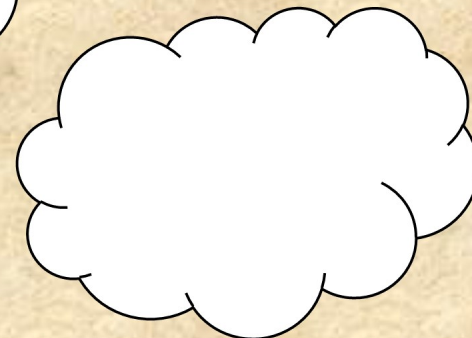
5.

These things make
me feel happy



Day 2

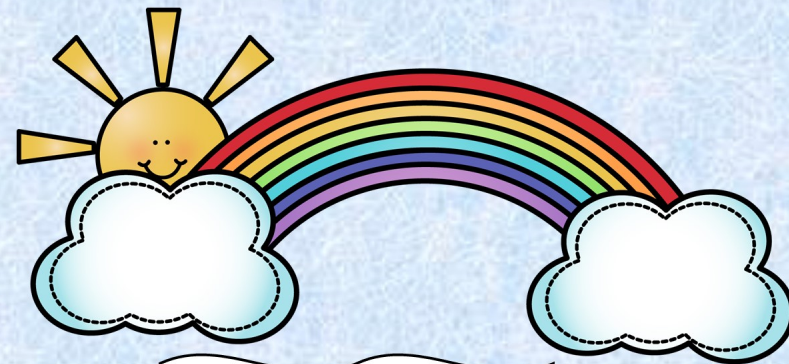
These things make
me feel happy



I am grateful for
these things...



Day 3



I am grateful for
these things...



Day 4

These are my
strengths and talents



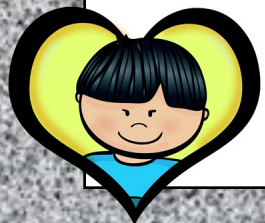
1.

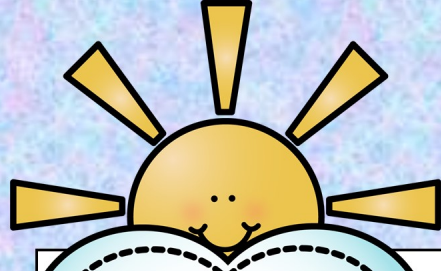
2.

3.

4.

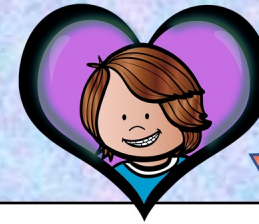
5.





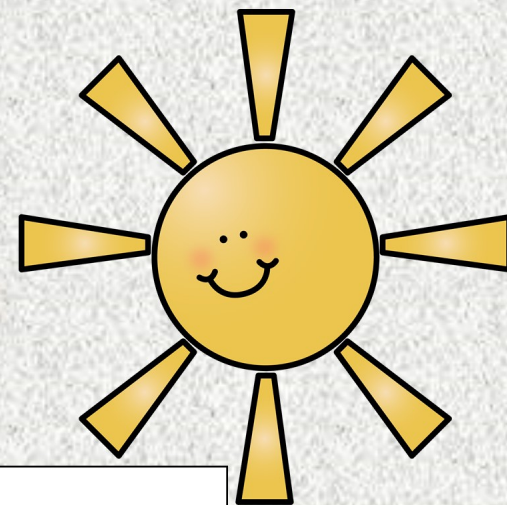
This is
what I wish
for...

Day 5

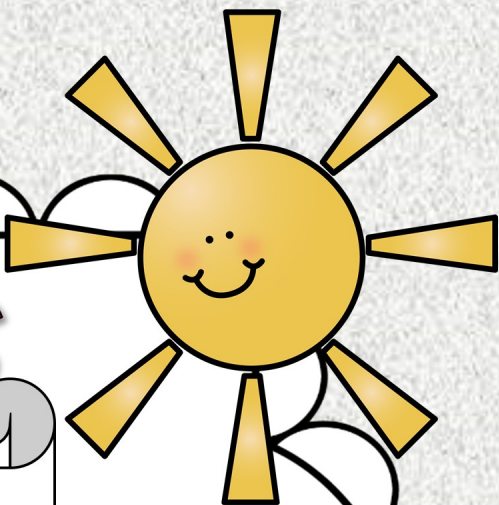




Did I do it?



Challenge	Yes or No
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



CONGRATULATIONS



ON COMPLETING THE ELSA SUPPORT
SELF-ESTEEM CHALLENGE

Signed: _____

Date: _____

