



*Hello Teens and Parents. We all know how important the academic report card is, right? You have to get good grades to go to a good college, get a great job, make a lot of money and hopefully be happy. Why don't we put that much stock in the Self-Esteem Report Card? If you feel good about yourself, you make good decisions, create your life the way you want it, make a difference In the world, and be happy.*

*Both are equally important, so keep this report card and rate where your self-esteem is every quarter. Try to make good grades on your self-esteem report card just like you do on your school report card.*

## **SELF-ESTEEM REPORT CARD**

*How good do you feel about yourself?*

	Unsatisfactory	Satisfactory	Excellent
<i>Is confident without being cocky</i>			
<i>Treats others nicely</i>			
<i>Makes good decisions</i>			
<i>Takes pride in herself</i>			
<i>Has a positive attitude</i>			
<i>Doesn't focus on what others think</i>			
<i>Is honest</i>			
<i>Finishes what she starts</i>			
<i>Respects her body with a healthy diet</i>			
<i>Chooses kind and supportive friends</i>			
<i>Doesn't blame others</i>			
<i>Knows she's special</i>			

Signature \_\_\_\_\_ Date \_\_\_\_\_