

# WORKSHEET LESSON #57

*Working on your Self- Esteem*

NAME

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DATE

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**MODULE 9**

**4 STAGES OF GREATNESS**

**List 3 action steps you can take more action towards your goals starting today?**

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**Take time each day to ask yourself "Who am I?" and record your reflections in a journal.**

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**How much of your time is spent dwelling on the past or worrying about the future? How can you shift your focus to living in the present moment?**

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