

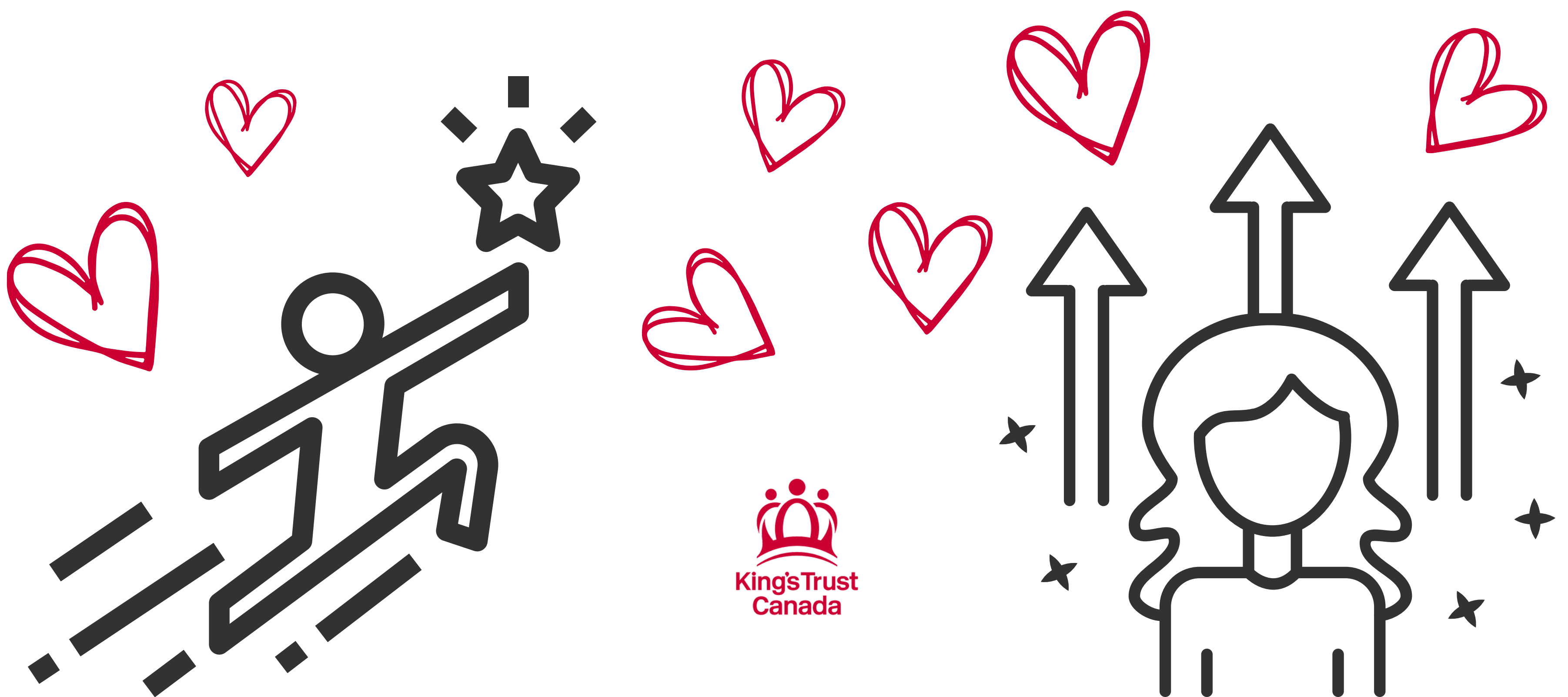
SELF-DISCOVERY & SELF-ESTEEM ACTIVITY



When you're a young professional, having a strong sense of self-esteem is like having a superpower! It boosts your confidence, making you look like a great hire to prospective interviewers, and it improves your ability to trust yourself and make good decisions in the workplace, making you a colleague people can rely on.



Valentine's day is all about love, so The King's Trust Canada is asking you to give yourself a gift with our Self-Discovery and Self-Esteem Activity. Discover the amazing qualities and skills you already possess and let cupid's arrow reveal your own awesomeness to you!



How would your best friend describe you in three words? 🤔

Grey rectangular response area for the first question.

What three qualities would you choose to describe yourself to an employer? 📁

Grey rectangular response area for the second question.

What's a hobby or talent you have that makes you feel awesome? ✨

Grey rectangular response area for the third question.



Share a moment when you felt proud of yourself.

What did you do? 🌈

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If you had a superpower, what would it be and why? 💪

Grey rectangular area for writing the answer to the second question.

What's something you're good at that not everyone knows about? 🤔

Grey rectangular area for writing the answer to the third question.



Write down three positive things about yourself that you believe in right now. ✨

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Who's your role model, and what qualities do you admire in them? 🌟

Blank grey area for writing.



What are you too hard on yourself about, but you are actually pretty good at? 🤔

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Describe something that you feel confident doing and why does it make you feel confident? 🚀

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What's a unique quality you have that sets you apart from others? ✨

Blank grey area for writing the answer to the first question.

Write yourself a little love note telling yourself why you are 100% awesome, because you are! 💌

Blank grey area for writing the answer to the second question.



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