## Self-Esteem Exercise

The women who became Rosie the Riveters believed in their talents and abilities. They had to have confidence and know who they were to get the job done. Studies show that girls who take the time to get to know themselves feel more confident and have more emotional resilience when life gets a bit sticky. Just like Rosie!

Circle the words you would use to describe yourself. In the grid below, write 3-6 more words you would use to describe yourself. Have fun and feel free to choose whatever words you would like. The only catch: You may not ask anyone if you "should" circle a word; if you decide it describes you, then circle it. Do not worry if others would agree.

## I AM:

PASSIONATE	DELIGHTFUL	CRAZY
A VOICE	A LEADER	ENOUGH
TENACIOUS	IMPULSIVE	ADVENTUROUS
A WRITER	ROUGH	STUBBORN
A SINGER	GENTLE	PEACEFUL
SHY	EMOTIONAL	FUNNY
LOUD	A FRIEND	STRONG
A DANCER	SMART	UNDERSTANDING
AN ATHLETE	WISE	A DAUGHTER
A SPEAKER	LEARNING	QUIET