
Valuing Yourself

Self-acceptance is a specific stage in self-discovery that occurs whenever students are willing to look at themselves objectively (with the help of an adult). When they do, they will realize that their strengths far outweigh their weaknesses. Ask your mentee to reflect on these questions and try to answer them honestly. This exercise can give you the opportunity to validate your mentee's positive self-perception.

What three things do I like about myself?

- 1 _____
- 2 _____
- 3 _____

What are my strengths?

- 1 _____
- 2 _____
- 3 _____

What activities can make me a better and stronger person?

- 1 _____
- 2 _____
- 3 _____