

PERSONAL POWER

TAKE ACTION: DESIGN A T-SHIRT

Directions: Think about some of your qualities that make you unique or personal characteristics that you like about yourself. For example, what are some of your talents? What do others say they like about you? Now what would that look like if you put it on a t-shirt? Refer to your Self-Esteem Worksheet for ideas. Examples: “It’s what’s on the inside that counts,” “Genius,” “2 Cute,” “#BFF.”



