

Self-Esteem Builder Spin Wheel

This spin wheel is designed to help you think about and understand how you are feeling today. There are only positive comments written on this spin wheel to help you think positively about your feelings.

The self-esteem builder can be used whenever you want. Some people will prefer to use it first thing in the morning to help them start their day positively. Others will want to use it at night to help them think back over their day.

Once you have spun the wheel, read the section and try to put the word into a sentence about your day.

For example, 'I feel calm because I am organised. I have my bag ready for the day and I have done my homework.'

There is a slip below where you can write down your sentence. You could put that slip into a favourite keepsake box and look back on it whenever you have a difficult day. The reason for writing the sentence down is to help you reinforce the message and continue to feel positive for the rest of the day. The sentence will help you to feel more confident in yourself and build your self-esteem.

My positive affirmation is:



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