

Promise to Esteem Myself

Because I value myself, I make this promise
to myself:

To say what I think

To express my feelings and wishes

To expect to be treated with respect

To live my life without being bullied or
manipulated

To be myself

To stick up for my rights

To respect the rights of others

To discover and use my talents and abilities

To choose how I respond to other people

Signed _____

This _____ day of _____, _____

