

# **Breaking Down Barriers to Self-Esteem**

Fill your name in on the arm. The stake represents ways to break through self-barriers. In the bricks, fill in ways that you limit yourself. In the center triangle, fill in something you long to be but find difficult to accomplish. In the falling bricks, fill in qualities of yourself that offer you freedom and enjoyment in life. For the remaining falling bricks, fill in things you can do to accomplish the goal in the triangle. Color your picture with colors that match the feelings.

