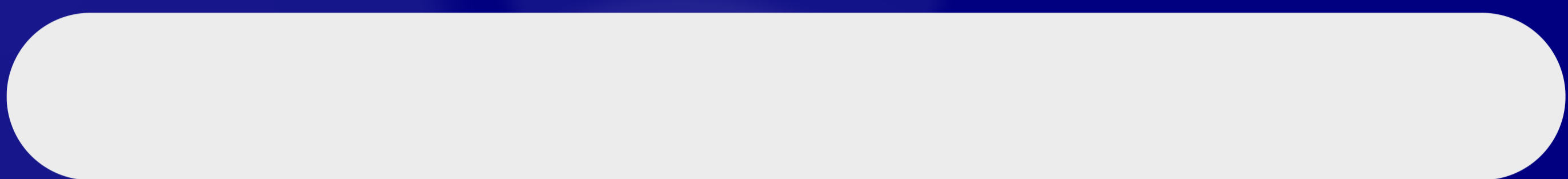


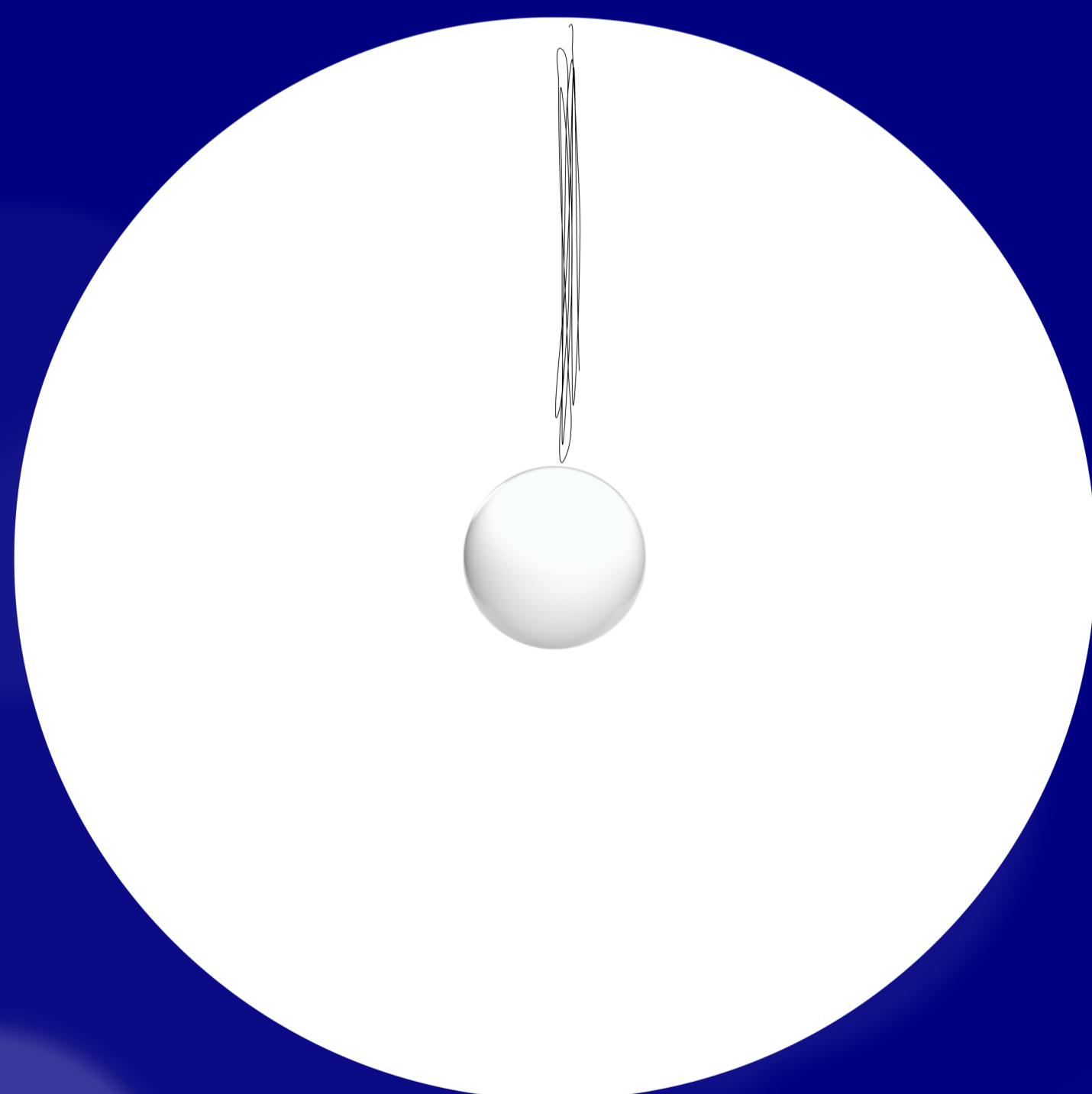
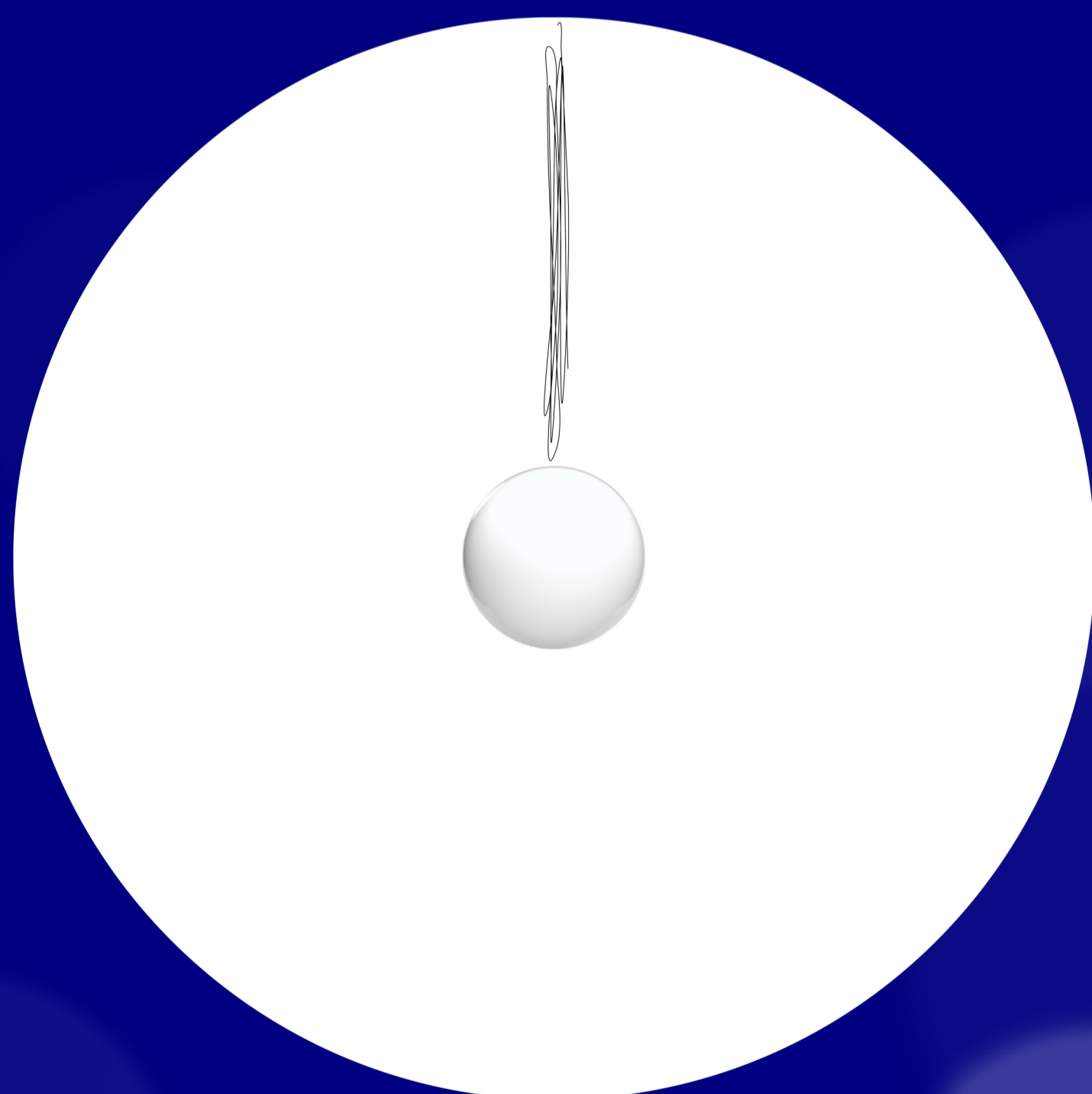
When they're not going well, which areas of my life really get to me & affect how I judge myself as a person?



How would I rank them in order of importance? What percentage of my worth would I estimate each one is responsible for at the moment?



We can use our percentages to complete the pie chart on the left (to represent how our self-esteem looks currently). We can then sketch what we'd like it to look like on the right:



By reviewing the pie charts occasionally, we can track our progress towards the self-esteem we would like.