

**How To Create Your List**

1. Under “Mental/Physical Assets”, write a list of your talents, accomplishments, and abilities: good cook, fast typer, avid reader, snappy dresser, good taste in music, good at puzzles, active, fancy car, organized, goal setter, etc.
2. Under “Spiritual Assets”, make a list of how you make the world better for others: strong family ties, good listener, good friend, volunteer, help strangers, grateful, spread hope, loyal, humble, devout, forgiving, open-minded, etc.
3. Review your Positive Assets list each night before bed and again in the morning. Update it every few months.

**Mental/Physical Assets**

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**Spiritual Assets**

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For more information on how to use the Positive Assets List to boost your Self-Esteem, download the free “7 Effective Techniques For Reducing Anxiety” eGuide at [www.AnxietySupportNow.com](http://www.AnxietySupportNow.com).