

Adventures in Self-Esteem™

PRESENTS

The Me, Myself & I Method™ for Building Soaring Self-Esteem



Self-Esteem

Self-esteem grows from the inside out when Me, Myself, and I work together as a team.

Meet Your Internal Self-Esteem Team

Me

I honor me and embrace my uniqueness and the uniqueness of others.



Myself

What I say to myself is more powerful than what anyone else says to me.



I

I Am Affirmations shape how I see myself and how I feel.



Self-esteem is a skill that can be developed!

Since 2012, Adventures in Wisdom has brought life coaching and mindset skills training to children in over 30 countries. Our Certified WISDOM Coaches have helped children build the mindset and the skill set for self-esteem, confidence, resilience, self-leadership, and achievement so that they can be confident prepared to thrive in life using our story-based coaching curriculum.

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