

Self-Esteem

Build a kinder inner voice and a steadier sense of self-worth.

Self-esteem is not about being perfect—it is about learning to view yourself with more honesty, compassion, and balance. Use this worksheet to notice the stories you tell yourself and begin shifting them.

Notice the inner critic

What are the self-critical thoughts that show up most often?

Challenge the story

What evidence supports this thought?

What evidence does not support it?

What is a more realistic thought?

Strengths and qualities

List 5 strengths, qualities, or values you bring to the table:

Build self-respect

■ Keep one promise to yourself this week.

- Talk to yourself the way you would talk to someone you care about.
- Spend time with people who are respectful and encouraging.
- Stop comparing your behind-the-scenes to someone else's highlight reel.

One thing I want to practice this week

I will build my self-esteem by:

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.