

# Self-Esteem Activity Worksheets



## Printable Self Esteem Worksheets PDF Handouts and Activities for Adults by Ryan Zofay

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### Table of Contents

Self-Esteem Activity Worksheet 1: Positive Affirmations .....	3
Self-Esteem Activity Worksheet 2: Gratitude Journal .....	4
Self-Esteem Activity Worksheet 3: Self-Compassion Exercise.....	5
Building Self-Esteem Worksheet 1: Identifying Strengths and Weaknesses .....	6
Building Self-Esteem Worksheet 2: Positive Affirmations Journal .....	7
Building Self-Esteem Worksheet 3: Goal Setting and Visualization .....	8
Cognitive Behavioral Therapy (CBT) Worksheet 1: Identifying Negative Thoughts .....	9
Cognitive Behavioral Therapy (CBT) Worksheet 2: Challenging Core Beliefs.....	10
Self-Esteem Art Therapy Worksheet 1: Self-Portrait.....	11
Self-Esteem Art Therapy Worksheet 2: Mandala Art.....	12
Self-Esteem Art Therapy Worksheet 3: Collage .....	13
Self-Esteem Worksheet 1: Identifying Negative Self-Talk.....	14
Self-Esteem Worksheet 2: Self-Compassion Exercise.....	15
Self-Esteem Worksheet 3: Goal Setting and Visualization .....	16
10 Days to Self-esteem Worksheets. Day 1: Self-Awareness and Self-compassion.....	17
Day 2: Challenge Negative Self-Talk .....	18
Day 3: Challenge self-limiting beliefs .....	19
6 Pillars of Self-esteem Worksheets. Pillar 1: Positive Self-Talk.....	20
Pillar 2: Self-Care .....	21
Pillar 3: Positive Relationships.....	22
Pillar 4: Personal Growth.....	23
Pillar 5: Healthy Lifestyle Worksheet .....	24
Pillar 6: Spiritual Well-being.....	25
Body Image and Self-Esteem Worksheet 1: Body Positive Affirmations.....	26

Body Image and Self-Esteem Worksheet 2: Self-Compassion Practice ..... 27

Body Image Self-Esteem Worksheet 3: Healthy Habits Journal ..... 28

Boosting Self-Esteem Worksheet 1: Identifying Strengths and Weaknesses ..... 29

Boosting Self-Esteem Worksheet 2: Positive Affirmations Journal ..... 30

Boosting Self-Esteem Worksheet 3: Goal Setting and Visualization ..... 31

Building Confidence and Self-Esteem Worksheet 1: Self-Compassion Exercise ..... 32

Building Confidence and Self-Esteem Worksheet 2: Positive Affirmations Journal ..... 33

Building Confidence and Self-Esteem Worksheet 3: Goal Setting and Visualization ..... 34

DBT Self-Esteem Worksheet 1: Mindfulness of Self ..... 35

DBT Self-Esteem Worksheet 2: Distress Tolerance Skills ..... 36

Mindfulness and Self-Esteem Practicum: Worksheet 1 ..... 37

Mindfulness and Self-Esteem Practicum: Worksheet 2: Self-Compassion Journal ..... 38

Mindfulness and Self-Esteem Practicum: Worksheet 3: Gratitude Journal ..... 39

Self-Esteem Awareness Journal ..... 40

Positive Self-Talk Worksheet ..... 41

Adaptive Thinking Exercise Worksheet ..... 42

Compassionate Self-Care Plan for Adults ..... 43

Assertiveness Training Worksheets for Adults ..... 44

Values and Goals Worksheet for Adults ..... 45

Gratitude Enhancement Worksheet ..... 46

Self-Worth Exploration Sheet ..... 47

Empathy and Compassion Exercises ..... 48

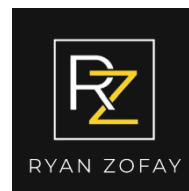
Social Self-Esteem Building Worksheet ..... 49

Resilience and Perseverance Worksheet for Adults ..... 50

Goal Setting for Self-Esteem Worksheet for Adults ..... 51

Personal Strengths Identification Worksheet for Adults ..... 52

# Self-Esteem Activity Worksheet 1: Positive Affirmations



**Purpose:** To challenge negative self-talk and replace it with positive affirmations.

## Self-Esteem Worksheet Instructions:

1. **Identify Negative Thoughts:** Write down any negative thoughts or self-criticisms that come to mind.
2. **Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
3. **Replace with Positive Affirmations:** For each negative thought, write a positive affirmation that challenges it.
4. **Practice Daily:** Repeat your positive affirmations daily, visualizing yourself embodying these beliefs.

## Self-esteem Worksheet Advice:

- “Positive affirmations can be a powerful tool for boosting self-esteem. However, being sincere and specific is important when creating your affirmations. Avoid generic statements and focus on positive qualities that you genuinely possess.”

Negative Thought	Challenge	Positive Affirmation

Apply these powerful boosting self-esteem worksheets as part of [confidence building exercises](#).

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# Self-Esteem Activity Worksheet 2: Gratitude Journal



**Purpose:** To cultivate a positive mindset and appreciate the good in your life.

## Self-Esteem Worksheet Instructions:

1. **Get a Gratitude Journal:** Find a notebook or journal to dedicate to your gratitude practice.
2. **Daily Gratitude:** Write down at least three things you're grateful for daily.
3. **Be Specific:** The more specific you are, the more influential the gratitude will be.
4. **Express Gratitude to Others:** Let people know you appreciate them. A simple "thank you" can go a long way.

**Advice from a Personal Development Expert:** "Gratitude journaling is a powerful tool for shifting your focus from negativity to positivity. When you focus on the good things in your life, you'll naturally feel more positive and confident."

Things I'm Grateful For

Self-esteem building worksheets work perfectly in tandem with [positive daily affirmations for women](#) or [positive daily affirmations for work](#). Begin practicing with your self-esteem worksheets adults activities and exercise to boost self-worth.

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# Self-Esteem Activity Worksheet 3: Self-Compassion Exercise



**Purpose:** To practice self-compassion and reduce self-criticism.

## Self-Esteem Worksheet Instructions:

1. **Identify a Challenging Situation:** Consider a recent difficult or stressful situation.
2. **Self-Critical Thoughts:** Write down any negative thoughts or self-criticism you had about yourself during the situation.
3. **Self-Compassionate Response:** Write a compassionate response to yourself, acknowledging your feelings and offering support.

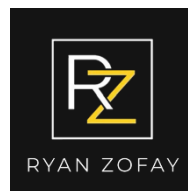
## Advice from a Personal Development Expert:

- Self-compassion is essential for building self-esteem. You can overcome self-doubt and negative self-talk by treating yourself with kindness and understanding.

Challenging Situation	Self-Critical Thoughts	Self-Compassionate Response

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# Building Self-Esteem Worksheet 1: Identifying Strengths and Weaknesses



**Purpose:** To better understand your strengths and weaknesses and focus on building self-esteem through your strengths.

## Self-esteem Worksheet Instructions:

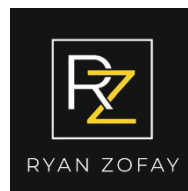
1. **List Your Strengths:** Write down a list of your strengths, both personal and professional. Consider your skills, talents, abilities, and positive qualities.
2. **Identify Weaknesses:** Acknowledge your weaknesses without dwelling on them. Focus on how you can improve or compensate for them.
3. **Create an Action Plan:** Develop a plan to develop your strengths further and address your weaknesses.

Worksheets for self-esteem **advice:** “Focusing on your strengths can significantly boost your self-esteem. By recognizing and celebrating your abilities, you can build confidence and a positive self-image.”

Strength	Weakness	Action Plan

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# Building Self-Esteem Worksheet 2: Positive Affirmations Journal



**Purpose:** To reprogram negative thinking patterns and cultivate a positive mindset.

## Self-esteem Worksheet Instructions:

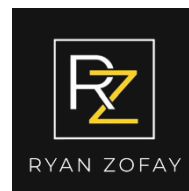
1. **Identify Negative Thoughts:** Write down any negative thoughts or self-criticisms that come to mind.
2. **Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
3. **Create Positive Affirmations:** For each negative thought, write a positive affirmation that challenges it.
4. **Practice Daily:** Repeat your positive affirmations daily, visualizing yourself embodying these beliefs.

**Advice from a Personal Development Expert:** “Positive affirmations can be a powerful tool for boosting self-esteem. However, being sincere and specific is important when creating your affirmations. Avoid generic statements and focus on positive qualities that you genuinely possess.”

Negative Thought	Challenge	Positive Affirmation

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# Building Self-Esteem Worksheet 3: Goal Setting and Visualization



**Purpose:** Set achievable goals and visualize success to boost motivation and self-confidence.

## Self-esteem Worksheet Instructions:

1. **Set SMART Goals:** Set specific, measurable, achievable, relevant, and time-bound goals.
2. **Visualize Success:** Imagine yourself achieving your goals. Visualize the feelings of accomplishment and pride.
3. **Create an Action Plan:** Break down your goals into smaller, actionable steps.
4. **Track Your Progress:** Monitor your progress and celebrate your achievements.

**Advice from a Personal Development Expert:** “Setting and achieving goals can significantly boost your self-esteem. You can maintain momentum and stay motivated by breaking down large goals into smaller steps.”

Goal	Action Steps	Deadline

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# Cognitive Behavioral Therapy (CBT) Worksheet

## 1: Identifying Negative Thoughts



**Purpose:** To identify and challenge negative thoughts that contribute to low self-esteem.

**Self-esteem Worksheet Instructions:**

1. **Identify a Negative Thought:** Write down a negative thought about yourself recently.
2. **Evidence for the Thought:** List any evidence that supports this thought.
3. **Evidence Against the Thought:** List any evidence that contradicts this thought.
4. **Alternative Thoughts:** Write down more balanced and realistic thoughts.

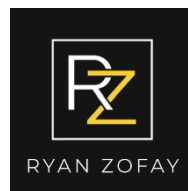
**Advice from a Personal Development Expert:** “By identifying and challenging negative thoughts, you can reframe your self-perception. Remember, thoughts are not facts. Question the validity of your negative thoughts and replace them with more positive and realistic ones.”

Negative Thought	Evidence For	Evidence Against	Alternative Thought

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# Cognitive Behavioral Therapy (CBT) Worksheet

## 2: Challenging Core Beliefs



**Purpose:** To identify and challenge core beliefs that contribute to low self-esteem.

### Self-esteem Worksheet Instructions:

1. **Identify Core Beliefs:** List 5-10 core beliefs about yourself. These can be positive or negative.
2. **Challenge Negative Beliefs:** Ask yourself: Is this belief true for each negative belief? Is there evidence to support this belief?
3. **Replace Negative Beliefs:** Replace negative beliefs with positive affirmations that reflect your desired identity.

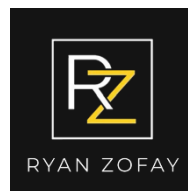
**Advice from a Personal Development Expert:** “Core beliefs are deeply ingrained thoughts that shape our self-perception. By challenging and replacing negative core beliefs, you can transform your self-esteem and overall well-being.”

Negative Core Belief	Challenge	Positive Affirmation

Remember, these worksheets are just a starting point. Consistent practice and professional guidance can significantly enhance your self-esteem.

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# Self-Esteem Art Therapy Worksheet 1: Self-Portrait



**Purpose:** To express yourself creatively and develop a positive body image.

**Self-esteem Worksheet Instructions:**

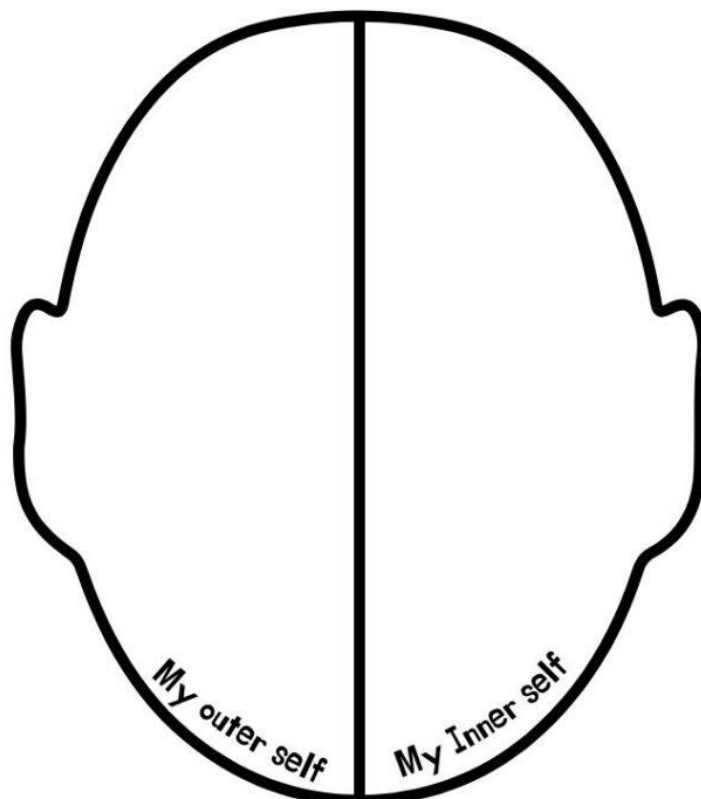
1. **Gather Materials:** Collect art supplies such as paper, pencils, markers, or paints.
2. **Draw Yourself:** Create a self-portrait that reflects your current self-image.
3. **Reflect on Your Artwork:** What emotions or thoughts does your self-portrait evoke?
4. **Positive Affirmations:** Write positive affirmations around your self-portrait.

**Advice:** "Art therapy can be a powerful tool for self-expression and self-discovery. By creating a self-portrait, you can explore your self-perception and challenge negative body image."

Name: \_\_\_\_\_

## My Self Portrait

Sometimes what others see is different from what we see. Color the left side how you think others see you. Color the right side how you see yourself.



*This self-esteem activity does not require a self-esteem worksheet but rather is rather a self-esteem self portrait.*

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# Self-Esteem Art Therapy Worksheet 2: Mandala Art



## Self-Esteem Art Therapy Worksheet 2: Mandala Art

**Purpose:** To promote relaxation, focus, and self-awareness.

### Self-esteem Worksheet Instructions:

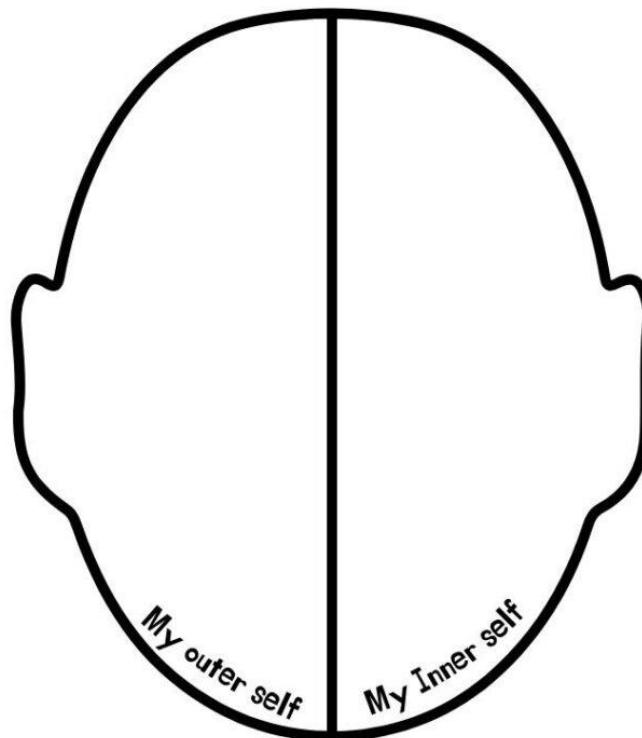
1. **Gather Materials:** Collect art supplies such as colored pencils, markers, or paints.
2. **Draw a Circle:** Draw a large circle on a piece of paper.
3. **Create a Mandala:** Divide the circle into sections and fill them with patterns, symbols, or colors representing your feelings and thoughts.
4. **Reflect on Your Mandala:** What do the colors, shapes, and symbols represent? How do you feel about your creation?

**Advice:** "Mandala art is a meditative practice that can help reduce stress and anxiety. Creating a mandala allows you to connect with your inner self and develop a sense of peace and calm."

Name: \_\_\_\_\_

## My Self Portrait

Sometimes what others see is different from what we see. Color the left side how you think others see you. Color the right side how you see yourself.



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## Self-Esteem Art Therapy Worksheet 3: Collage

**Purpose:** To visualize your ideal self and set positive intentions.

**Self-Esteem Worksheet Instructions:**

1. Gather Materials: Collect magazines, newspapers, and other materials for your collage.
2. Choose Images: Select images that represent your goals, dreams, and aspirations.
3. Create a Collage: Arrange the images on paper to visually represent your ideal self.
4. Reflect on Your Collage: What does your collage say about your hopes and dreams?

**Advice:** "Collage is a fun and creative way to visualize your goals and dreams. By creating a visual representation of your ideal self, you can motivate yourself to act and achieve your aspirations."



Art therapy is a personal and expressive process. There are no right or wrong ways to create. The most important thing is to enjoy the process and allow your creativity to flow. These self-esteem art projects do not require a self-esteem worksheet.

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# Self-Esteem Worksheet 1: Identifying Negative Self-Talk



**Purpose:** To become aware of negative self-talk and challenge its validity.

## Self-esteem Worksheet Instructions:

1. **Identify Negative Thoughts:** For a week, jot down any negative thoughts or self-criticisms you experience.
2. **Analyze the Thoughts:** For each negative thought, consider the evidence supporting it and against it.
3. **Challenge Negative Thoughts:** Replace negative thoughts with more balanced and realistic ones.

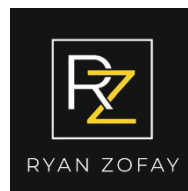
**Advice:** “Negative self-talk can significantly impact your self-esteem. By identifying and challenging these thoughts, you can reframe your self-perception.”

Negative Thought	Evidence For	Evidence Against	More Balanced Thought

Use self-esteem worksheets therapist aids to reframe your perspectives. You may use self-esteem worksheets therapist aids on condition you cite as as the source and link back to this page. However, please bear in mind therapy worksheets for self-esteem should encompass cbt and or dbt self-esteem worksheets as well.

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# Self-Esteem Worksheet 2: Self-Compassion Exercise



**Purpose:** To cultivate self-compassion and reduce self-criticism.

## Self-esteem Worksheet Instructions:

1. **Identify a Challenging Situation:** Consider a recent difficult or stressful situation.
2. **Self-Critical Thoughts:** Write down self-criticism you had about yourself during the situation.
3. **Self-Compassionate Response:** Write a compassionate response to yourself, acknowledging your feelings and offering support.

**Advice from a Personal Development Expert:** Self-compassion is essential for building self-esteem. You can overcome self-doubt and negative self-talk by treating yourself with kindness and understanding.

Challenging Situation	Self-Critical Thoughts	Self-Compassionate Response

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# Self-Esteem Worksheet 3: Goal Setting and Visualization



**Purpose:** Set achievable goals and visualize success to boost motivation and self-confidence.

### Self-esteem Worksheet Instructions:

- 1. **Set SMART Goals:** Set specific, measurable, achievable, relevant, and time-bound goals.
- 2. **Visualize Success:** Imagine yourself achieving your goals. Visualize the feelings of accomplishment and pride.
- 3. **Create an Action Plan:** Break down your goals into smaller, actionable steps.
- 4. **Track Your Progress:** Monitor your progress and celebrate your achievements.

**Advice from a Personal Development Expert:** "Setting and achieving goals can significantly boost your self-esteem. You can maintain momentum and stay motivated by breaking down large goals into smaller steps."

Goal	Action Steps	Deadline

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# 10 Days to Self-esteem Worksheets. Day 1: Self-Awareness and Self-compassion.

**Purpose:** To increase self-awareness and practice self-compassion.

**Self-Esteem Worksheet Instructions:**

- 1. **Identify Your Strengths:** List your top 5 strengths or positive qualities.
- 2. **Practice Self-Compassion:** Write a kind and understanding message to yourself, acknowledging your struggles and offering support.

**Advice:** “Self-awareness is the foundation of self-esteem. You can cultivate a positive self-image by recognizing your strengths and practicing self-compassion.”

Strength	Self-Compassionate Message

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# Day 2: Challenge Negative Self-Talk



**Purpose:** To identify and challenge negative thoughts that contribute to low self-esteem.

## Self-esteem Worksheet Instructions:

1. **Identify Negative Thoughts:** Write down any opposing thoughts or self-criticisms that come to mind.
2. **Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
3. **Replace with Positive Affirmations:** For each negative thought, write a positive affirmation that challenges it.

**Advice:** “Negative self-talk can be a powerful barrier to self-esteem. You can shift your mindset and boost your confidence by challenging and replacing these thoughts with positive affirmations.”

Negative Thought	Challenge	Positive Affirmation

Remember, building self-esteem takes time and effort. Be patient with yourself and celebrate your progress. By consistently practicing these techniques, you can cultivate a positive self-image and live a more fulfilling life.

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# Day 3: Challenge self-limiting beliefs



I'm excited to share these self-esteem worksheets based on the "Ten Days to Self-Esteem" program. These worksheets are designed to help adults boost their self-esteem over 10 days through targeted exercises and reflection.

Purpose: To systematically improve self-esteem by identifying negative thought patterns, challenging them, and replacing them with more balanced, positive perspectives.

### Self-esteem Worksheet Instructions:

Complete one worksheet per day for 10 days. Spend about 15-20 minutes on each exercise. Be honest with yourself and reflect on your thoughts and feelings.

Advice: Consistency is key. Make this daily practice, even if you can only spare a few minutes. Remember, changing thought patterns takes time and effort. Be patient and kind to yourself throughout this process. Celebrate small victories and improvements along the way.

Here's a sample worksheet for Day 3, with blank rows for you to fill in:

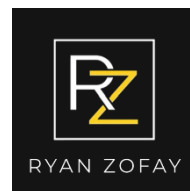
Self-Limiting Belief	Evidence For	Evidence Against	Balanced Thought
I'm a failure	I made a mistake at work	I've had many successes in my career	I'm human and make mistakes, but I'm generally competent

Building self-esteem is a journey. These worksheets are tools to help you along the way, but the real change comes from consistent practice and self-reflection. Stay committed to the process, and you'll likely see improvements in your self-esteem over time.

**[Continue with similar worksheets for the remaining 7 days, focusing on setting goals, practicing gratitude, building social connections, and self-care.]**

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# 6 Pillars of Self-esteem Worksheets. Pillar 1: Positive Self-Talk.



**Purpose:** To identify and challenge negative self-talk and replace it with positive affirmations.

**Self-esteem Worksheet Instructions:**

1. **Identify Negative Thoughts:** Write down any harmful thoughts or self-criticisms that come to mind.
2. **Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
3. **Replace with Positive Affirmations:** For each negative thought, write a positive affirmation that challenges it.

**Advice:** “Negative self-talk can be a powerful barrier to self-esteem. You can shift your mindset and boost your confidence by challenging and replacing these thoughts with [positive daily affirmations for work](#) or [daily positive affirmations for women](#).”

Negative Thought	Challenge	Positive Affirmation

The 6 pillars of self-esteem worksheet help you reflect on negative sentiments to practice and prioritize building confidence and self-esteem worksheets.

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## Pillar 2: Self-Care



**Purpose:** To prioritize self-care and reduce stress.

**Self-esteem Worksheet Instructions:**

1. **Identify Self-Care Activities:** List activities that promote relaxation, such as yoga, meditation, reading, or spending time in nature.
2. **Create a Self-Care Plan:** Schedule time for self-care activities into your daily or weekly routine.
3. **Practice Self-Compassion:** Be kind and understanding towards yourself.

**Advice from a Personal Development Expert:** “Self-care is essential for maintaining good mental health and boosting self-esteem. By prioritizing self-care, you can reduce stress, increase energy levels, and improve your overall well-being.”

Self-Care Activity	Frequency	Benefits

Building self-esteem is a journey, not a destination. Be patient with yourself and celebrate your progress. By consistently practicing these techniques, you can cultivate a positive self-image and live a more fulfilling life.

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## Pillar 3: Positive Relationships



**Purpose:** To cultivate strong, supportive relationships.

### Self-esteem Worksheet Instructions:

1. **Identify Supportive Relationships:** List the people who provide positive support and encouragement.
2. **Set Relationship Goals:** Set goals for improving your relationships, such as spending more quality time with loved ones or resolving conflicts.
3. **Practice Active Listening:** Pay attention to others and show empathy and understanding.

**Advice from a Personal Development Expert:** “Strong relationships can significantly boost your self-esteem. By nurturing positive relationships, you can feel more connected, supported, and valued.”

Relationship	Quality Time	Communication	Support Offered

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# Pillar 4: Personal Growth



**Purpose:** To foster continuous learning and personal development.

**Self-esteem Worksheet Instructions:**

- 1. **Identify Areas for Growth:** List areas you'd like to improve, such as skills, knowledge, or hobbies.
- 2. **Set Personal Growth Goals:** Specific, measurable, achievable, relevant, and time-bound [SMART goals](#).
- 3. **Take Action:** Develop a plan to achieve your goals and take steps to implement it.

**Advice from a Personal Development Expert:** “Personal growth is a lifelong journey. You can continuously learn and improve yourself by setting goals and taking action, boosting your self-esteem.”

Goal	Action Steps	Deadline

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# Pillar 5: Healthy Lifestyle Worksheet



**Purpose:** To improve physical and mental health, leading to increased self-esteem.

## Self-Esteem Worksheet Instructions:

1. **Nutrition:** List healthy food choices and create a meal plan.
2. **Exercise:** Identify physical activities you enjoy and create a workout routine.
3. **Sleep:** Establish a regular sleep schedule and create a calming bedtime routine.

**Advice from a Personal Development Expert:** "Taking care of your physical health is essential for your mental health and self-esteem. Eating well, exercising regularly, and getting enough sleep can boost your energy levels, improve your mood, and feel more confident."

Healthy Habit	Action Steps	Frequency

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# Pillar 6: Spiritual Well-being



**Purpose:** To connect with your values and purpose in life.

### Self-esteem Worksheet Instructions:

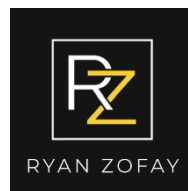
- 1. Identify Your Values:** List your core values and beliefs.
- 2. Practice Mindfulness:** Engage in mindfulness practices such as meditation or yoga.
- 3. Connect with Something Larger Than Yourself:** Volunteer, spend time in nature, or engage in spiritual practices.

**Advice:** "Connecting with something larger than yourself can provide a sense of purpose and meaning. You can cultivate inner peace and self-acceptance by practicing mindfulness and engaging in spiritual activities."

Spiritual Practice	Frequency	Benefits

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# Body Image and Self-Esteem Worksheet 1: Body Positive Affirmations



**Purpose:** To challenge negative body image thoughts and cultivate a positive body image.

## Self-esteem Worksheet Instructions:

1. **Identify Negative Body Image Thoughts:** Write down negative thoughts or self-criticism about your body.
2. **Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
3. **Create Positive Body Affirmations:** For each negative thought, write a positive affirmation that challenges it.

**My advice:** “Negative body image can significantly impact self-esteem. Challenging negative thoughts and practicing positive body affirmations can cultivate a healthier body image and boost your confidence.”

Negative Body Image Thought	Challenge	Positive Body Affirmation

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# Body Image and Self-Esteem Worksheet 2: Self-Compassion Practice

**Purpose:** To practice self-compassion and reduce self-criticism related to body image.

**Self-Esteem Worksheet Instructions:**

- 1. **Identify a Body-Related Insecurity:** Think of a specific body part or feature you’re self-conscious about.
- 2. **Self-Critical Thoughts:** Write down any opposing thoughts or self-criticism related to that body part.
- 3. **Self-Compassionate Response:** Write a compassionate response to yourself, acknowledging your feelings and offering support.

**Advice from a Personal Development Expert:** “Self-compassion is essential for building a positive body image. By treating yourself with kindness and understanding, you can reduce self-criticism and boost your self-esteem.”

Body-Related Insecurity	Self-Critical Thoughts	Self-Compassionate Response

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# Body Image Self-Esteem Worksheet 3: Healthy Habits Journal



**Purpose:** To prioritize self-care and improve body image through healthy habits.

**Self-Esteem Worksheet Instructions:**

- 1. **Identify Healthy Habits:** List healthy habits that promote physical and mental well-being, such as regular exercise, a balanced diet, and adequate sleep.
- 2. **Track Your Progress:** Record your daily activities and progress towards your goals for healthy habits.
- 3. **Celebrate Successes:** Acknowledge your achievements, no matter how small.

**Advice from a Personal Development Expert:** “A healthy lifestyle can significantly boost your body image and self-esteem. Prioritizing self-care and healthy choices can make you feel more confident and energized.”

Date	Healthy Habit	Progress

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# Boosting Self-Esteem Worksheet 1: Identifying Strengths and Weaknesses



**Purpose:** To better understand your strengths and weaknesses and focus on building self-esteem through your strengths.

### Self-Esteem Worksheet Instructions:

1. **List Your Strengths:** Write down a list of your strengths, both personal and professional. Consider your skills, talents, abilities, and positive qualities.
2. **Identify Weaknesses:** Acknowledge your weaknesses without dwelling on them. Focus on how you can improve or compensate for them.
3. **Create an Action Plan:** Develop a plan to develop your strengths further and address your weaknesses.

**Advice from a Personal Development Expert:** “Focusing on your strengths can significantly boost your self-esteem. By recognizing and celebrating your abilities, you can build confidence and a positive self-image.”

Strength	Weakness	Action Plan

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# Boosting Self-Esteem Worksheet 3: Goal Setting and Visualization

**Purpose:** Set achievable goals and visualize success to boost motivation and self-confidence.

**Self-Esteem Worksheet Instructions:**

- 1. **Set SMART Goals:** Set specific, measurable, achievable, relevant, and time-bound goals.
- 2. **Visualize Success:** Imagine yourself achieving your goals. Visualize the feelings of accomplishment and pride.
- 3. **Create an Action Plan:** Break down your goals into smaller, actionable steps.
- 4. **Track Your Progress:** Monitor your progress and celebrate your achievements.

**Advice from a Personal Development Expert:** “Setting and achieving goals can significantly boost your self-esteem. You can maintain momentum and stay motivated by breaking down large goals into smaller steps.”

Goal	Action Steps	Deadline

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# Building Confidence and Self-Esteem

## Worksheet 1: Self-Compassion Exercise



**Purpose:** To cultivate self-compassion and reduce self-criticism.

### Self-esteem Worksheet Instructions:

1. **Identify a Challenging Situation:** Consider a recent difficult or stressful situation.
2. **Self-Critical Thoughts:** Write down any defeatist thoughts or self-criticism you had about yourself during the situation.
3. **Self-Compassionate Response:** Write a compassionate response to yourself, acknowledging your feelings and offering support.

**My advice:** Self-compassion is essential for building self-esteem. You can overcome self-doubt and negative self-talk by treating yourself with kindness and understanding.

Challenging Situation	Self-Critical Thoughts	Self-Compassionate Response

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# Building Confidence and Self-Esteem

## Worksheet 2: Positive Affirmations Journal



**Purpose:** To reprogram negative thinking patterns and cultivate a positive mindset.

### Self-esteem Worksheet Instructions:

1. **Identify Negative Thoughts:** Write down any gloomy thoughts or self-criticisms that come to mind.
2. **Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
3. **Create Positive Affirmations:** For each negative thought, write a positive affirmation that challenges it.
4. **Practice Daily:** Repeat your positive affirmations daily, visualizing yourself embodying these beliefs.

**My advice:** "Positive affirmations can be a powerful tool for boosting self-esteem. However, being sincere and specific is important when creating your affirmations. Avoid generic statements and focus on positive qualities that you genuinely possess."

Negative Thought	Challenge	Positive Affirmation

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# Building Confidence and Self-Esteem

## Worksheet 3: Goal Setting and Visualization



**Purpose:** Set achievable goals and visualize success to boost motivation and self-confidence.

### Self-Esteem Worksheet Instructions:

1. **Set SMART Goals:** Set specific, measurable, achievable, relevant, and time-bound goals.
2. **Visualize Success:** Imagine yourself achieving your goals. Visualize the feelings of accomplishment and pride.
3. **Create an Action Plan:** Break down your goals into smaller, actionable steps.
4. **Track Your Progress:** Monitor your progress and celebrate your achievements.

**Advice from a Personal Development Expert:** “Setting and achieving goals can significantly boost your self-esteem. You can maintain momentum and stay motivated by breaking down large goals into smaller steps.”

Goal	Action Steps	Deadline

Building self-confidence is a journey, not a destination. Be patient with yourself and celebrate your progress. By consistently practicing these techniques, you can cultivate a positive self-image and live a more fulfilling life.

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# DBT Self-Esteem Worksheet 1: Mindfulness of Self



**Purpose:** To cultivate self-awareness and self-acceptance.

## Self-esteem Worksheet Instructions:

1. **Mindful Observation:** Spend a few minutes each day observing your thoughts, feelings, and physical sensations without judgment.
2. **Self-Compassion:** Practice self-compassion by speaking to yourself kindly and understandingly.
3. **Mindful Self-Care:** Engage in activities that nourish your mind, body, and spirit.

**My advice:** “Mindfulness is a powerful tool for boosting self-esteem. You can cultivate a positive self-image by paying attention to the present moment and practicing self-compassion.”

Date	Mindful Observation	Self-Compassionate Statement	Self-Care Activity

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# DBT Self-Esteem Worksheet 2: Distress Tolerance Skills



**Purpose:** To develop skills to manage distress and avoid impulsive behaviors.

## Self-esteem Worksheet Instructions:

1. **Identify Distress-Tolerant Skills:** List distress-tolerant skills that work for you, such as mindfulness, physical activity, or time in nature.
2. **Practice Distress Tolerance Skills:** Use these skills to manage difficult emotions and situations.
3. **Evaluate Effectiveness:** Reflect on how practical these skills were in reducing distress.

**My advice:** “Distress tolerance skills can help you cope with difficult emotions and situations. These skills can improve your ability to manage stress and build self-esteem.”

Distressful Situation	Distress Tolerance Skill Used	Effectiveness

**[Continue with additional worksheets focusing on mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance.]**

Building self-esteem is a journey, not a destination. Be patient with yourself and celebrate your progress. By consistently practicing these DBT skills, you can cultivate a positive self-image and live a more fulfilling life.

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# Mindfulness and Self-Esteem Practicum: Worksheet 1



**Purpose:** To cultivate mindfulness and self-compassion.

## Self-esteem Worksheet Instructions:

1. **Mindful Breathing:** Sit quietly and focus on your breath. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.<sup>1</sup>
2. **Body Scan:** Bring your attention to different body parts, noticing any sensations.
3. **Self-Compassion Meditation:** Practice self-compassion by offering yourself kind and understanding thoughts.

**Advice from a Personal Development Expert:** “Mindfulness practices can help you become more aware of your thoughts and feelings, reducing self-criticism and promoting self-compassion. Regular practice can lead to increased self-esteem and overall well-being.”

Date	Duration of Meditation	Thoughts and Feelings

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# Mindfulness and Self-Esteem Practicum:

## Worksheet 2: Self-Compassion Journal



**Purpose:** To practice self-compassion and reduce self-criticism.

### Self-esteem Worksheet Instructions:

1. **Identify a Challenging Situation:** Consider a recent difficult or stressful situation.
2. **Self-Critical Thoughts:** Write down any bleak thoughts or self-criticism you had about yourself during the situation.
3. **Self-Compassionate Response:** Write a compassionate response to yourself, acknowledging your feelings and offering support.

**Advice from a Personal Development Expert:** "Self-compassion is essential for building self-esteem. You can overcome self-doubt and negative self-talk by treating yourself with kindness and understanding."

Challenging Situation	Self-Critical Thoughts	Self-Compassionate Response

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# Mindfulness and Self-Esteem Practicum: Worksheet 3: Gratitude Journal



**Purpose:** To cultivate gratitude and positive emotions.

## Self-esteem Worksheet Instructions:

1. **Identify Things to Be Grateful For:** List three daily things you're grateful for.
2. **Reflect on Gratitude:** Write a short reflection on how gratitude has impacted your mood and outlook.

**Advice from a Personal Development Expert:** "Gratitude is a powerful tool for boosting self-esteem. By focusing on the positive aspects of your life, you can shift your perspective and cultivate a more optimistic outlook."

Date	Things I'm Grateful For	Reflection

Remember, mindfulness is a practice that takes time and effort. Be patient with yourself and celebrate your progress, no matter how small. Incorporating mindfulness into your daily life can cultivate a more positive and fulfilling life.

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# Self-Esteem Awareness Journal



**Purpose:** To increase self-awareness and identify patterns of thought and behavior that impact self-esteem.

## Self-esteem Worksheet Instructions:

1. **Daily Reflection:** Spend a few minutes each day reflecting on your thoughts, feelings, and behaviors.
2. **Identify Negative Self-Talk:** Write down any negative self-talk or self-criticism.
3. **Challenge Negative Thoughts:** Question the validity of these thoughts and replace them with more positive and realistic ones.
4. **Track Positive Experiences:** Record positive experiences and accomplishments.
5. **Self-Compassion Practice:** Write self-compassionate messages to yourself.

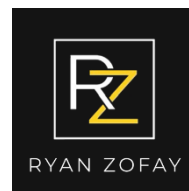
**My advice:** “By regularly journaling about your thoughts, feelings, and experiences, you can gain a deeper understanding of yourself and identify patterns affecting your self-esteem. Self-compassion is key to building a positive self-image, so be kind to yourself as you embark on this journey of self-discovery.”

Date	Negative Self-Talk	Challenging Negative Thoughts	Positive Affirmations	Positive Experiences	Self-Compassionate Message

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# Positive Self-Talk Worksheet



**Purpose:** To identify negative self-talk and replace it with positive affirmations.

## Self-esteem Worksheet Instructions:

- Identify Negative Thoughts:** Write down any dismissive thoughts or self-criticisms that come to mind.
- Challenge Negative Thoughts:** Question the validity of these thoughts. Are they based on facts or feelings?
- Create Positive Affirmations:** For each negative thought, write a positive affirmation that challenges it.
- Practice Daily:** Repeat your positive affirmations daily, visualizing yourself embodying these beliefs.

**Advice from a Personal Development Expert:** “Negative self-talk can be a powerful barrier to self-esteem. You can shift your mindset and boost your confidence by challenging and replacing these thoughts with positive affirmations.”

Negative Thought	Challenge	Positive Affirmation

Be specific, realistic, and positive with your affirmations. Practice saying them out loud to reinforce their impact.

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# Adaptive Thinking Exercise Worksheet



## Adaptive Thinking Exercise Worksheet

**Purpose:** To challenge negative thinking patterns and develop more adaptive thought processes.

### Self-esteem Worksheet Instructions:

1. **Identify a Negative Thought:** Write down a negative thought you often experience.
2. **Challenge the Thought:** Question the evidence for the thought. Is it true? Are there alternative perspectives?
3. **Reframe the Thought:** Reframe the negative thought into a more balanced and positive perspective.

**My advice:** "Adaptive thinking involves challenging negative thoughts and replacing them with more realistic and positive ones. Practicing this skill can improve your mental well-being and boost your self-esteem."

Negative Thought	Evidence for the Thought	Evidence Against the Thought	More Balanced Thought

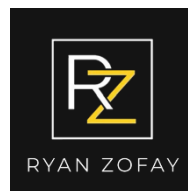
### Remember:

- Practice mindfulness to become more aware of your thoughts.
- Challenge your assumptions and beliefs.
- Focus on the present moment and let go of worries about the past or future.
- Surround yourself with positive and supportive people.

By practicing adaptive thinking, you can improve your self-esteem and overall well-being.

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# Compassionate Self-Care Plan for Adults



**Purpose:** This worksheet is designed to help you prioritize self-care and develop a personalized plan to nurture your well-being. By practicing self-compassion, you can reduce stress, improve your mood, and enhance your overall quality of life.

## Self-esteem Worksheet Instructions:

### 1. Identify Your Needs:

- **Physical Needs:** What physical activities nourish you? (e.g., exercise, healthy eating, sleep). **Emotional Needs:** How do you express and process your emotions? (e.g., journaling, meditation, therapy). **Social Needs:** What kind of social connections are important to you? (e.g., spending time with loved ones, joining social groups). **Spiritual Needs:** How do you connect with your sense of purpose and meaning? (e.g., prayer, nature, volunteering).

### 2. Create a Self-Care Routine:

- **Schedule Self-Care:** Set aside specific time for self-care activities in your daily or weekly schedule. **Prioritize Self-Care:** Make self-care a non-negotiable part of your routine. **Be Flexible:** Allow for adjustments to your plan as needed.

### 3. Practice Self-Compassion:

- **Be Kind to Yourself:** Treat yourself with the same kindness and understanding you would offer to be a friend. **Acknowledge Imperfections:** Accept that you are not perfect and that mistakes are part of the human experience. **Practice Mindfulness:** Pay attention to the present moment without judgment.

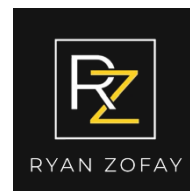
**Advice from a Personal Development Expert: Start Small:** Begin with small, achievable self-care practices and gradually increase their frequency and intensity. **Set Realistic Expectations:** Don't strive for perfection; focus on progress, not results. **Celebrate Your Efforts:** Acknowledge your efforts to prioritize self-care, no matter how small. **Seek Support:** Connect with others who understand the importance of self-care and can offer encouragement.

Date	Self-Care Activity	Duration	Benefits Experienced

Self-care is not selfish; it's essential for your overall well-being. By prioritizing self-care, you can improve your mental and physical health, enhance your relationships, and live a more fulfilling life.

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# Assertiveness Training Worksheets for Adults



**Purpose:** This worksheet is designed to help you develop assertiveness skills, which will empower you to communicate your needs and boundaries effectively. By practicing assertive communication, you can improve your self-esteem and build stronger relationships.

**Self-esteem Worksheet Instructions:**

1. **Identify Assertive Behavior:**
  - **Define Assertiveness:** Understand what assertive behavior looks like (e.g., direct, honest, respectful).
  - **Recognize Non-Assertive and Aggressive Behavior:** Identify the differences between these communication styles.
2. **Practice “I” Statements:**
  - **Express Feelings:** Use “I” statements to express your feelings without blaming others.
  - **State Needs:** Clearly communicate your needs and desires. **Set Boundaries:** Assertively communicate your limits.
3. **Role-Play Assertive Scenarios:**
  - **Practice:** Role-play different scenarios with a friend or family member. **Receive Feedback:** Ask for feedback on your assertive communication skills.
4. **Challenge Negative Self-Talk:**
  - **Identify Negative Thoughts:** Recognize self-defeating thoughts that hinder assertiveness. **Replace Negative Thoughts:** Substitute negative thoughts with positive affirmations.

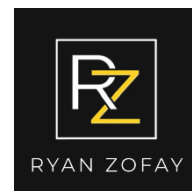
**Advice: Start Small:** Begin by practicing assertiveness in low-stakes situations. **Practice Regularly:** The more you practice, the more confident you will become. **Be Patient with Yourself:** It takes time to develop new skills. **Seek Support:** Consider joining a support group or seeking therapy to work on assertiveness.

Scenario	Non-Assertive Response	Aggressive Response	Assertive Response

Assertiveness is a valuable skill that can enhance your relationships and overall well-being. By practicing these techniques, you can become more confident and empowered.

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# Values and Goals Worksheet for Adults



**Purpose:** This worksheet is designed to help you clarify your values and set meaningful goals that align with your core beliefs. By understanding your values, you can make informed decisions, reduce stress, and increase your overall sense of purpose.

## Self-esteem Worksheet Instructions:

### 1. Identify Your Core Values:

- **Brainstorm:** List qualities, beliefs, and principles that are important to you. **Reflect:** Consider past experiences, relationships, and life lessons. **Prioritize:** Rank your values in order of importance.

### 2. Set SMART Goals:

- **Specific:** Clearly define your goals. **Measurable:** Set goals with specific criteria for measuring progress. **Achievable:** Set realistic goals that are challenging but attainable.
- **Relevant:** Ensure your goals align with your values and aspirations. **Time-bound:** Set deadlines for your goals.

### 3. Create an Action Plan:

- **Break Down Goals:** Divide your goals into smaller, manageable steps. **Identify Obstacles:** Anticipate potential challenges and develop strategies to overcome them. **Seek Support:** Enlist the help of friends, family, or a mentor to stay motivated.

**Advice: Be Honest to Yourself:** Reflect deeply on your values and be honest about what truly matters to you.

**Prioritize Your Values:** Make conscious decisions that align with your core values. **Celebrate Your**

**Progress:** Acknowledge your achievements, no matter how small. **Be Flexible:** Allow for adjustments to your goals as needed. **Seek Guidance:** Consider consulting with a life coach or therapist to gain additional insights.

Core Value	Goal	Action Steps	Deadline

Through the alignment of your goals with your values, you can live a more purposeful and fulfilling life.

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# Gratitude Enhancement Worksheet



**Purpose:** To cultivate gratitude and improve overall well-being.

### Self-esteem Worksheet Instructions:

- 1. **Daily Gratitude Journaling:** Write down at least three things you’re grateful for daily.
- 2. **Specific Gratitude:** Be specific about what you’re grateful for. Instead of “I’m grateful for my family,” try “I’m grateful for my family’s love and support.”
- 3. **Reflect on Gratitude:** Take a moment to reflect on how gratitude makes you feel.

**Advice:** “Gratitude is a powerful tool for boosting self-esteem and overall well-being. By focusing on the positive aspects of your life, you can shift your perspective and cultivate a more optimistic outlook.”

Date	Things I’m Grateful For	Reflection

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# Self-Worth Exploration Sheet



**Purpose:** To identify and challenge negative beliefs about self-worth and cultivate a positive self-image.

**Self-esteem Worksheet Instructions:**

1. **Identify Negative Beliefs:** Write down any negative beliefs you hold about yourself.
2. **Challenge Negative Beliefs:** Question the validity of these beliefs. Are they based on facts or feelings?
3. **Replace Negative Beliefs:** Replace negative beliefs with positive affirmations that reflect your true worth.

**Advice from a Personal Development Expert:** “Negative beliefs can significantly impact self-esteem. You can cultivate a more positive self-image by challenging and replacing these beliefs with positive affirmations.”

Negative Belief	Challenge	Positive Affirmation

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# Empathy and Compassion Exercises



**Purpose:** To cultivate empathy and compassion towards oneself and others.

## Self-esteem Worksheet Instructions:

1. **Practice Active Listening:** When someone is speaking, give them your full attention. Listen to their words, tone of voice, and body language.
2. **Perspective-Taking:** Try to see things from another person's point of view. Consider their feelings, thoughts, and experiences.
3. **Self-Compassion:** Be kind and understanding towards yourself, especially during difficult times.
4. **Compassionate Actions:** Perform acts of kindness for others.

**My advice:** "Empathy and compassion are essential for building strong relationships and improving self-esteem. By practicing these skills, you can better understand yourself and others."

Date	Situation	Empathetic Response	Compassionate Action

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# Social Self-Esteem Building Worksheet



**Purpose:** To enhance social skills and build confidence in social interactions.

## Self-esteem Worksheet Instructions:

1. **Identify Social Situations:** Write down social situations that make you anxious or uncomfortable.
2. **Challenge Negative Thoughts:** Question negative thoughts about these situations. Are these thoughts realistic?
3. **Set Social Goals:** Set specific, achievable goals for improving social skills.
4. **Practice Social Skills:** Practice active listening, assertive communication, and small talk.

**My advice:** Social confidence is a skill that can be learned and improved over time. By practicing social skills and challenging negative thoughts, you can overcome social anxiety and build stronger relationships.

Social Situation	Negative Thoughts	Positive Reframing	Action Plan

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# Resilience and Perseverance Worksheet



**Purpose:** This worksheet is designed to help you cultivate resilience and perseverance. By reflecting on your past experiences and setting future goals, you can build your inner strength and easily overcome challenges.

**Self-esteem Worksheet Instructions:**

1. **Reflect on the Past: Identify a Challenging Experience:** Think of a time when you faced a significant obstacle or setback. **Describe the Challenge:** Briefly describe the challenge, including the emotions you experienced. **Analyze Your Response:** How did you respond to the challenge? What strategies did you use to cope? **Identify Positive Outcomes:** Were there any positive outcomes or lessons learned from this experience despite the difficulty?
2. **Cultivate a Growth Mindset: Embrace Challenges:** View challenges as opportunities for growth and learning. **Learn from Failures:** Instead of dwelling on mistakes, focus on what you can learn from them. **Persist in the Face of Obstacles:** Develop strategies to overcome obstacles and keep moving forward. **Celebrate Progress:** Acknowledge your achievements, no matter how small.
3. **Set Goals and Create an Action Plan: Identify a Goal:** Set a specific, measurable, achievable, relevant, and time-bound (SMART) goal. **Break Down the Goal:** Divide your goal into smaller, manageable steps. **Create an Action Plan:** Outline your specific actions to achieve each step. **Visualize Success:** Imagine yourself successfully achieving your goal.

**My Advice: Practice Self-Compassion:** Be kind to yourself, especially during difficult times. **Develop a Support Network:** Surround yourself with positive and supportive people. **Cultivate Mindfulness:** Practice mindfulness techniques to stay present and reduce stress. **Challenge Negative Thoughts:** Replace negative self-talk with positive affirmations. **Take Care of Yourself:** Prioritize physical and mental health via exercise, healthy eating, and sleep.

Date	Challenge	Emotions	Strategies Used	Positive Outcomes

Building resilience and perseverance is a journey, not a destination. By consistently practicing these strategies, you can develop the strength to overcome any challenge.

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# Goal Setting for Self-Esteem Worksheet for Adults



**Purpose:** This worksheet is designed to help you boost your self-esteem by setting and achieving personal goals. Focusing on your strengths and celebrating success can build confidence and a positive self-image.

## Self-esteem Worksheet Instructions:

1. **Identify Your Strengths: Brainstorm:** List your talents, skills, and positive qualities. **Reflect:** Think about times when you felt confident and accomplished. What were you doing? **Positive Affirmations:** Write positive statements about yourself, focusing on your strengths.
2. **Set SMART Goals: Specific:** Clearly define your goals. **Measurable:** Set goals with specific criteria for measuring progress. **Achievable:** Set realistic goals that are challenging but attainable. **Relevant:** Ensure your goals align with your values and aspirations. **Time-bound:** Set deadlines for your goals.
3. **Create an Action Plan: Break Down Goals:** Divide your goals into smaller, manageable steps. **Identify Obstacles:** Anticipate potential challenges and develop strategies to overcome them. **Seek Support:** Enlist the help of friends, family, or a mentor to stay motivated.
4. **Track Your Progress: Use a Journal:** Document your achievements, setbacks, and lessons learned. **Celebrate Milestones:** Reward yourself for reaching your goals, no matter how small.

**My Advice: Practice Self-Compassion:** Be kind to yourself and avoid self-criticism. **Challenge Negative Thoughts:** Replace negative self-talk with positive affirmations. **Visualize Success:** Imagine yourself achieving your goals. **Act:** Don't just dream about your goals; take steps to make them a reality. **Learn from Setbacks:** View setbacks as opportunities for growth and learning.

Date	Strength	Goal	Action Steps	Progress

Building self-esteem is an ongoing process. Setting and achieving goals can cultivate a positive self-image and boost your confidence.

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# Personal Strengths Identification Worksheet for Adults



**Purpose:** This worksheet is designed to help you identify and appreciate your strengths. Recognizing your positive qualities can boost your self-esteem and build confidence.

## Self-esteem Worksheet Instructions:

1. **Brainstorm: Free Writing.** Spend 10-15 minutes writing down anything that comes to mind about your strengths and positive qualities. **Mind Map:** Create a visual representation of your strengths, connecting related ideas.
2. **Reflect on Past Experiences. Think back:** Consider situations where you felt confident and accomplished. **Analyze:** What qualities did you exhibit during these times?
3. **Seek Feedback. Ask Others:** Request feedback from friends, family, or colleagues. **Consider Strengths Assessments:** Use online tools or professional assessments to identify your strengths.
4. **Identify Your Core Strengths. Review:** Look over your list of strengths and identify the most important qualities to you. **Prioritize:** Rank your strengths in order of importance.

**Advice: Practice Gratitude:** Focus on the positive aspects of your life and express gratitude for your strengths.

**Challenge Negative Self-Talk:** Replace negative thoughts with positive affirmations. **Celebrate Your**

**Achievements:** Acknowledge and reward your accomplishments, no matter how small. **Step Outside Your Comfort**

**Zone:** Challenge yourself to try new things and develop new skills. **Cultivate Mindfulness:** Practice mindfulness techniques to stay present and appreciate the moment.

Strength	Example	How to Utilize

You can build a strong foundation for self-esteem and personal growth by recognizing and appreciating your strengths.

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