

SELF-ESTEEM WORKSHEET

List your five (5)
best qualities:

- 1
- 2
- 3
- 4
- 5

List your top five (5)
values:

- 1
- 2
- 3
- 4
- 5

List 10 of your greatest accomplishments:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Write down 3 goals for self-improvement/personal development:

List 5 self-care ideas:

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List 10 activities that make you happy:

(Examples: Traveling, looking at old photographs, petting your dog, talking with an old friend, attending church, skiing, etc.)

WRITE A SELF-AFFIRMATION:



“To love
oneself
is the
beginning
of a
lifelong
romance.”

– Oscar
Wilde