

# Self-Esteem Worksheet

These are some therapy techniques to help build self-esteem. Keep in mind, self-esteem is like a muscle that takes time and practice to build. Think of these strategies as an exercise routine: the more you practice, the stronger you get, and the easier it becomes.

## Positive Qualities Record

As hard as it may feel to acknowledge positive things about yourself (especially at first), intentionally thinking & reminding yourself about your answers to the following questions is key to building more positive self-esteem.

What do you like about yourself, however small or fleeting?	
What qualities of yourself would you value in someone else?	
What do other people like or value in you?	
How might another person who cares about you describe you?	

## Affirmations

Affirmations help us create neural pathways by practicing new beliefs about ourselves, reinforcing a different way of being.

“I am” + something you’d like to **feel** or **experience**.  
(e.g. *strong, powerful, capable, worthy of respect and autonomy.*)

I am \_\_\_\_\_

Use the section below to identify and reflect on the small wins along your journey towards building self-esteem:

Example: *Yesterday, when I made a mistake, I told myself ‘I am worthy as I am.’*

Improving self-esteem can be tough, but not impossible! This worksheet provides some initial steps, and if you’re looking for additional support, reach out to Therapy Collective of California at: [www.therapycollectiveca.com](http://www.therapycollectiveca.com)

