

SELF-ESTEEM WORKSHEET

List **10** of your greatest accomplishments:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List your **5** best qualities:

1. _____
2. _____
3. _____
4. _____
5. _____

List your top **5** values:

1. _____
2. _____
3. _____
4. _____
5. _____

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

(Ideas: Read a self-help book, take an online class, join a club, journal, watch a TED Talks, etc.)

1. _____

2. _____

3. _____

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.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

List **5** self-care ideas:

1. _____

2. _____
3. _____
4. _____
5. _____