



Building Self-Esteem & Self-Worth

A Self-Help Worksheet

You don't have to completely love yourself to begin. Start with learning to **like yourself**, even a

little bit. Small changes practiced consistently can help you build a healthier relationship with yourself.

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1. Catch Your Inner Bully

Write down one negative thing you've been telling yourself:

What I tell myself:

Now make it more accurate—not artificially positive, just fair.

A more accurate thought:

Example: "I messed that up" instead of "I mess everything up."

2. Keep One Small Promise to Yourself

Choose something small and realistic that you can do today.

Today, I will:

Every promise you keep gives you evidence: **I can count on me.**

3. Stop Using Someone Else as Your Measuring Stick

Who or what have I been comparing myself to?

Instead ask:

Am I doing a little better than I used to? In what way?



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4. Notice Your Own Evidence

Write down **three things you can give yourself credit for today**. They don't have to be big.

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1. _____

2. _____

3. _____

5. Practice Self-Worth

Complete one or more:

Something I like about myself:

Something I've handled that was difficult:

A boundary I need or want to practice:

One way I can take care of myself today:

Remember:

Your worth isn't determined by your mistakes, productivity, appearance, money, relationships, or someone else's opinion of you.

You don't have to get all the way to *"I love myself."*

Start with:

"I'm learning to like myself."

Then build from there.

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