

# Self-esteem Worksheet



## Exercise 1 - Example

### Why is self-esteem important to you?

Fill out the columns below giving examples of each situation

	Motivation	Purpose	Endurance	Resiliency	Success
Your Self-esteem	I know at times my motivation can lack, and often this is connected to my belief that I am not good enough. I need self-esteem for my motivation	For me, purpose is key. My low self-esteem can keep me from doing the things that will improve my life, my career and my relationships. I want to develop my self-esteem to realise my purpose in life.	I have a large family and so things can be tough at times. Having low self-esteem makes things even harder, as I feel worn out from what goes on externally and what goes on internally. Developing my self-esteem is vital for my endurance	I had a disciplinary at work the other day. Immediately, my self-esteem took a big hit. I focus so much on the issues that are negative around me and as a result, my resiliency is impacted.	Even when I have positive feedback, I struggle to accept it. People have told me I could be successful one day. I want to realise this but know that with low self-esteem its going to be hard. I want to develop my self-esteem to reach that success.
Something else?	I also want to develop my self-esteem to leave a positive example for my children. I want them to see that self-esteem is important and that its vital to have strong self-esteem. The best way I can do this is by embodying it.				
If so, how important is this?	This is so important to me. My children are the most important thing in my life and I want to leave them a positive example.				

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## Exercise 1

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	Motivation	Purpose	Endurance	Resiliency	Success
Your Self-esteem					
Something else?					
If so, how important is this?					

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## Exercise 2

What have you learned about why self-esteem is important to you?

I have learned that self-esteem is not just beneficial for one reason. I need to develop my self-esteem for so many positive reasons. Ultimately there is one goal, but many reasons for achieving that goal.

Write your answer here...

## Exercise 3

Write a short paragraph below next to each of the five factors that outlines what your positive self-esteem and negative self-esteem looks like.

Below is an example

	Positive Self-esteem	Negative Self-esteem
Motivation	At times my motivation can feel high when I am at work. I feel confident and comfortable with the tasks at hand.	More often than not though, I do struggle to have motivation to start new things. I get worried about my abilities to stick to a workout regime for example. Sometimes I question whether or not I am worth it.

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Fill out your recordings below

	Positive Self-esteem	Negative Self-esteem
Motivation		
Purpose		
Endurance		
Resilience		
Success		

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## Exercise 4

On a scale of 1 to 5, 1 being the highest, rank the five factors in order of which one has the highest positive self-esteem for you.

	Score	Example Score
Motivation		4
Purpose		1
Endurance		3
Resilience		2
Success		5