

SELF-ESTEEM WORKSHEET

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**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