



All about me
**SELF-ESTEEM,
IDENTITY AND
CONFIDENCE**
BUNDLE

Worksheets to help you find and
explore your self identity

@counsellorcronan

Finding my purpose



What motivates me to get up in the morning?

What did I love doing as a child?

If I could be anyone who would it be, and why?

What is my favorite memory?

When am I the happiest?

What are some of my regrets?

What does my ideal life look like?

POWERFUL

KIND

Patient

BOLD

ATHLETIC

Social

HEALTHY

ENERGETIC

LOVED

JOYFUL

Fierce

CONFIDENT

GRATEFUL

Extroverted

Helpful

DEPENDABLE

IMAGINATIVE

GIVING

INTROVERTED

SECURE

CALM

SHY

MINDFUL

ENTHUSIASTIC

fun

Organized

CREATIVE

CARING

A GOOD LISTENER

Tolerant

HONEST

QUIET

A GOOD FRIEND

RELIABLE

Serious

WISE

VALUABLE

STRONG

awesome

RESOURCEFUL

A QUICK
LEARNER

RESPECTFUL

EMPATHETIC

Responsible

LOYAL

UNIQUE

BRAVE

traditional

COMMITTED

PRESENT

dedicated

FORGIVING

USEFUL HEALTHY

PRODUCTIVE

POSITIVE

OPTIMISTIC

curious

SUCCESSFUL

AUTHENTIC

SELFLESS

beautiful

inquisitive

AMBITIOUS

My Core Values



Tick any value that you either have or desire to have

- | | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Organized | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Passionate | <input type="checkbox"/> Giving |
| <input type="checkbox"/> Respectful | <input type="checkbox"/> Honest | <input type="checkbox"/> Reliable | <input type="checkbox"/> Authentic |
| <input type="checkbox"/> Committed | <input type="checkbox"/> Loyal | <input type="checkbox"/> Positive | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Sharing | <input type="checkbox"/> Fair | <input type="checkbox"/> Inquisitive | <input type="checkbox"/> Power |
| <input type="checkbox"/> Transparency | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Careful | <input type="checkbox"/> Reflective |
| <input type="checkbox"/> Clean | <input type="checkbox"/> Diversity | <input type="checkbox"/> Patient | <input type="checkbox"/> Successful |
| <input type="checkbox"/> Ethical | <input type="checkbox"/> Motivated | <input type="checkbox"/> Independent | <input type="checkbox"/> Connection |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Determined | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Equality |
| <input type="checkbox"/> Unique | <input type="checkbox"/> Trustworthy | <input type="checkbox"/> Confident | <input type="checkbox"/> Inspired |
| <input type="checkbox"/> Traditional | <input type="checkbox"/> Productive | <input type="checkbox"/> Graceful | <input type="checkbox"/> Persistent |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Empathetic | <input type="checkbox"/> Determined | <input type="checkbox"/> Selfless |
| <input type="checkbox"/> Present | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Kind | <input type="checkbox"/> Tolerant |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Useful | <input type="checkbox"/> Strong | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Health | <input type="checkbox"/> Wealth | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Perfection | <input type="checkbox"/> Fearless | <input type="checkbox"/> Grateful | <input type="checkbox"/> Love |
| <input type="checkbox"/> Dedicated | <input type="checkbox"/> Security | <input type="checkbox"/> Fun | <input type="checkbox"/> Risk Taking |










All about me

NAME _____ NICKNAME _____

STAR SIGN _____ D.O.B _____

FAVORITE FOODS







FAVORITE SONGS

| | | | |
|--|-------|---|-------|
|  | _____ |  | _____ |
|  | _____ |  | _____ |
|  | _____ |  | _____ |

IF I WON A MILLION DOLLARS, WHAT WOULD I DO WITH IT?

WORDS THAT DESCRIBE ME

IN MY SPARE TIME I LIKE TO...

| | | | |
|--|-------|---|-------|
|  | _____ |  | _____ |
|  | _____ |  | _____ |
|  | _____ |  | _____ |

A QUOTE THAT TOUCHES MY SOUL ✨



Exploring values

When you explore the values of those people that surround you and those that you admire and look up to, you can think about where your values have come from.

Remember that it's essential to try and actively live by your values, recognize them, and then put them into action.

My Mothers Values

● _____

● _____

● _____

My Fathers Values

● _____

● _____

● _____

Person I respects values

● _____

● _____

● _____

My personal values

● _____

● _____

● _____

My social values

● _____

● _____

● _____

My friends values

● _____

● _____

● _____



Looking deeper

You are beautiful because you are unique, both on the inside and on the outside. Look inside and outside at your personality, what you can do, how you treat others, and who you are, then write down some things you like about yourself.

I like who I am because

If I had one wish it would be

I'm at peace when

My favorite holiday was

My favorite memory

Things that make me laugh

The biggest challenge I have ever over come was



I
AM

Exploring me



THINGS I'M GOOD AT

● _____
● _____
● _____

COMPLIMENTS I HAVE RECEIVED

● _____
● _____
● _____

WHAT I LIKE ABOUT ME

● _____
● _____
● _____

CHALLENGES I HAVE OVERCOME

● _____
● _____
● _____

I'VE HELPED OTHERS BY

● _____
● _____
● _____

I'M A GOOD FRIEND BECAUSE

● _____
● _____
● _____

MY BIGGEST ACCOMPLISHMENTS

● _____
● _____
● _____

THINGS THAT MAKE ME UNIQUE

● _____
● _____
● _____

My accomplishments



You are proud of an accomplishment because it involves lots of hard work and effort. Could you list your accomplishments and obstacles that you had to overcome to achieve that goal?

ACCOMPLISHMENT

OBSTACLES I HAD TO
OVERCOME

ACCOMPLISHMENT

OBSTACLES I HAD TO
OVERCOME

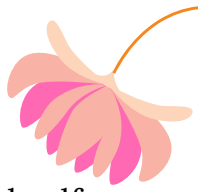
ACCOMPLISHMENT

OBSTACLES I HAD TO
OVERCOME

ACCOMPLISHMENT

OBSTACLES I HAD TO
OVERCOME

Finding my passion



Finding your passion is essential to help you grow and gain confidence and self-esteem.

When I was little I loved...

-
-
-

3 people who inspire me the most are ...

-
-
-

I lose track of time when I am ...

-
-
-

If I knew I couldn't fail I would...

-
-
-

My Strengths

People that can identify their strengths and actively put them into action often show higher self-esteem, and confidence, stress less, and are in happier moods.

Below you can create a plan to put your strengths into action. The first step is to rank your strengths from 1 – 25, 1 being the highest (There are five blank spots to write your own in). Step two is to write a plan on how you will display this strength, step three is to execute it, and the final step is to reflect on your experience and how it made you feel.

| | | | | |
|---------------|-------------|------------------------|-----------|--------------|
| Honesty | Curiosity | Gratitude | Teamwork | Supportive |
| Respect | Forgiveness | Leadership | Self-Care | Enthusiastic |
| Compassionate | Loyal | Patient | Fair | Optimistic |
| Mindful | Confident | Appreciation of nature | Brave | Motivated |
| | | | | |

| Day | Strength | Plan |
|-----|------------------------|--|
| 1 | Kindness | Tomorrow I will give my friend a compliment. |
| 2 | Mindful | I will practice mindfulness by listening to people's conversations and not distracting myself with my phone or the people around me. |
| 3 | Appreciation of nature | On Saturday I will go for a walk along the beach. |

The key is to try to intentionally and purposefully work on the strengths you ranked lowest to try and make them more part of your habit and routine.

My Strengths Plan



| Day | Strength | Plan |
|-----|----------|------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |



My Strengths Plan

| Day | Strength | Plan |
|-----|----------|------|
| 18 | | |
| 19 | | |
| 20 | | |
| 21 | | |
| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |
| 27 | | |
| 28 | | |
| 29 | | |
| 30 | | |
| 31 | | |

Reflection







Self-Esteem Journal



| | | |
|--------|-------------------------------|--|
| Monday | Today I had fun when .. | |
| | Today was interesting because | |
| | Something I did well today | |

| | | |
|---------|------------------------------|--|
| Tuesday | I felt proud when | |
| | Today I accomplished | |
| | A positive thing about today | |

| | | |
|-----------|------------------------------|--|
| Wednesday | Something nice I did today | |
| | A compliment I recieved | |
| | Today was a good day because | |

| | | |
|----------|-----------------------------|--|
| Thursday | The highlight of my day was | |
| | I felt proud when | |
| | Something I did well today | |

| | | |
|--------|-----------------------------------|--|
| Friday | Today I had fun when .. | |
| | A positive experience I had today | |
| | Something I did well today | |

| | | |
|----------|-------------------------------|--|
| Saturday | Today I had fun when .. | |
| | Today was interesting because | |
| | Something I did well today | |

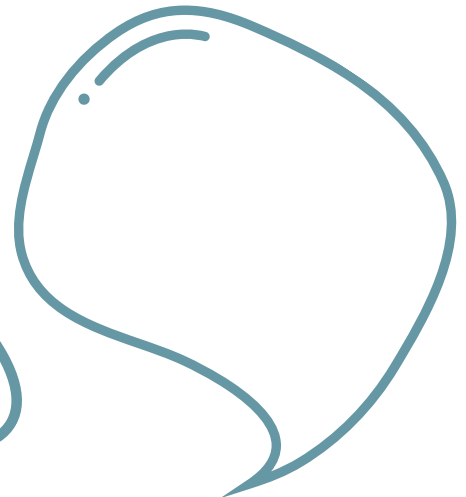
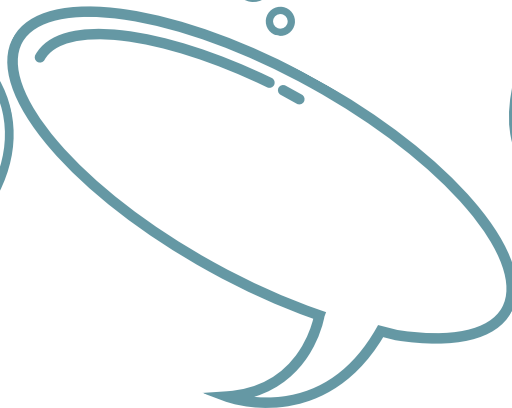
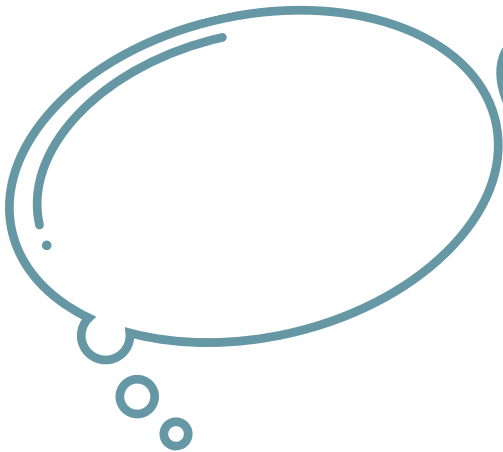
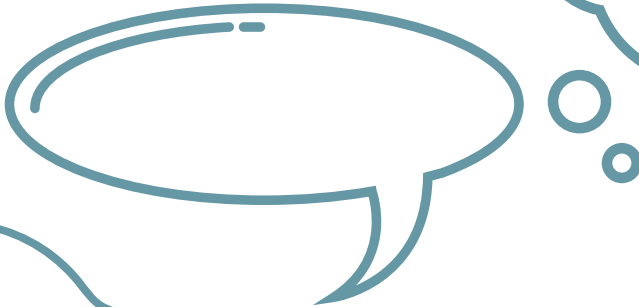
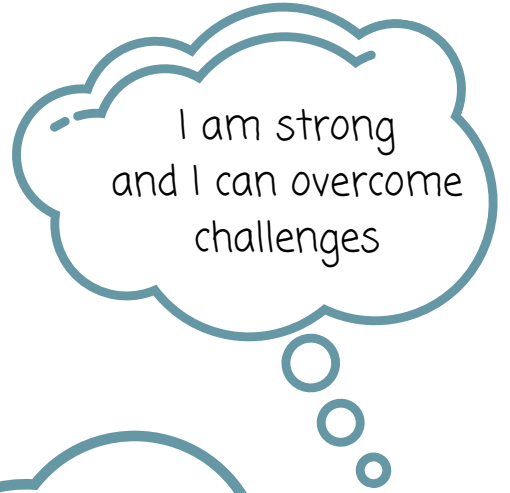
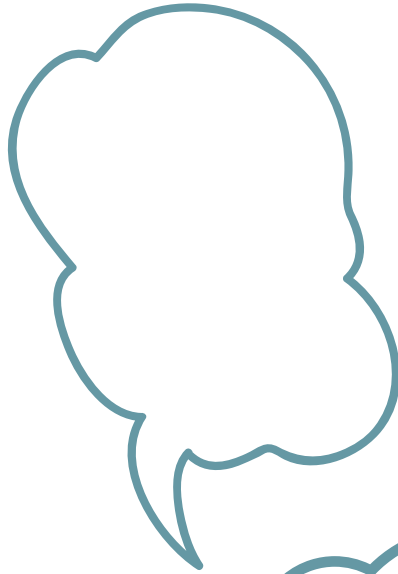
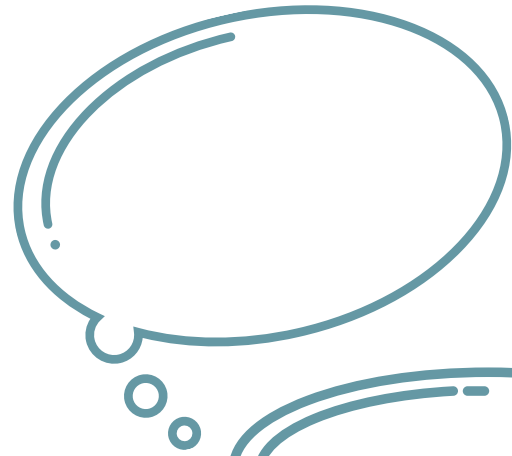
| | | |
|--------|------------------------------|--|
| Sunday | I felt proud when | |
| | Today I accomplished | |
| | A positive thing about today | |

Positive self-talk



I am
unique

I am strong
and I can overcome
challenges



Positive experiences



Write about a time when you displayed these positive qualities.

| | |
|------------|--|
| Sacrifice | |
| Courage | |
| Determined | |
| Selfless | |
| Bravery | |
| Proud | |
| Happiness | |
| Love | |

Acts of Kindness



By completing random acts of kindness you will instantly boost your self-esteem and confidence.

Let someone
go before you
in a line

Hold a door
open for
someone

Smile or give
a wave to a
stranger

Give a
compliment
to someone

Help someone
who has dropped
something

Help someone
before they
ask

Clean up
after someone
else

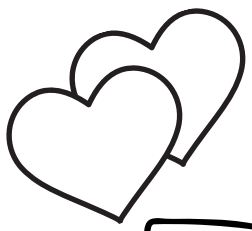
Bake something
for someone

Pick up
rubbish at your
local park

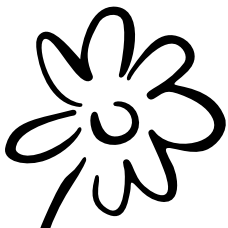
Donate to
a charity

Lend your
favorite book
to a friend

Prepare a meal
for your
family



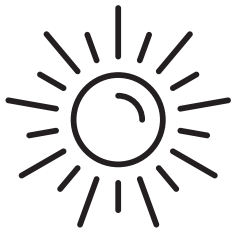
I am



BRAVER

than I believe

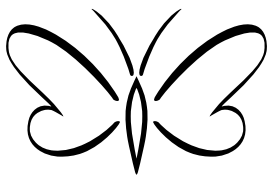
STRONGER



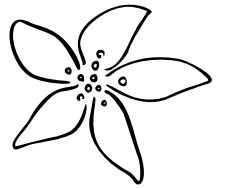
than I seem



SMARTER

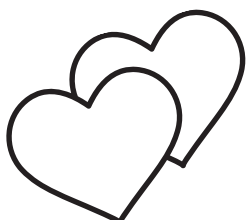


than I think



AND LOVED

more than I will ever



know

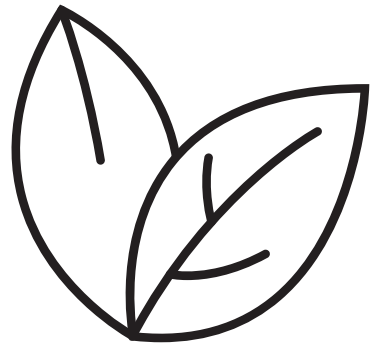




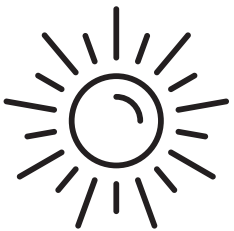
ALWAYS

BELIEVE

IN



YOURSELF





Love yourself first and
everything else falls into
line. You really have to
love yourself
to get anything done
in this world.





EVEN THOUGH IT'S
MONDAY MORNING
ACT LIKE IT'S
SATURDAY
NIGHT

Blooming Souls



*Love yourself first and
everything else falls into
line. You really have to
love yourself
to get anything done
in this world.*

Blooming Souls



IF YOU HAVE GOOD
THOUGHTS THEY WILL
SHINE OUT OF YOUR
FACE LIKE SUNBEAMS
AND YOU WILL ALWAYS
LOOK LOVELY

Blooming Souls



I will be
STRONG

in moments I feel like .

BREAKING

I will be

BRAVE

in moments I feel like

RUNNING

Blooming Souls



Self-Esteem Journal

DAY 1

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I AM GRATEFUL
FOR TODAY

3 REASONS I HAVE TO
LAUGH AND SMILE

SELF-REFLECTION

DAY 2

DATE:



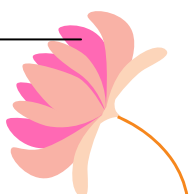
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I ENJOYED
ABOUT TODAY

3 REASONS WHY
MY FAMILY LOVE ME

SELF-REFLECTION



Self-Esteem Journal

DAY 3

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FELT PROUD OF
MYSELF WHEN

3 SMALL SUCCESSES
I HAD TODAY

SELF-REFLECTION

DAY 4

DATE:



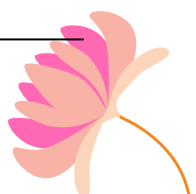
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE HIGHLIGHT OF
MY DAY WAS

MY BEST ATTRIBUTES
ARE

SELF-REFLECTION



Self-Esteem Journal

DAY 5

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 UNIQUE THINGS
ABOUT ME

I FEEL MOST PROUD
OF MYSELF WHEN

SELF-REFLECTION

DAY 6

DATE:



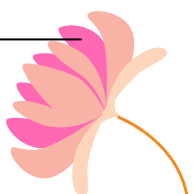
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THINGS I AM EXCITED
FOR

3 THINGS IN LIFE THAT
I AM THANKFUL FOR

SELF-REFLECTION



Self-Esteem Journal

DAY 7

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I AM IN MY ELEMENT
WHEN

3 WAYS MY LIFE
IS AWESOME

SELF-REFLECTION

DAY 8

DATE:



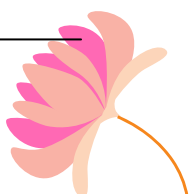
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BIGGEST SUCCESS
LAST WEEK WAS

I FEEL BEST ABOUT
MYSELF WHEN

SELF-REFLECTION



Self-Esteem Journal

DAY 9

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 REASONS WHY I
AM A GOOD FRIEND

3 WAYS IN WHICH
I CAN SHOW MYSELF COMPASSION

SELF-REFLECTION

DAY 10

DATE:



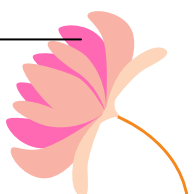
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

TODAY I ACHIEVED

3 REASONS WHY I AM
A GOOD PERSON

SELF-REFLECTION



Self-Esteem Journal

DAY 11

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BIGGEST ACCOMPLISHMENTS
ARE

3 REASONS I DESERVE
LOVE

SELF-REFLECTION

DAY 12

DATE:



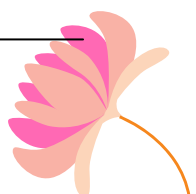
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT DOES CONFIDENCE
MEAN TO ME

MY BEST PERSONALITY
TRAIT IS

SELF-REFLECTION



Self-Esteem Journal

DAY 13

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BIGGEST ACCOMPLISHMENTS
ARE

3 REASONS I DESERVE
LOVE

SELF-REFLECTION

DAY 14

DATE:



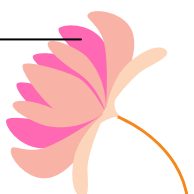
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHEN DO I FEEL
THE STRONGEST

THE LAST TIME I OVERCAME
FEAR

SELF-REFLECTION



Self-Esteem Journal

DAY 15

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE HIGHLIGHT OF MY DAY WAS..

SOMETHING I WANT TO IMPROVE ON IS..

SELF-REFLECTION

DAY 16

DATE:



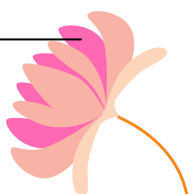
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

SONGS THAT BOOST MY MOOD

THE BEST COMPLIMENTS I HAVE EVER RECEIVED

SELF-REFLECTION



Self-Esteem Journal

DAY 17

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BEST PHYSICAL
ATTRIBUTES

MY FAVORITE PERSONALITY
TRAITS

SELF-REFLECTION

DAY 18

DATE:



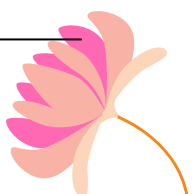
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

HOW CAN I LOVE
MYSELF MORE

THINGS THAT I REALLY
WANT OTHERS TO
KNOW ABOUT ME

SELF-REFLECTION



Self-Esteem Journal

DAY 19

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE BEST ADVICE
I HAVE EVER RECEIVED

WHAT IS STOPPING ME
FROM SUCCEEDING

SELF-REFLECTION

DAY 20

DATE:



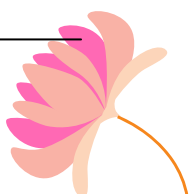
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT GOALS AM I
WORKING TOWARDS

HOW DO I DESCRIBE LOVE

SELF-REFLECTION



Self-Esteem Journal

DAY 21

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY GREATEST TALENTS

WHATS THE GREATEST FEELING I
HAVE EVER HAD

SELF-REFLECTION

DAY 22

DATE:



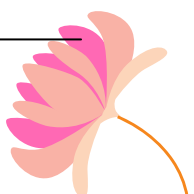
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

HOW DO I FEEL WHEN
SOMEONE GIVES ME A
COMPLIMENT?

HOW DO I FEEL WHEN I
ACCOMPLISH SOMETHING HARD

SELF-REFLECTION



Self-Esteem Journal

DAY 23

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT MAKES ME FEEL LIKE
A STRONG PERSON?

HOW DOES CONFIDENCE RELATE
TO HAPPINESS

SELF-REFLECTION

DAY 24

DATE:



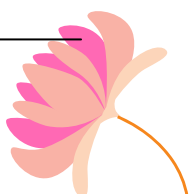
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

HOW DO OTHER PEOPLE
SEE ME?

HOW DOES SELF-CARE RELATE
TO SELF-ESTEEM?

SELF-REFLECTION



Self-Esteem Journal

DAY 25

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

SELF-CARE ACTIVITIES

WHAT DOES MY BEST DAY
LOOK LIKE?

SELF-REFLECTION

DAY 26

DATE:



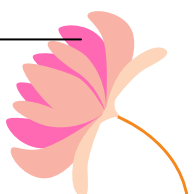
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FORGIVE MYSELF FOR

FEARS I WANT TO
LET GO OF

SELF-REFLECTION



Self-Esteem Journal

DAY 27

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I DESERVE HAPPINESS BECAUSE

SOMETHING I DO BETTER
THAN OTHERS

SELF-REFLECTION

DAY 28

DATE:



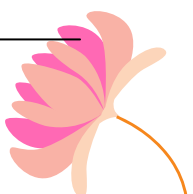
MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT POSITIVE CHANGES
HAVE I MADE

FAVORITE THINGS I LIKE
ABOUT MYSELF ARE

SELF-REFLECTION



Self-Esteem Journal

DAY 29

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

IF I WERE A FLOWER, WHICH
ONE WOULD I BE?

3 TOP MORALS

SELF-REFLECTION

DAY 30

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 TOP VALUES

I AM AMAZING BECAUSE

SELF-REFLECTION

