

BUILD YOUR *Self-Esteem* ACTIVITY



Self-Esteem is the backbone of our confidence in ourselves. It is a measure of our own worth. Therefore it is important to build and maintain our self-esteem. The below questions are designed to help you to develop a positive self-esteem.

Think of someone who considers you with high regard (someone who genuinely cares about you and enjoys your company). What would this person say are your top qualities?

What do you like most about who you are as a person? (i.e. your values, personality, how you live your life)

What was something you achieved that surprised you? How did you achieve this? (What skills, behaviours and qualities did you use)

Think of a difficult situation or challenge you had to overcome. What was it about you that helped you overcome this challenge?

Sometimes we need an outside perspective to truly appreciate ourselves. The next activity encourages you to do this.

Imagine you are 20 years older. All the issues you are coping with now have eased or disappeared. If you were to write a letter to your 'younger self', what would you say? Write to yourself with compassion, advice, recognition of your abilities, and encouragement.

Love from,



It's time to bring it all together. Your self-esteem is made up of four components: your confidence, your sense of identity, feeling a sense of belonging, and being self assured in your abilities. The previous activities focused on unearthing aspects of these areas. Use these answers to help with the below activity.

Confidence: or accepting and trusting yourself and having a sense of control in your life. Finishing the following statements:

I love who I am because

I will trust myself because

The things I have control of in my life are

Sense of Belonging: Write down the places and people you feel comfortable with, where you feel genuinely welcomed. Where do you feel most like yourself?

Sense of Identity: Write down the different parts of who you are. Values, beliefs, qualities, etc.

Self Assured in Your Abilities: thinking of your past and current challenges, write down all the abilities you have that will get you through any challenge.

3

Document Created By
Teghan McGruther

Principle Counsellor at Honest
Conversations Counselling Service

