

Self-esteem sentence stems



Sentence stems are open-ended prompts designed to help you explore your beliefs, strengths, and self-worth. By completing them regularly, you can uncover patterns in your thinking and begin building a kinder, more confident self-view. Read each sentence starter and complete it with the first thought or feeling that comes to mind.

Recognising Strengths

1. One thing I'm good at is...
2. I feel proud of myself when...
3. A skill I've worked hard to improve is...
4. People often thank me for...
5. One challenge I've overcome is...

Positive Self-View

1. I like the way I...
2. One word that describes me well is...
3. My favourite thing about my personality is...
4. I feel confident when I...
5. I am happiest when...

Acknowledging Growth

1. Something I've learned about myself recently is...
2. I used to struggle with ____, but now I...
3. I'm more capable than I used to be because...
4. One way I've surprised myself is...
5. I can handle tough situations by...

Self-Compassion

1. I forgive myself for...
2. I deserve...
3. One way I can take care of myself today is...
4. I am worthy of...
5. I can remind myself that...