

## Self-Esteem Building Worksheet

Self-esteem is the way you think and feel about yourself. For example, people with healthy self-esteem believe in themselves. They feel confident in their skills and in who they are. They are proud of their accomplishments and don't beat themselves up when they make a mistake. People with healthy self-esteem see their own good qualities.

People with unhealthy self-esteem think that others are better than themselves and don't see their own good qualities. If they make a mistake, they are hard on themselves and give up easily. People with unhealthy self-esteem don't feel loved and respected by others.

The first step to increasing your self-esteem is to identify your strengths and good qualities.

**Step 1:** Rate yourself in the following areas.

Don't feel like you should be a "4" in everything.  
 Each person has his or her own unique strengths.

For each item, indicate how well it describes you by choosing the appropriate letter on the scale.

ANSWER SCALE:	1	2	3	4
	Does not describe me well			Describes me very well

I am honest	1	2	3	4
I stick by my friends and family (I am loyal)	1	2	3	4
I do what I say I am going to do (I am dependable/reliable)	1	2	3	4
I am usually a happy person	1	2	3	4
I respect others, especially those in authority	1	2	3	4
I have a good sense of humor	1	2	3	4
I am trustworthy	1	2	3	4
I work hard and finish thing, even if it's not easy	1	2	3	4
I read well	1	2	3	4
I am a good dancer	1	2	3	4
I am a good speaker	1	2	3	4
I am artistic	1	2	3	4

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ANSWER SCALE:	1	2	3	4
	Does not describe me well			Describes me very well

I am creative	1	2	3	4
I am a good problem solver	1	2	3	4
I am good at sports	1	2	3	4
I am good at music (vocal or instrumental)	1	2	3	4
I treat others with kindness	1	2	3	4
I always show up on time (I am punctual)	1	2	3	4
I am confident about myself (I am self-assured)	1	2	3	4
I stay calm under pressure (I am levelheaded)	1	2	3	4
I am generous	1	2	3	4
I love learning about new things (I am curious)	1	2	3	4
I bounce back quickly in tough situations (I am resilient)	1	2	3	4
I am good at math	1	2	3	4
I notice & remember what other people like/dislike	1	2	3	4
I usually see the good in people	1	2	3	4
I can speak my mind when I need to	1	2	3	4

**If we didn't suggest something that you are great at, list it below:**

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**Step 2:** Identify a couple of strengths that you want to make even stronger.

From the list, choose two areas with a “4” rating. Write them below, along with one or two things you could do to make each strength even stronger.

I am good at: \_\_\_\_\_

I could make this area even stronger by: \_\_\_\_\_

\_\_\_\_\_

I am also good at: \_\_\_\_\_

I could make this area even stronger by: \_\_\_\_\_

\_\_\_\_\_

**Step 3:** Identify a couple of weaknesses that you want to make stronger.

From the list, choose two areas with a “1” or “2” rating. List them below, along with one or two things you could do to make each weakness stronger.

I am weak at: \_\_\_\_\_

I could make this area stronger by: \_\_\_\_\_

\_\_\_\_\_

I am also weak at: \_\_\_\_\_

I could make this area stronger by: \_\_\_\_\_

\_\_\_\_\_