


SELF-ESTEEM SENTENCE STEMS WORKSHEET

Completing this exercise can help you explore your thoughts and feelings and become more comfortable sharing them with others, making it easier to work through self-esteem issues.

Set aside 5 minutes 2-3 times a week to complete the worksheet. Review what you've written after two weeks of completing the worksheet. It can help you notice positive changes in your responses.

- *Right now, I'm happy that* _____
- *I have always wanted to* _____
- *I often look forward to* _____
- *I gain strength from* _____
- *I secretly enjoy* _____
- *Sometimes, I wish I could* _____
- *Something I did well today* _____
- *Today I had fun when* _____
- *I felt proud when* _____
- *Today I accomplished* _____
- *I had a positive experience with this person* _____
- *Something I did for someone* _____
- *I felt good about myself when* _____
- *I was proud of this person today* _____
- *Today was interesting because* _____

 Clinically reviewed by Calmerry professionals