


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* _____

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SIGNS OF LOW SELF-ESTEEM CHECKLIST

People with low self-esteem tend to see themselves, the world, and their future more negatively and critically. They find it difficult to make decisions, excessively depend on the approval of others, and constantly question themselves. It can be hard to realize that you have low self-esteem, and often, this feeling has been around so long that it can really feel like it's just how you see the world.


**Here are some common signs of low self-esteem.
Which of them apply to you?**

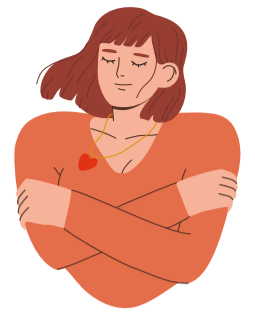
- Focusing only on the negative aspects of life and ignoring your achievements**
- Lack of boundaries**
- Saying negative things and being critical about yourself**
- Negative body image**
- Thinking that other people are better than you and feeling worthless**
- Obsession with perfection and feeling that you are not good enough**
- Difficulty in expressing your own needs**
- Relying on others to make decisions**
- Trouble accepting compliments**
- Constantly comparing yourself to others**
- Feeling guilty for everyday actions**
- Apologizing frequently**
- Blaming yourself when things go wrong**
- Avoiding social interactions**
- Being hostile when confronted with criticism**
- Feeling sad, depressed, anxious, ashamed, angry, or worthless**
- Intense fear of failure, assuming the worst even if you have no evidence to support it**



What can you do to build healthy self-esteem? Read on to find out



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Self-Esteem Journal

Day	3 Writing prompts	Response
Mon	One good thing that happened to me today...	
	Today I had fun when...	
	Today I felt proud of myself because...	
Tue	3 small successes I had today were...	
	I enjoyed...	
	Something I did for someone was...	
Wed	My favorite thing today was...	
	Today I accomplished...	
	I am excited for...	
Thur	I feel most proud of myself when...	
	The highlight of my day was...	
	Positive feelings that I experienced today...	
Fri	Someone I was thankful for today...	
	Something about today I'll always want to remember...	
	Things I did to make a positive difference today...	
Sat	What I'm excited about today...	
	Something I did well today...	
	3 good things about me...	
Sun	Amazing things that happened today...	
	A compliment I would give myself today is...	
	I felt good about myself when...	

Self-awareness is at the heart of many important and rewarding things in life. It's a compass that can guide you in moments when you don't have all the answers. Here are 8 ways to improve your self-awareness and make it a habit.

