



BUILDING

Self-Esteem

WORKSHEET

BY MARISSA LEWIS

Empower Yourself with Positive Self-Esteem: A Worksheet for Building Confidence and Self-Worth



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Channeling conscious creativity into confident leadership. Experiment with your ideas, gain clarity and courage so you can show up in your most unique expression and build a wildly successful life & business.

Marissa Lewis xx

SELF ESTEEM

Self-esteem is the way we view ourselves, and it affects how we feel about ourselves, how we interact with others, and how we handle challenges.

Having healthy self-esteem is important for a happy and fulfilling life. In this worksheet, we will explore ways to build and maintain self-esteem.



STEP 1: Identifying Negative Self-Talk

Our self-talk is the internal dialogue we have with ourselves, and it can be positive or negative. Negative self-talk can damage our self-esteem and lead to feelings of inadequacy.

Answer the following questions to identify your negative self-talk:

1. What negative thoughts do you often have about yourself?

2. What evidence do you have that these thoughts are not true?

3. How do these negative thoughts make you feel?



STEP 2: Challenging Negative Self-Talk

Once you have identified your negative self-talk, it's important to challenge it. Use the following prompts to challenge your negative self-talk:

1. Is this thought true? Why?

2. Is this thought helpful? Explain.

3. How would I respond if a friend said this about themselves?

4. What is a more balanced and realistic way to view the situation?





STEP 3: Developing Positive Affirmations

Positive affirmations are statements that we say to ourselves to boost our self-esteem and challenge negative self-talk. Use the following prompts to develop positive affirmations:

1. What qualities do I appreciate about myself?

2. What positive things have others said about me?

3. What have I accomplished that I am proud of?

4. What can I do to take care of myself today?

Message for yourself

You're amazing Mama!





STEP 4: Celebrating Accomplishments

Celebrating accomplishments is an important aspect of building self-esteem. It involves acknowledging and recognizing the positive things we have done or achieved, no matter how big or small they may seem.

By taking the time to celebrate our accomplishments, we are reinforcing the positive belief in ourselves and our abilities, which can help boost our confidence and self-esteem.

Let's Celebrate! You deserve it!

Complete the following activity to celebrate your accomplishments:

1. Make a list of five things you have accomplished recently, no matter how small.

2. Next to each accomplishment, write down why it was important to you.

Take a moment to celebrate each accomplishment, whether it's by treating yourself to something special or simply acknowledging the achievement to yourself.



STEP 4: Positive Visualization

Visualization is a powerful tool that can help us build self-esteem and confidence.

1. Think of a recent accomplishment that made you feel proud. Close your eyes and visualize yourself achieving this accomplishment.

What does it look like?

How do you feel in that moment?

2. Imagine yourself successfully completing a goal you have been working towards. Picture yourself in the moment of success.

How do you feel?

What do you see around you?

3. Visualize a positive outcome to a situation that has been causing you stress or anxiety.

How does it feel to have this situation resolved in a positive way?

What does it look like?



4. Picture yourself feeling confident and empowered.

How do you hold yourself?

What does your body language look like?

How do you feel emotionally?

5. Imagine yourself achieving something that you previously thought was impossible.

What does it feel like to accomplish this? Explain.

What does it look like?

6. Visualize yourself feeling peaceful and calm.

What do you see around you?

How do you feel in your body?

What thoughts or emotions come to mind?



7. Picture yourself in a social situation where you feel completely comfortable and confident.

What does it look like?

How do you feel interacting with others?

Remember:

There are no right or wrong answers to these questions. The purpose of this questionnaire is to help you tap into your imagination and visualize positive outcomes to help build your self-esteem and confidence.



Self-Esteem

is a crucial component of our well-being, and building and maintaining it requires practice and patience.

Use this worksheet and the activities included as a starting point for developing a positive self-esteem practice, and remember to be kind and compassionate to yourself along the way.

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I hope this worksheet and questionnaire on building self-esteem and positive visualization have been helpful to you.

Remember, building self-esteem takes time and effort, but the rewards are worth it.

By celebrating your accomplishments, practicing positive visualization, and engaging in activities that promote self-care and self-compassion, you can build a stronger sense of self-esteem and confidence.

Don't forget to be patient and kind to yourself along the way.

Best of luck on your journey toward building a stronger you Māmā!

Love you Māmā! xx

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