



Six exercises to rebuild a fairer, values-anchored sense of yourself under real-life pressure.

01 Self-esteem check-in

How fairly am I seeing myself this week?

1 2 3 4 5 6 7 8 9 10

Very harshly

Very fairly

02 What's chipping at my self-esteem?

Tick what's been getting to you lately, then add detail.

- Work / career performance
- Money or financial stress
- Parenting or caregiving
- Comparison (social media, peers)
- Body image or aging
- A relationship or its absence
- Feeling 'behind' where I should be
- A recent mistake or failure

The one that's loudest right now, and what it tells me about myself:

03 The inner critic, written down

List the harsh things you say to yourself about the above.

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-

04 Put the harshest thought on trial

The thought:

Evidence for it	Evidence against / context
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

A fairer way to see this:

05 Strengths and roles I carry well

The wins your stress is deleting, at work, at home, as a friend, parent, partner. Name them plainly.

1.

2.

3.

4.

5.

6.

06 Values over approval

When approval and performance can't hold you up, values can. Name what actually matters to you, then one way to live it this week regardless of how 'successful' you feel.

What matters most to me (not what should):

One small way I'll live a value this week:

When you're done, a moment to reflect

- If your worth didn't depend on output, what would you let yourself ease up on?
- Whose approval are you still chasing, and what would change if you stopped?
- Which value, lived more fully, would make the comparison noise quieter?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.