



Six quick activities to help you see yourself a bit more fairly.

---

## 01 How am I feeling about myself?

Right now, how good do I feel about myself?

1 2 3 4 5 6 7 8 9 10

Pretty low

Pretty good

If I'm honest, the thing I'm hardest on myself about is...

---

---

## 02 The compare trap

Social media shows everyone's highlights, not their real life.  
Let's name it.

Who or what do I compare myself to the most?

---

---

What does that comparison NOT show? (the bad days, edits, stuff behind the photo)

---


---

## 03 Things I'm actually good at

Not just school. Being a good friend, funny, kind, good at a game, reliable, all count.

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---
6. 

---

#### 04 Talk back to the mean voice

Write what the mean voice in your head says. Then answer it like you'd stick up for a friend.

What the mean voice says

---

---

---

What I'd say to defend a friend

---

---

---

#### 05 People and things that remind me I'm okay

Who makes you feel like yourself? What do you enjoy that's just yours?

1. 

---
2. 

---
3. 

---
4. 

---

#### 06 One kind thing I'll do for myself

This week I'll...

---

---

### When you're done, a moment to reflect

- If you talked to yourself like you talk to your best friend, what would change?
- Whose opinion are you actually trying to win, and is it worth it?
- What's one thing about you that has nothing to do with how you look?

---

Free worksheet from [selfgrowth.org](https://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](https://findahelpline.com). If you're in immediate danger, call your local emergency number.