



My Self-Esteem Worksheet

Six exercises that train the core habits of healthier self-esteem: a fairer inner voice, a fuller picture, and kinder standards.

01 How am I rating myself lately?

Overall, how do I feel about myself this week?

1 2 3 4 5 6 7 8 9 10

Very low

Very good

If my self-esteem could talk right now, it would say...

02 Catch the inner critic

Write down the critical things you say to yourself most often.
Just naming them takes away some of their power.

1.

2.

3.

4.

5.

03 Put the critic on trial

Pick the harshest thought above. Weigh it like a fair judge would, evidence for, evidence against.

The thought I'm examining:

Evidence it's 100% true

Evidence against / exceptions

A fairer, more balanced version of the thought:

04 The strengths my memory keeps deleting

Low self-esteem filters out the good. Deliberately list strengths, qualities, and things you've done well, small ones count double.

1.

2.

3.

4.

5.

6.

05 The friend test

Think of how you'd speak to a good friend in your situation. Write what you'd say to them, then notice the gap between that and how you talk to yourself.

What I'd say to a friend who felt the way I do:

06 One kinder standard, starting now

Choose one harsh rule you hold yourself to, and write a fairer one to practise this week.

My current harsh standard

A fairer standard I'll try

When you're done, a moment to reflect

- Where did your inner critic's voice originally come from?
- What becomes possible if you talk to yourself like someone you're rooting for?
- Which single strength from section four would you like to lean on more?

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.