

Self-Esteem Treatment Plans

Name: _____ Date: _____

Instructions: Share and write down your thoughts and emotions on the following statements.

I feel good about myself when...

One positive quality I have is...

When I engage in negative self-talk, I usually say...

A more positive way to frame that negative thought is...

I can take care of myself by...

One goal I have that will boost my self-esteem is...

One boundary I can set to protect my self-esteem is...

When I need support, I can turn to...

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One thing I can do today to improve my self-esteem is...

I am proud of myself for...

I deserve to be treated with respect because...

One thing I admire about myself is...

When I make a mistake, I usually think...

A more helpful way to react to mistakes is...

I am worthy of love and belonging because...

One positive affirmation I can repeat to myself is...

Note: The goal of this is to help you build and maintain a healthy sense of self-worth and self-esteem. Use these sentence stems to help you identify and challenge negative self-talk, practice self-care, set goals and boundaries, seek support when needed, and cultivate a positive and compassionate attitude towards yourself.

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Part II.

Instructions: Set realistic goals for yourself and think of what you can do to attain those goals. It is important to set a time frame for each goal and note all your progress.

GOAL	ACTION STEPS	TIME FRAME	PROGRESS MEASURE

Remember: A self-esteem treatment plan should be personalized and tailored to your specific needs and goals. Work with a therapist or mental health professional to create a plan that works for you and that can help you build and maintain a healthy sense of self-worth and self-esteem.