

# Self-Esteem Reflection Worksheet

## Client Information:

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

**Instructions:** Take some time to reflect on the following questions and prompts. Write your answers in the spaces provided. Be honest with yourself and remember this is a safe space for self-discovery and growth.

1. **Self-Appreciation:** List three qualities or strengths about yourself that you admire. These can be related to your personality, skills, or achievements.

A.

B.

C.

2. **Inner Critic vs. Inner Friend:** Identify a recent situation where your inner critic was particularly active. Describe what the inner critic was saying to you.

Situation:

Inner Critic's Voice:

3. **Reframing Negative Thoughts:** Take one negative thought from the previous question and reframe it into a more compassionate and realistic statement.

Negative Thought:

--

Reframed Thought:

--

4. **Past Achievements:** Write down three accomplishments or challenges you've overcome. How did you feel when you achieved them?

A. Accomplishment	Feeling:
-------------------	----------

B. Accomplishment	Feeling:
-------------------	----------

C. Accomplishment	Feeling:
-------------------	----------

5. **Daily Affirmations:** Create three positive affirmations you can repeat daily to boost your self-esteem.

a. "I am \_\_\_\_\_."

b. "I deserve \_\_\_\_\_."

c. "I am capable of \_\_\_\_\_."

6. **Self-Care Plan:** List three self-care activities that make you feel good about yourself and boost your self-esteem.

A.
----

B.

C.

7. **Body Positivity:** Write a love letter to your body, expressing gratitude for its strength, resilience, and uniqueness.

Dear Body,

I want you to know that I appreciate...

8. **Setting Boundaries:** Describe a situation where you must set boundaries to protect your self-esteem. What boundary will you set, and how will you communicate it?

Situation: \_\_\_\_\_

Boundary: \_\_\_\_\_

Communication: \_\_\_\_\_