

# Self-Esteem Worksheet for Adults

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Use this worksheet to reflect on your strengths, values, and personal growth. Answer each prompt honestly to help build self-awareness and boost your self-esteem.



Something I love doing is:

I think I am great at:

I would like to be great at:

In order to be great at your answer above, I will:

My family thinks I'm great at:

Others think I'm great at:

My greatest skill or talent is:

I feel good about:

I admire myself for:

What I love most about myself is:

I've had success with:

My future goals include:

I'm confident that I'll achieve them because:

I'll be at peace when: