

Self Esteem Worksheet For Adults

Name	Date
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/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'm/I'll be at peace when...	