



LOOKING BACK: A Self-Reflection

Self-Esteem Worksheet

What does self-esteem mean to you?

How do you feel or react when you make a mistake? Do you forgive yourself easily based upon the nature of the mistake? Do you think about the future and consequences of the mistake? Can it be avoided or corrected?

Think about these terms and try to list down some situations that make you feel so.

Sadness	Contentment	Surprise	Anger	Shy
Excitement	Hopeless	Fear	Love	Joy
Conscious	Assertive	Guilt	Disgust	Safe

Do you accept and like yourself the way you are? Why or why not?

Is there anything you would want to change about yourself? What prompts you to think of these changes? What results do you expect in your self-esteem as a result of these changes?

