



MOVING AHEAD: The Challenge

Self-Esteem Worksheet

What effect do the following have on your self-esteem?

- Workload
- Exercise
- Responsibilities
- Relationships
- Music
- Finances
- Sleep
- Physical Setting

Which of these can you control? What can you do to prevent these from negatively affecting your self-esteem ?

Can you list some activities that make you feel accomplished? Do these activities have a lasting impact?

Can you identify people in your life that help you with your self-esteem? Do you have a mentor? Who can you consult when you need to work on your self-esteem and how it affects your daily activities and well-being?

What steps can you think of that are important to take in order to improve your self-esteem?

