



SELF-ESTEEM WORKBOOK

Compiled from Therapistaid.com



JULY 1, 2019

WILLIAMSON COUNTY JUSTICE OF THE PEACE PCT 4
www.wilco.org/jp4

Introduction

The guides and worksheets in the packet are intended to help you learn to think about yourself in a positive manner. A good sense of self-esteem improves your mental health and helps you become happier and more successful.

It's not an easy process. When your self-esteem is low, it takes making yourself a priority. This means meeting your own needs instead of ignoring them for the sake of others. As a philosopher once said, "He who tries to please everybody pleases nobody."

If you've ever flown on a plane, you've seen the safety presentation at the beginning. Stewards demonstrate how to use the available safety equipment in case of emergency. A drop in cabin pressure will release oxygen masks for passengers. Parents with young children are told to put their mask on first. Without taking care of themselves, they can't take care of their children. Your self-esteem is like that oxygen mask. Without it, you can't help others.

Included in this packet are exercises and worksheets on journaling, fighting negative thoughts, identifying your strengths and thinking about what's positive in your life. Together, they can help you better understand yourself, your strengths and where you need improvement.

Feel free to work on these exercises and worksheets with a parent, trusted friend or counselor.

Upon completion of this packet, please contact the court at 512-352-4155 and ask to speak with the Juvenile Case Manager. You do not have to turn in your worksheets but you must talk to the case manager about what you've learned.

Strengths Exploration

Research in positive psychology has shown that learning to use strengths in new ways can improve well-being. Strengths-based interventions involve identifying strengths, understanding how they are used, and learning new ways to apply them.

Using the Strengths Exploration worksheet, you will identify your strengths, and then explore their roles in different areas of life (relationships, professional life, and personal fulfillment). You will think about ways in which you currently use your strengths, along with new ways you could begin using them.

Then move onto My Strengths and Qualities. Complete this worksheet and keep it handy to review and add new qualities as you think of them.

Positive Traits

This worksheet is, quite simply, a list of 58 positive traits. Try being creative with this tool!

Circle your positive traits to begin building self-esteem. Follow up this worksheet with Positive Experiences and think about times you've demonstrated positive behavior and traits.

Self-Esteem Journaling

Positive journaling has been found to help improve feelings of well-being and self-esteem. With this self-esteem worksheet, you will be asked to record three daily statements related to your successes, good qualities, and positive experiences. This worksheet is great those who have difficulty generating ideas for positive experiences to journal about. This worksheet is designed to be as straight-forward

and simple as possible, while maintaining the qualities that are important for improving self-esteem.

Self-Esteem Sentence Completion

Poor self-esteem can manifest itself as many problems. It can contribute to anxiety, academic problems, depression, behavioral issues, and more. Building a foundation of self-esteem can you gain the confidence to face your problems, and begin implementing skills.

Many people often discount their strengths, while focusing on negative experiences and weaknesses. The goal of the About Me worksheet is to help you identify their own positive traits and accomplishments.

We suggest that you or a parent work together to complete this self-esteem exercise. You may have difficulty thinking of responses to some questions, and an adult can help to nudge you in the right direction. This worksheet also provides a good opportunity for parents to practice providing praise.

Challenging Negative Thoughts

In this worksheet you will be asked to take a step back and consider your situation and thoughts from a new perspective, such as that from a friend. Each question is designed to lead you to look at your negative thoughts more objectively.

Gratitude

People tend to focus on their negative experiences far more than their positive experiences. Think about it. If you receive a negative evaluation at work, or you miss an important question on a test, it sticks out like a sore thumb. It doesn't matter if 95% of the feedback you receive is positive—the negative 5% is what you're going to think about. This is true in just about every aspect of life. A single

fight with a friend will feel so much bigger than the hundreds of positive interactions that came before it.

Start with the **Three Good Things Worksheet**.

"Three good things" is a classic gratitude exercise where participants are asked to write down three good things from their day, whether big or small. Practicing gratitude regularly has been shown to increase positive emotions and improve well-being.

Next is the **Gratitude Exercises Worksheet**.

Research in positive psychology indicates that those who practice gratitude have lower self-reported levels of depression and stress, and they're more satisfied with their social relationships. Not only that, but the effects can be long-lasting.

This worksheet summarizes a few exercises to you begin practicing gratitude. They include journaling, writing a gratitude letter, visiting and expressing thanks to someone who is important, and more.

Last is the **Gratitude Journal**:

A gratitude journal will force you to put positive and negative experiences into perspective. Instead of ending each day with thoughts of what went wrong, you'll spend a few minutes thinking about what went right. Additionally, a gratitude journal will get you in the habit of noticing positive experiences as they happen, and giving them more attention

Tips: Gratitude Journal

- The goal of a gratitude journal is to focus on the good things that would otherwise be taken for granted. You'll achieve this by jotting down a few notes on good things you experience, even if they seem minor.
- Plan when you will write in your gratitude journal. You don't have to journal every day, but make sure you do so at least once a week. Make sure you won't forget by setting a repeating alarm on your phone, or leaving a reminder on your calendar.

- Write down 3-5 things you are grateful for each time you journal. Spend a moment elaborating on why you are grateful for each entry. For inspiration, try thinking about what your life would be like without the thing you are grateful for (e.g. "If I didn't have a job...").
- Some ideas of things to write about are the people in your life, unexpected or surprising events, personal achievements, or even mundane daily pleasures like a good meal or a sunny walk.
- Make your gratitude journal a priority. If you treat it as just another chore to be completed and tossed to the side, it won't do much good. Genuinely spend time thinking about your life, and experiencing gratitude.

Developing Meaning

Having a sense of meaning associated with the past, present, and future can help to improve well-being. Meaning can be discovered by creating a narrative—or a story—about your life. We suggest completing the **Life Story** activity over the course of several weeks.

Instructions: Developing Meaning

- Write the story of your past. Describe how you overcame significant challenges using your strengths. This narrative should be about 1-2 pages long. Give yourself an hour or two to write, wait a few days, and then come back and review what you wrote. Feel free to make revisions!
- Next, write about who you are now. Write about how your present self is different from your past self. Include discussion about how your strengths have evolved. This entry should be about 1 page long, but feel free to go longer.
- Finally, write about your imagined future self. What kind of person do you hope to become? How will your strengths grow? What would you like to

achieve? Finally, how can you go about achieving these things? This entry should also be about 1 page.

- Save your writings, and review them regularly. Update your narratives as you grow.

Strengths Exploration

Those who know their strengths and use them frequently tend to have more success in several areas. They feel happier, have better self-esteem, and are more likely to accomplish their goals.

To use your strengths effectively, it's important to have a clear idea of what they are, and how they can be used. Some of your greatest strengths might be easy to recognize, while others go unnoticed because they feel ordinary to you (even if they aren't).

In this worksheet you will identify your strengths and ways in which you are already using them. Additionally, you will explore *new* ways to use your strengths to your advantage.

Circle your strengths from the choices below, or add your own at the bottom.

Wisdom	Artistic Ability	Curiosity	Leadership
Empathy	Honesty	Open Mindedness	Persistence
Enthusiasm	Kindness	Love	Social Awareness
Fairness	Bravery	Cooperation	Forgiveness
Modesty	Common Sense	Self-Control	Patience
Gratitude	Love of Learning	Humor	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athleticism	Discipline	Assertiveness	Logic
Optimism	Independence	Flexibility	Adventurousness

Strengths Exploration



Relationships

romantic relationships, friendships, and family

List the strengths you possess that help you in your relationships.

Describe a *specific* time your strengths were able to help you in a relationship.

Describe two new ways you could use your strengths in relationships.

1

2

Strengths Exploration



Profession

past or present work, school, or other professional endeavors

List the strengths you possess that help you in your profession.

Describe a *specific* time your strengths were able to help in your profession.

Describe two new ways you could use your strengths in your professional life.

1

2

Strengths Exploration



Personal Fulfillment

hobbies, interests, and pleasurable activities

List the strengths you possess that help you achieve personal fulfillment.

Describe a *specific* time your strengths were able to help you with personal fulfillment.

Describe two new ways you could use your strengths for personal fulfillment.

1

2

My Strengths and Qualities

Things I am good at:

1

2

3

Compliments I have received:

1

2

3

What I like about my appearance:

1

2

3

Challenges I have overcome:

1

2

3

I've helped others by:

1

2

3

Things that make me unique:

1

2

3

What I value the most:

1

2

3

Times I've made others happy:

1

2

3

Positive Traits

Kind	Insightful	Sensitive
Intelligent	Funny	Organized
Hardworking	Patient	Selfless
Loyal	Realistic	Practical
Attractive	Honest	Mature
Down-to-Earth	Generous	Focused
Goofy	Modest	Courteous
Creative	Serious	Grateful
Accepting	Independent	Open-Minded
Strong	Trusting	Positive
Friendly	Resilient	Responsible
Flexible	Cheerful	Cooperative
Nurturing	Self-Directed	Frugal
Thoughtful	Reliable	Tolerant
Confident	Relaxed	Innovative
Optimistic	Listener	Balanced
Respectful	Brave	
Determined	Decisive	
Skilled	Enthusiastic	
Helpful	Forgiving	
Motivated	Humble	

Positive Experiences

Write briefly about times when you have displayed each of the following qualities.

❖ **Courage**

❖ **Kindness**

❖ **Selflessness**

❖ **Love**

❖ **Sacrifice**

❖ **Wisdom**

❖ **Happiness**

❖ **Determination**



Self-Esteem Journal

Worksheet

A self-esteem journal can help kids start reflecting on the positive aspects of themselves, as well as the things they experience each day.

Children can use these *Self Esteem Journal* prompts as a guide for structuring their journaling each night.

Monday

One thing I did great at today...

Something I found fun ...

I admire how I...

Tuesday

A good thing I accomplished...

I had a nice time when...

I helped someone by...

Wednesday

I was proud of myself for...

Something kind I did for someone...

Today it was interesting when...

**My
Self-Esteem
Journal**

Self-Esteem Journal

Worksheet

Thursday

I made someone smile when...

One really fun thing I did...

I felt positive about...

Friday

Something I aced today...

I felt proud about myself when...

I admired someone else for...

Saturday

Something I helped someone with...

One thing I achieved...

Today was lovely because...

Sunday

A beautiful thing I noticed...

Today I achieved...

Something that made me feel good...

Self-Esteem Journal

MON.	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
TUE.	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
WED.	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
THUR.	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
FRI.	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
SAT.	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN.	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

About Me

Sentence Completion



I was really happy when... _____



Something that my friends like about me is... _____



I'm proud of... _____



My family was happy when I... _____



In school, I'm good at... _____



Something that makes me unique is... _____

Challenging Negative Thoughts

Depression, poor self-esteem, and anxiety are often the result of irrational negative thoughts. Someone who regularly receives positive feedback at work might feel that they are horrible at their job because of one criticism. Their irrational thought about job performance will dictate how they feel about themselves. Challenging irrational thoughts can help us change them.

Answer the following questions to assess your thought:

- ◆ Is there substantial evidence for my thought?

- ◆ Is there evidence *contrary* to my thought?

- ◆ Am I attempting to interpret this situation without all the evidence?

- ◆ What would a friend think about this situation?

- ◆ If I look at the situation positively, how is it different?

- ◆ Will this matter a year from now? How about five years from now?

Gratitude Journal

Three Good Things

Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

Gratitude Journal

Three Good Things

Day 3

Something I was thankful for today...

Today I smiled when...

Something about today I'll always want to remember...

Day 4

One good thing that happened to me today...

Today was special because...

Today I was proud of myself because...

Gratitude Journal

Three Good Things

Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...

Day 6

Something about today I'll always want to remember...

Something funny that happened today...

My favorite part of today...

Gratitude Journal

Three Good Things

Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...

Gratitude Exercises

Journal About Gratitude

Take a few minutes every evening to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.



Write a Letter

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.

Visit Someone who you Appreciate

Write a letter to someone you appreciate as described above, but instead of mailing it, deliver the letter in person. Don't tell them why you're visiting! Read them letter, and then allow them to keep it as a memento.



Say "Thank You"

Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the small actions people do every day that might be overlooked such as a colleague who always goes the extra mile, or a friend who always seems willing to listen.

Take a Gratitude Walk

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.



Gratitude Journal

Keeping a journal of the things you're grateful for has been shown to have a powerful effect on mental wellbeing. Among other benefits, journaling about gratitude reduces stress, increases happiness, and improves self-esteem.

Instructions: Two times a week, write a detailed entry about one thing you are grateful for. This could be a person, a job, a great meal with friends, or anything else that comes to mind.



Journaling Tips

- Don't rush to write down the first thing that comes to your mind. Take time to truly think about what you're grateful for. Expect each entry to take between 10-20 minutes.
- Writing about the people who you're grateful for tends to be more powerful than writing about things.
- Explain, *in detail*, why you're grateful. For example, if you're grateful for a friend who is nice, describe what they do that's nice, and why that makes you grateful.
- Aim for two solid entries each week. Keep your journal somewhere you'll see it, and plan when you can write. Set an alarm on your phone if you might forget.



Journaling Prompts

Note: The use of prompts is optional. Feel free to write about anything for which you are grateful.

Someone whose company I enjoy...

A fun experience I had...

The best part about today...

An act of kindness I witnessed or received...

A reason to be excited for the future...

Someone I can always rely on...

A valuable lesson I learned...

Something I can be proud of...

Someone who I admire...

An unexpected good thing that happened...

Something beautiful I saw...

An experience I feel lucky to have had...

Gratitude Journal

Entry #1	Date:

Entry #2	Date:

Gratitude Journal

Entry #3	Date:

Entry #4	Date:

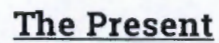
The Past, Present, and Future



Write the story of your past. Be sure to describe challenges you've overcome, and the personal strengths that allowed you to do so.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

The Past, Present, and Future



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Life Story

The Past, Present, and Future



The Future

Write about your ideal future. How will your life be different than it is now? How will you be different than you are now?

[illegible]