

What Self-Esteem Is



Exercise: Self-Worth Scan

Think of this like checking the brightness on your inner glow. Tune in and rate honestly.

Rate from 1–10:

- I believe I matter
- I trust myself to handle problems
- I'm kind to myself
- I respect my needs

Reflection Questions:

- How do I define self-esteem?

- When in my life have I felt my strongest?

- What new insight did this bring me?

Affirmation:

“I am worthy of love, respect, and compassion.”

Understanding Your Self-Esteem Story



Exercise: My Story Map

Imagine flipping through a scrapbook of moments that shaped you.

- Early messages I received about myself
- People who shaped how I view myself
- A moment that strengthened me
- A moment that hurt my confidence

Reflection Questions:

- What self-beliefs did I inherit, not choose?

- What part of my story needs rewriting?

- What does my story reveal about my strengths?

Affirmation:

“I am allowed to become someone new.”

Your Inner Critic



Exercise: Critic vs. Reality

Your inner critic is dramatic—you're the wise interviewer.

Write a negative thought, then ask:

- Whose voice is this?
- What evidence supports it?
- What evidence disproves it?
- What is a balanced statement?

Reflection Questions:

- When does my inner critic show up the most?

- What is it trying to protect me from?

- What truth do I want to believe instead?

Affirmation:

“My thoughts are not facts.”

The Self-Compassion Shift



Exercise: Kindness Replacement

Give your inner dialogue a makeover by rewriting harsh thoughts.

Rewrite 3 critical phrases as something kind.

Reflection Questions:

- How would I treat a child I love?

- How can I treat myself that way?

- What does being kind to myself look like today?

Affirmation:

“I give myself the compassion I deserve.”

Building Evidence of Your Worth



Exercise: The Proof List

Gather evidence of your strengths like a confidence scientist.

List:

- 5 things I'm proud of
- 5 moments I handled well
- 5 personal strengths

Reflection Questions:

- What accomplishments show I am capable?

- What compliments have I received?

- What stands out to me from this list?

Affirmation:

"I have proof that I am capable, valuable, and growing."

Challenging Unhelpful Beliefs



Exercise: Belief Breakthrough

Hold old beliefs to the light and choose new empowered ones.

Where did this belief come from?

Is it serving me?

What belief do I want instead?

What action matches the new belief?

Reflection Questions:

- What belief am I ready to release?

- Who will I become without it?

- What belief am I ready to replace with something kinder?

Affirmation:

“I am free to outgrow old stories.”

Boundaries & Self-Respect



Exercise: My Boundary Blueprint

Identify energy leaks and choose boundaries that protect you.

- Time boundary I need
- Emotional boundary I need
- Social/digital boundary I need

Reflection Questions:

- Where do I give too much?

- What do I need to say no to?

- What boundary would make my life feel lighter?

Affirmation:

“Respecting myself strengthens my self-esteem.”

Confidence Through Action



Exercise: The Courage Ladder

Break intimidating goals into tiny steps for confidence.

Break one goal into 5 tiny steps.

Reflection Questions:

- What have I avoided because I felt unready?

- How would life change if I trusted myself?

- What tiny brave step feels easiest to take today?

Affirmation:

“Every brave action builds a stronger me.”

Radical Self-Acceptance



Exercise: Imperfection Inventory

Explore your flaws and lessons with warmth, not judgment.

List:

- 3 imperfections I accept
- 3 mistakes I've learned from
- 3 ways I show resilience

Reflection Questions:

- What parts of myself have I judged unfairly?

- Which imperfections make me human?

- What part of myself deserves more acceptance?

Affirmation:

"I am whole, even when imperfect."

Your New Identity



Exercise: Identity Declaration

Craft your future self intentionally through 'I am' statements.

Write 10 lines: "I am the kind of person who..."

Reflection Questions:

- What qualities does my future self have?

- How can I embody them today?

- What does my future self want me to know?

Affirmation:

"I am becoming the most empowered version of myself."
