

Name _____ **Self Esteem**

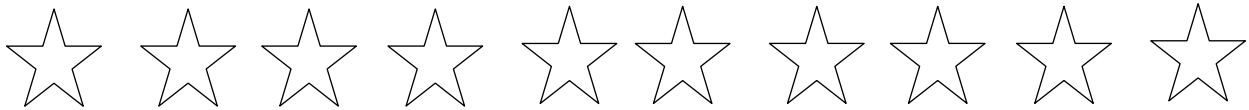
Self Esteem Worksheet

Your self esteem is the way you feel about yourself. It has to do with whether or not you accept and like yourself, and how confident you generally feel. Your self esteem can change from day to day, depending on what is going on in your life. Your self esteem can also be affected by the expectations we have for ourselves.

Your self esteem is fluid. It can change at any time.

How do you feel about yourself today?

Color in the number of stars that represent your self esteem right now.



I feel unhappy. I don't have any confidence.

I feel okay.

I feel great! I am happy with myself. I feel confident.

Now think about some things you are good at, or some positive personality traits that you have. Write them here.

Now rate your self esteem again.



I feel unhappy. I don't have any confidence.

I feel okay.

I feel great! I am happy with myself. I feel confident.