

Boost Your  
Self-Esteem  
One Gentle  
Step at a Time

# SELF ESTEEM *Worksheet*

**TODAY I'M PROUD OF MYSELF FOR...**

(Write 1–2 small wins, no matter how tiny!)

**A COMPLIMENT I RECEIVED RECENTLY (OR WISH I COULD BELIEVE)...**

(You're allowed to accept it!)

**ONE THING I LIKE ABOUT MYSELF TODAY...**

(It can be physical, emotional, or something you did.)

**A FEAR I FACED OR BOUNDARY I SET...**

(Because bravery comes in everyday forms.)

**MY SELF-ESTEEM MANTRA THIS WEEK:**

(Examples: "I am enough." "I'm learning and growing." "I show up for myself.")

**"Progress is still progress — even if it's on paper." – Dana** 🧡