

Name: _____ Date: _____

Self-Esteem Reflection Worksheet

Instructions: Answer honestly. There are no right or wrong answers.

1. Three things I like about myself:

2. Something I did well recently:

3. A challenge I overcame:

4. Three of my strengths:

5. One negative thought I have:

6. A kinder, positive thought instead:

7. Someone who supports me:

8. One thing I am grateful for today:
