

# Self-Esteem

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## IMPROVE YOUR SELF-ESTEEM WORKSHEET

This checklist will help you to improve your self image and self-esteem.

- I took a bath or shower today.
- I put on deodorant today.
- I brushed my teeth today.
- I brushed my hair today.
- I washed my hands today.
- My fingernails look neat and clean.
- I am dressed in clothes appropriate for my job.
- My clothes are clean.
- My clothes are not wrinkled.
- My clothes don't have any holes or stains.
- My friends say nice things about me.
- I have a positive attitude.

1. What are some positive relationships in your life? \_\_\_\_\_

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2. List some short-term goals. \_\_\_\_\_

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3. What are some things you do well? \_\_\_\_\_

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