

# 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? \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_