



SELF AWARENESS WORKSHEET

Please identify where you feel you are currently on the following scales. This will help you become more self aware of your current situation.

SELF ESTEEM

LOW 1 2 3 4 5 6 7 8 9 10 HIGH

HAPPINESS

DEPRESSED 1 2 3 4 5 6 7 8 9 10 HAPPY

ASSERTIVENESS

TIMID 1 2 3 4 5 6 7 8 9 10 ASSERTIVE

CALMNESS

EXPLOSIVE 1 2 3 4 5 6 7 8 9 10 CALM

LIFE STRESSES

OUT OF CONTROL 1 2 3 4 5 6 7 8 9 10 CONTROLLED

TIME MANAGEMENT

DISORGANIZED 1 2 3 4 5 6 7 8 9 10 ORGANIZED

LOVE & ADMIRE ME SHEET

Instructions:

- Print and complete your Love & Admire Me Worksheet
This worksheet is designed to stimulate the brain on a daily basis so that you experience pride in yourself. This is an important component for building positive self esteem.
- Practice Part 2 (below) daily for seven days and notice how much better you feel. Then, when you are feeling low self esteem – notice how you feel and make a choice to change your thinking by focusing on what you admire about yourself.

PART 1

Choose the characteristics, qualities, talents, skills or abilities you admire in yourself and list specific situations in which you embodied them. (Remember: when you focus on the specific details using all your senses you automatically reinforce self esteem building brain pathways.)

PART 2

Each Day, preferably in the evening before you go to sleep, make a list of the actions you took that demonstrate the qualities, gifts and talents you admire in yourself. The more you practice seeing yourself through the eyes of admiration the more you strengthen your self confidence muscle.

CHANGING MY SELF TALK SHEET

Instructions:

On the left hand side with the heading *Bad Self Talk*, make a list of all the bad self-talk you engage in and the negative things you say about yourself. On the right hand side write a new self-talk that you would like to change the negative one to. See my example then continue with your own.

BAD SELF TALK	CHANGE TO GOOD SELF TALK
<i>Example: I'll never get a good job</i>	<i>I can get a good job</i>

Every time you find yourself in the bad self talk mode, whenever you are felling low and beginning to sink into thinking negatively, immediately replace that bad self talk with its corresponding good self talk that you wrote down and keep repeating the good self talk either internally or out loud (if you are in a quiet place where no one will think you're crazy!) until you begin to feel energized and positive again.

GRATITUDE JOURNAL & GRATITUDE LIST

Instructions:

- Print Gratitude Journal – Gratitude List Worksheets and each day write what you are grateful for (or use a special personal journal.)
- Keep your completed Gratitude Journal handy. The next time you are feeling low self esteem and a lack of gratitude, read and add to your Gratitude List. Then notice your attitude change.

Date: _____

List 5 things you are grateful for. Begin each item with the words: *“I am grateful for:”*

1

2

3

4

5

Write 1 item you have never before expressed gratitude for:

GoodLuck!
Love and Light
Manali