



FaithWorks Counseling
Dr. Debbie Harnois
2901 University Avenue, Suite 17
Columbus, GA 31907
706.366.9691
www.FaithWorksCounseling17.com

Self-Esteem Reflection Worksheet

Name: _____ **Date:** _____

Part 1: Identify Self-Esteem Triggers

Write down recent situations where you felt unsure, unworthy, or doubted yourself:

Situation Thought Feeling Behavior

Part 2: Reframe Negative Self-Talk

Choose one thought from above and reframe it using a more balanced or compassionate perspective.

- **Original Thought:**
"I'm not good enough to do this."
- **Balanced Reframe:**
"I may not know everything, but I am capable of learning and growing."

Use the space below to practice 2–3 more:

Negative Thought Balanced Thought

Part 3: Self-Awareness & Values

Answer the following:

- **What strengths do I have that others have noticed or appreciated?**
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- **What are 3 values that are important to me?**

1. _____

2. _____

3. _____

- What is one small action I can take this week that reflects these values?

Daily Journal Prompts (Use one per day)

1. What is one thing I did well today, no matter how small?
2. When did I feel most myself today?
3. What would I say to a friend feeling the way I feel right now?
4. What helped me feel proud or strong today?
5. Where in my life do I need to show myself more kindness?
6. What limiting belief about myself do I want to challenge today?
7. How did I cope with a difficult feeling or situation today? What did I learn from it?

Affirmations for Self-Esteem

Write or say these each day, or choose one to focus on weekly:

- I am worthy of respect and kindness.
- My voice matters.
- I release the need to be perfect; I only need to be real.
- I have the power to grow and change.
- I am learning to trust and believe in myself.