

SELF- ESTEEM ACTIVI- TIES

FOR KIDS, TEENS, AND ADULTS

We all experience moments of self-doubt and uncertainty. It's a part of being human. However, if you find that negative feelings get in the way of living a healthy and happy life, it's time to do something about it. Luckily, there are many ways to increase your sense of self-worth.

Building self-esteem can be a difficult, though rewarding, journey in adulthood. It's much easier to develop this characteristic at a young age and foster it while growing up. As a parent, you can use these tools to help cultivate a healthy sense of self-esteem in your family.

In this toolkit, you'll find several self-esteem activities for children, teens, and adults.



SELF-ESTEEM SENTENCE COMPLETION

(PRIMARY SCHOOL AGE)

This worksheet is intended to help identify your own positive traits and characteristics and to recognize personal accomplishments.

To complete the activity as a family, pair this kid-friendly worksheet with the adult version in this toolkit.

My friends think I'm awesome
because...

I feel very happy when I...

My classmates say I'm great at...

Something that I'm really proud of is...

One unique thing about me is...

I make my family happy when I...

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SELF-ESTEEM JOURNAL

(PRIMARY SCHOOL AGE)

Keeping a self-esteem journal is a great way to begin thinking about the good things you do and experience, setting yourself up for a positive outlook on life.

This worksheet lists three sentence completion prompts for each day of the week. Complete the prompts for one week. To complete the activity as a family, pair this kid-friendly worksheet with the adult version in the toolkit.

MONDAY

One thing I did great at today...

Something I found fun...

I admire how I...

TUESDAY

A good thing I accomplished...

I had a nice time when...

I helped someone by...

WEDNESDAY

I was proud of myself for...

THURSDAY

I made someone smile when...

Something kind I did for someone...

One really fun thing I did...

Today it was interesting when...

I felt positive about...

FRIDAY

Something I aced today...

I felt proud about myself
when...

I admired someone
else for...

SATURDAY

Something I helped someone with...

One thing I achieved...

Today was lovely because...

SUNDAY

A beautiful thing I noticed...

Today I achieved...

Something that made me feel good...

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DESIGNING AFFIRMATIONS (MIDDLE OR HIGH SCHOOL AGE)

This worksheet will guide you through a popular, tactical approach to creating affirmations. You'll find design instructions as well as example goals, affirmations, and tips to help you.

When you have a set of affirmations ready to put to use, you can try these tips for using them:

- Stay mindful of your goals (write them down and place somewhere you'll see every day)
- Say and visualize your affirmations every day
- Take time to see yourself accomplish your goals
- Think about how good it'll feel to attain goals

To get into the habit, try to start by sticking with a schedule—for example, you might try repeating your affirmations:

- When you wake up
- On your break at school or work
- Before going to sleep

If needed, parents can provide guidance and support when coming up with affirmations, but feel free to take ownership of this activity and see the amazing results of the commitment.

This table provides a step-by-step approach. Use these tips and examples to help you come up with some goal-related, positive affirmations as an initial step. You can write your affirmations anywhere, such as in a journal or on affirmation cards to carry around with you.

To have a positive impact on your self-esteem, your self-affirmations should be positively focused. Goal-related affirmations should concern behaviors you can control to reinforce your sense of self-identity or outcomes that are related to meaningful personal values.

| TIP | EXAMPLE |
|--|---|
| Phrase your affirmation as an "I statement," beginning with "I am..." | I am a caring, supportive brother to my little sister. |
| Design an affirmation that represents a positive outcome. Avoid using avoidant language such as the word "not" in your affirmations. | I am getting better at speaking French every day. |
| Keep it concise. | I am gifted with an amazing family who believes in me. |
| Be as precise as possible, especially if you intend to guide your own goal-oriented behavior. | I am more than capable of becoming a qualified instructor by June. |
| Use the present tense to write your affirmations, and where possible, use a gerund (an "-ing" word). | I am confidently improving my reading capabilities each time I go to class. |
| A "feeling" or "descriptive" word will give your affirmation more impact. | I am going to skillfully run three times a week by this July. |
| Make them your own. Your affirmations are personal and relate only to your own goals and behavior rather than those of others. | I am impressing my classmates with this unique project idea. |



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UNDERSTANDING SELF-CONFIDENCE

(MIDDLE OR HIGH SCHOOL AGE)

Completing this worksheet will help you explore your feelings in two very different situations, analyze your responses to these situations, and come up with an action plan for the next time you experience low self-esteem. This exercise will help you take control of your development and give you a sense of ownership of your own well-being, which will serve you well in the future.

This worksheet has 3 parts:

- In Part A, you will recall a situation in which you felt confident and experienced a sense of self-worth. Answer the questions using the spaces provided.
- Part B poses the same questions of a situation in which you felt low in self-esteem. These allow for contrast and comparison in Part C.
- The final section, Part C, will help you become more aware of your emotions and self-talk in the two contrasting situations, analyze your reactions, and identify adaptive actions for dealing strategically with future situations where you feel low self-esteem.

If it's helpful, hold on to Part C or the whole worksheet as a useful tool for the next time your self-esteem is low.

PART A

Recall a time when you felt confident and experienced a sense of self-worth. Use this space to note down your reflections.

1. How would you describe the situation?

What is happening?

2. What are you saying to yourself about the

situation (self-talk)? What tone does your self-talk have? What kind of language are you using?

3. What physical sensations and feelings are you aware of?

4. What do you do as a result of this?



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PART B

Now, try to remember a situation when you felt that your self-confidence was low. Re-using the questions in Part A, write down your answers.

1. How would you describe the situation?

What is happening?

2. What are you saying to yourself about the situation (self-talk)? What tone does your self-talk have? What kind of language are you using?

3. What physical sensations and feelings are you aware of?

4. What do you do as a result of this?

PART C

1. What positive statement could I say to myself to be reminded of my power?

2. What could I do that would help me feel differently?

3. What could I do differently the next time I am in this situation? What actions would empower me?

SELF-ESTEEM SENTENCE COMPLETION

(COLLEGE AGE AND ADULTS)

Completing this exercise can help you explore your thoughts and feelings and to open up and share them with others. This exercise should help you become more comfortable sharing your thoughts and feelings with others, making it easier to work through self-esteem issues.

This activity is most effective if you can spend 5-10 minutes on it several times a week over an

extended period of time. After two weeks of using the worksheet, review your responses to get an idea of your general outlook on life, and see how things have changed since you began.

The intended result is for the answers to become more positive over time. Answering these questions can give helpful insight into yourself, what makes you happy, and where you struggle.

I have always wanted to...

I'm secretly afraid of...

This week I would enjoy doing...

I often look forward to...

I feel something that the future holds for me is...

I get my strength from...

One person I couldn't live without is...

I would never...

It made me feel great when...

I love when...

I find it hard to...

My dream is to one day...

It makes me angry when...

I sometimes fear that...

This week is going to be...

Something I deeply desire is...

I flourish when...

This week I hope to...

Something I do secretly...

I find it hard to admit...



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SELF-ESTEEM JOURNAL

(COLLEGE AGE AND ADULTS)

Not only can journaling help you find more things in your life to be grateful for, but it can also give you the opportunity to reflect on your own thoughts and feelings, leading to discovery and understanding of the self.

You will notice that the prompts are intended to provoke positive responses. The positive focus of

this exercise is what sets it apart from ordinary journaling or writing in a diary. Even when you've had a rough day, these prompts can help you find the good things in your life. This exercise can be a quick and short-term mood boost, or, with commitment and effort, it can facilitate positive growth and development.

DATE:

5 things that made me feel peaceful today...

DATE:

My family admires me for my...

I felt proud of myself when...

5 small successes I had today were...

I enjoyed...

The highlight of my day was...



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DATE:

My best attribute is...

DATE:

I'm excited for...

3 unique things about me are...

5 things or people I feel thankful for are...

I feel most proud of myself when...

I am in my element when...

DATE:

5 ways my life is awesome...

My biggest success this week was...

I feel best about myself when...