

**Self Esteem Exercises- How to Use Guide**

1. **Positive Experience Activity Sheet**

Help your young people improve their self-esteem and positive thoughts by having them identify times when they have shown positive qualities. The Positive Experiences worksheet asks a young person to write about a time that they showed courage, kindness, selflessness, love, sacrifice, wisdom, happiness, and determination.

1. **Positive Steps to Wellbeing**

Give your young people an illustrated take-home reminder of some exercises to increase well-being. This printout is great for young people who are self-motivated and want a list of ideas to get them moving toward their goal of happiness. The tips that are described include being kind to yourself, exercising regularly, taking up a hobby, being creative, helping others, relaxing, eating healthy, balancing sleep, connecting with others, avoiding drugs, seeing the bigger picture, and learning to accept things as they are.

1. **Self-Exploration Sentence Completion**

Having a few writing prompts handy can be a helpful tool with young people who struggle to open up, or who have a hard time thinking about what they would like to talk about. The Self-Exploration Sentence Completion worksheet can help get the ball rolling by asking a young person to complete eleven exploratory prompts. Be sure to review and discuss each prompt. This worksheet can also act as a fun icebreaker for groups!

1. **My Strengths and Qualities**

This positive psychology worksheet titled My Strengths and Qualities will help young people begin to build a positive self-image. Allow your client to keep their completed worksheet, and ask that they regularly review and add new qualities as they think of them. This can be a good exercise to complete regularly, to really reinforce positive self-talk.



1. **About Me: Self Esteem Sentence completion**

Poor self-esteem can manifest itself as a number of problems in children and young people. It can contribute to anxiety, academic problems, depression, behavioural issues, and more. Building a foundation of self-esteem can help children and young people gain the confidence to face their problems, and begin implementing skills.

Like many adults, children and young people often discount their strengths, while focusing on negative experiences and weaknesses. The goal of the About Me worksheet is to help children and young people identify their own positive traits and accomplishments.

We suggest that you or a parent works closely with the young person as they complete this self-esteem exercise. A young person may have difficulty thinking of responses to some questions, and an adult can help to nudge them in the right direction. This worksheet also provides a good opportunity for parents to practice providing praise

1. **Core beliefs**

Each young person has had unique experiences that shape who they are. Cognitive behavioural therapists posit that from these life experiences, people develop core beliefs. Core beliefs are the thoughts a person has that determine how they interpret their experiences. For example, if someone has the core belief that "The world is a bad place", they will believe that people who are kind have an ulterior motive (someone being kind without reason just doesn't line up with their world view). Challenging these negative core beliefs can help young people develop a healthier understanding of themselves and the world around them.

Use this core beliefs worksheet to help educate clients and get them to think about how their thoughts affect their mood and behaviour. This CBT worksheet can also serve as a good take-home reminder after having a discussion about core beliefs.

1. **Challenging Negative Thoughts**

Teach your young people to challenge their negative thoughts and self-talk using this CBT worksheet. In this worksheet your client will be asked to take a step back and consider their situation and thoughts from a new perspective, such as that from a friend. Each question is designed to lead your client to look at their negative thoughts more objectively.

This worksheet assumes that your client has some basic knowledge about the CBT model and they are able to identify their negative thoughts. Worksheets to help them achieve these goals are linked below.

1. **Self Esteem Journal**

Positive journaling has been found to help improve feelings of well-being and self-esteem. With this self-esteem worksheet, your clients will be asked to record three daily questions related to their successes, good qualities, and positive experiences. This worksheet is great for clients who have difficulty generating ideas for positive experiences to journal about. We've designed this worksheet to be as straight-forward and simple as possible, while maintaining the qualities that are important for improving self-esteem. Some examples of prompts within this handout are:

"I felt proud when..."
"Today I accomplished..."
"Something I did for someone..."

1. **Gratitude Exercises**

Research in positive psychology indicates that those who practice gratitude have lower self-reported levels of depression and stress, and they're more satisfied with their social relationships. Not only that, but the effects can be long-lasting.

This worksheet summarizes a few exercises to help clients begin practicing gratitude. They include journaling, writing a gratitude letter, visiting and expressing thanks to someone who is important, and more.

1. **Positive Traits**

If you are working with a young person who has difficulty recognizing the good in themselves, this worksheet might be just what you need. Encourage the young person to circle their own positive traits to begin building self-esteem. Ask them to share a story about some times they have displayed these traits, or just let them take the list home to keep as a reminder of their positive qualities.