

Self-Esteem

Self-esteem is how we value and perceive ourselves. It is based on our opinions and beliefs about ourselves, which can sometimes feel difficult to change. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. When you have low self-esteem, you put little value on your opinions and ideas.

Your self-esteem can affect whether you:

- like and value yourself as a person
- are able to make decisions and assert yourself
- recognise your strengths and positives
- feel able to try new or difficult things
- show kindness towards yourself
- move past mistakes without blaming yourself unfairly
- take the time you need for yourself
- believe you matter and are good enough
- believe you deserve happiness.

Self-esteem is important because it affects your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges. People with healthy self-esteem:

- Have a firm understanding of their skills
- Are able to maintain healthy relationships with others because they have a healthy relationship with themselves
- Have realistic and appropriate expectations of themselves and their abilities
- Understand their needs and are able to express them

People with low self-esteem tend to feel less sure of their abilities and may doubt their decision-making process. They may not feel motivated to try novel things because they do not believe they are capable of reaching their goals. Those with low self-esteem may have issues with relationships and expressing their needs. They may also experience low levels of confidence and feel unlovable and unworthy.

The **About Me** worksheet is to help you identify your own positive traits and accomplishments.

Positive journaling has been found to help improve feelings of well-being and self-esteem. With this self-esteem worksheet, you can record three daily statements related to their successes, good qualities, and positive experiences.

Resources:

About Me Sentence Completion

Self-esteem journal

My own Brain Bubble

The self-esteem workbook for teens

How to increase your self-esteem

Self-esteem worksheet

What is self-esteem?

<https://www.verywellmind.com/what-is-self-esteem-2795868>

10 ways to boost your self esteem

<https://www.psychologytoday.com/us/blog/the-upside-things/202009/10-ways-boost-your-self-esteem>