**Self-Esteem Sentence Stems**

*Worksheet*

This *Self-Esteem Sentence Stems* worksheet is a template that you can use regularly. Sharing and writing down emotions and thoughts can be a beneficial approach to discovering any personal issues impacting your self-esteem.

Once you have been doing the exercise for a fortnight, it can be valuable to look over what you’ve recorded. This can help you notice positive changes in your responses.

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| ***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 couldn’t live without is…*** |
| ***I would never…*** |

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| ***It made me feel great when…*** |
| ***I love when…*** |
| ***I find it hard to…*** |
| ***My dream is to one day that…*** |
| ***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…*** |