

Self-Esteem Sentence Stems

Worksheet

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

The activity is most effective if you can spend 5-10 minutes on it several times a week over an extended period of time.

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.

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 thing a person couldn't live without is...

I would never...

It made me feel great when...

I love when...

I find it hard to...

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...