



Strengths List

This self-esteem worksheet can be completed in sessions with your clients, and then used as reference as they go about their daily life. You can ask your client to complete the list as homework and discuss it later, or you can build up the list together.

On the worksheet, have your clients write down things about themselves they consider to be strengths. If needed, you can adapt the worksheet to include a list of traits, and ask your clients to circle the ones that apply to them.

Strengths list:

1.

2.

3.

4.

5.



Strength Exploration

This strengths exploration worksheet can be used as an extension of the strengths list, so the two can be used in tandem. Using the strengths you and your clients identify on the strengths list worksheet, discuss what situations or circumstances those strengths can be put to use in.

Relationships

Romantic relationships, friendships, family, etc.

List 3 strengths that you have that help you in relationships.

- 1.
- 2.
- 3.

Describe a specific time a strength was able to help a relationship.

Describe 1 or 2 new ways a strength could help your relationships.



Strength Exploration

Profession

Past or present work, school, or other professional endeavors.

List 3 strengths that you have that help you at work.

- 1.
- 2.
- 3.

Describe a time a strength was able to help you at work or school.

Describe 1 or 2 new ways a strength could help you at work.



Strength Exploration

Personal Fulfillment

Hobbies, interests, pleasurable activities.

List 3 strengths you have that help you achieve personal fulfillment.

- 1.
- 2.
- 3.

Describe a specific time a strength was able to help you achieve personal fulfillment.

Describe 1 or 2 new ways a strength could help you achieve personal fulfillment.



Self-Esteem Journal

The self-esteem journal worksheet can be used over the course of multiple days or weeks as a recurring practice. This self-esteem worksheet promotes positive self-reflection, and can help your clients self-esteem by encouraging them to notice things about themselves or their lives that's currently going well.

Date:

5 things that made me feel peaceful today:

I felt proud of myself today when:

I enjoyed:

My family admired me for:

5 small successes I had today were:



Self-Esteem Journal

The highlight of my day was:

My best attribute today was:

3 unique things about me are:

I feel more proud of myself when:

I'm excited for:

Add your own:



Assertive Communication

The assertive communication worksheet is intended to help clients who may struggle with communication skills as a result of low self-esteem. It can be difficult for clients to share thoughts or feelings if they don't think those thoughts or feelings have value.

Aggressive Communication	Assertive Communication	Passive Communication
Abrasive or forceful	Polite, yet firm	Overly accommodating
Bullying or threatening others	Defending yourself when the situation calls for it	Letting others push you around
Raising your voice	A conversational, clear tone of voice	Mumbling or speaking quietly
Overly frank & hurtful	Straightforward, without judgment	Hides truth to protect others' feelings
"You made me feel..." Blaming someone else for feelings, or making own feelings more important than others' feelings	"When {x} happened, I felt..." Expresses feelings at an accurate level, without blaming	"My feelings aren't important here." Does not express feelings, or minimizes them

Scenario #1

What happened?

What emotions did you feel after communicating assertively?



Assertive Communication

Scenario #2

What happened?

What emotions did you feel after communicating assertively?



Best Possible Self

The best possible self worksheet encourages your client to think forward and imagine areas of their life where they can be, as the title suggests, their best possible self. This helps the two of you set goals for areas that need improvement, and also helps emphasize any parts of your client that they already feel good about.

Personal: Skills, hobbies, health, etc.

Professional: Jobs, sense of purpose, education, skills, etc.

Social: Romantic relationships, friendships, community, etc.

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