

# Building Healthy *Self-Esteem*

Use this worksheet as a tool to think through situations that make you feel down on yourself.

**1** Describe a situation that made you feel down on yourself.

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**2** Take a moment to practice self-compassion.

**Awareness:** How does it make me feel?

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**Recognize Common Humanity:** Name others who have experienced suffering in their lives.

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**Self-Kindness Message:** What would a compassionate person say to me?

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Find another viewpoint.

How can I see this differently?

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Are there possible alternative explanations?

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What am I grateful for?

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What choices can I still make?

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“*May your choices reflect your hopes and not your fears.*  
-NELSON MANDELA