All about me

SELF ESTEEM, IDENTITY AND CONFIDENCE

BUNDLE

Worksheets to help you find and explore your self identity

Blooming Souls

Finding my purpose

What motivates me to get up in the morning?			
What did I love doing as a child?			
If I could be anyone who would it be, and why?			
What is my favourite memory?			
When am I the happiest?			
What are some of my regrets?			
What does my ideal life look like?			

POWERFUL
KIND
Patient
BOLD
ATHLETIC
Social
HEALTHY
ENERGETIC
LOVED
JOYFUL
Fierce
CONFIDENT
GRATEFUL
Extroverted
Helpful
IMAGINATIVE
DEPENDABLE
GIVING
INTROVERTED
SECURE
CALM
SHY
MINDFUL
ENTHUSIASTIC
fun
Organized
CREATIVE
Tolerant
CARING
A GOOD LISTENER
HONEST
QUIET
A GOOD FRIEND
RELIABLE
Serious

WISE VALUABLE STRONG

awesome RESOURCEFUL

A QUICK LEARNER RESPECTFUL

EMPATHETIC Responsible

LOYAL UNIQUE BRAVE

traditional COMMITTED

PRESENT dedicated

FORGIVING USEFUL HEALTHY

PRODUCTIVE POSITIVE

OPTIMISTIC curious

SUCCESSFUL

AUTHENTIC SELFLESS

beautiful

inquisitive

AMBITIOUS

My Core Values

Tick any value that you either have or desire to have

☐ Organised	☐ Adventurous	☐ Passionate	☐ Giving
☐ Respectful	☐ Honest	☐ Relaible	☐ Authentic
☐ Committed	☐ Loyal	☐ Positive	☐ Ambitious
☐ Sharing	☐ Fair	☐ Inquisitive	☐ Power
☐ Transparency	☐ Enthusiastic	☐ Careful	☐ Reflective
☐ Clean	☐ Diversity	☐ Patient	☐ Succesful
☐ Ethical	☐ Motivated	☐ Independent	☐ Connection
☐ Cooperative	☐ Determined	☐ Curiousity	☐ Equality
☐ Unique	☐ Trustworthy	☐ Confident	☐ Inspired
☐ Traditional	☐ Productive	☐ Graceful	☐ Persistent
☐ Brave	☐ Empathetic	☐ Determined	☐ Selfless
☐ Present	☐ Forgiving	☐ Kind	☐ Tolerant
☐ Attentive	☐ Useful	☐ Strong	☐ Optimistic
☐ Peace	☐ Health	☐ Wealth	☐ Popularity
☐ Perfection	☐ Fearless	☐ Grateful	☐ Love
☐ Dedicated	☐ Security	☐ Fun	☐ Risk Taking

All about me

NAME _____ NICKNAME _____

STAR SIGN _____ D.O.B _____

FAVOURITE FOODS

- _____
- _____
- _____

FAVOURITE SONGS

- _____
- _____
- _____

IF I WON A MILLION DOLLARS, WHAT WOULD I DO WITH IT?

_____

_____

_____

WORDS THAT DESCRIBE ME

- _____
- _____
- _____

IN MY SPARE TIME I LIKE TO...

- _____
- _____
- _____

A QUOTE THAT TOUCHES MY SOUL

Exploring values

When you explore values of those people that surround you and those people that you admire and look up to, you can then think about where your values have come from.

Remember that it's important to try and actively live by your values, recognise them and then put them into action.

My Mothers Values

- _____
- _____
- _____

My Fathers Values

- _____
- _____
- _____

Person I respects values

- _____
- _____
- _____

My personal values

- _____
- _____
- _____

My social values

- _____
- _____
- _____

My friends values

- _____
- _____
- _____

Looking deeper

You are beautiful because you are unique, both on the inside and on the outside. Look inside and outside at your personality, what you can do, how you treat others, and who you are, then write down some things that you like about yourself.

I like who I am because

If I had one wish it would be

I'm at peace when

My favourite holiday was

My favourite memory

Things that make me laugh

The biggest challenge I have ever over come was

I

AM

Exploring me

THINGS I'M GOOD AT

- _____
- _____
- _____

COMPLIMENTS I HAVE RECIEVED

- _____
- _____
- _____

WHAT I LIKE ABOUT ME

- _____
- _____
- _____

CHALLENGES I HAVE OVERCOME

- _____
- _____
- _____

I'VE HELPED OTHERS BY

- _____
- _____
- _____

I'M A GOOD FRIEND BECAUSE

- _____
- _____
- _____

MY BIGGEST ACCOMPLIMENTS

- _____
- _____
- _____

THINGS THAT MAKE ME UNIQUE

- _____
- _____
- _____

My accomplishments

An accomplishment is something that you are proud of because it involved lots of hard work and effort. List your accomplishments and obstacles that you had to overcome in order to achieve that goal.

ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME

Finding my passion

Finding your passion is important to help you grow and gain confidence and self esteem.

When I was little I loved...

3 people who inspire me the most are ...

I lose track of time when I am ...

If I knew I couldn't fail I would...

My Strengths

People that can identify their strengths and actively put them into action often show higher self esteem, confidence, stress less and are in happier moods.

Below you will create a plan to put your strengths into action. The first step is to rank your strengths from 1 – 24, 1 being the highest (There are 4 blank spots to write your own in). Step two is to write a plan on how you will display this strength, step three is to execute it and the final step is to reflect on your experience and how it made you feel.

Honesty	Curiosity	Gratitude	Teamwork	Supportive
Respect	Forgiveness	Leadership	Self Care	Honest
Compassionate	Loyal	Patient	Fair	Optimistic
Mindful	Confident	Appreciation of nature	Brave	Motivated

Day	Strength	Plan
1	Kindness	Tomorrow I will give my friend a compliment
2	Mindful	I will practice mindfulness by listening to peoples conversations and not distracting myself with my phone or people around me
3	Appreciation of nature	On Saturday I will go for a walk along the beach

The key is to try to intentionally and purposefully work on your strengths that you ranked lowest to try and make them more part of your habit and routine.

My Strengths Plan

Day	Strength	Plan
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		

My Strengths Plan

Day	Strength	Plan
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

Reflection

- _____
- _____
- _____

Self Esteem Journal

Monday	Today I had fun when ..	
	Today was interesting because	
	Something I did well today	
Tuesday	I felt proud when	
	Today I accomplished	
	A positive thing about today	
Wednesday	Something nice I did today	
	A compliment I recieved	
	Today was a good day because	
Thursday	The highlight of my day was	
	I felt proud when	
	Something I did well today	
Friday	Today I had fun when ..	
	A positive experience I had today	
	Something I did well today	
Saturday	Today I had fun when ..	
	Today was interesting because	
	Something I did well today	
Sunday	I felt proud when	
	Today I accomplished	
	A positive thing about today	

Positive self talk

I am unique

I am strong and I can overcome challenges

Positive experiences

Write about a time when you displayed these positive qualities.

Sacrifice	
Courage	
Determined	
Selfless	
Bravery	
Proud	
Happiness	
Love	

Acts of Kindness

By completing random acts of kindness you will instantly boost your self esteem and confidence.

Let someone go before you in a line

Hold a door open for someone

Smile or give a wave to a stranger

Give a compliment to someone

Help someone who has dropped something

Help someone before they ask

Clean up after someone else

Bake something for someone

Pick up rubbish at your local park

Donate to a charity

Lend your favourite book to a friend

Prepare a meal for your family

I am

BRAVER

than I believe

STRONGER

than I seem

SMARTER

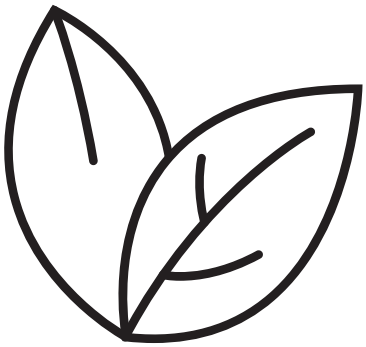
than I think

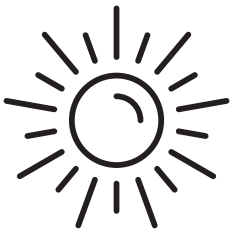
AND LOVED

more than I will ever

know

ALWAYS BELIEVE IN YOURSELF





Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

EVEN THOUGH IT'S
MONDAY MORNING
ACT LIKE IT'S
SATURDAY
NIGHT

Blooming Souls

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

Blooming Souls

IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY

Blooming Souls

I will be
STRONG
in moments I feel like .
BREAKING
I will be
BRAVE
in moments I feel like
RUNNING

Blooming Souls

Self Esteem Journal

DAY 1 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I AM GRATEFUL FOR TODAY

3 REASONS I HAVE TO LAUGH AND SMILE

SELF REFLECTION

DAY 2 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I ENJOYED ABOUT TODAY

3 REASONS WHY MY FAMILY LOVE ME

SELF REFLECTION

Self Esteem Journal

DAY 3 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FELT PROUD OF MYSELF WHEN

3 SMALL SUCCESSES I HAD TODAY

SELF REFLECTION

DAY 4 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE HIGHLIGHT OF MY DAY WAS

MY BEST ATTRIBUTES ARE

SELF REFLECTION

Self Esteem Journal

DAY 5 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 UNIQUE THINGS ABOUT ME

I FEEL MOST PROUD OF MYSELF WHEN

SELF REFLECTION

DAY 6 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THINGS I AM EXCITED FOR

3 THINGS IN LIFE THAT I AM THANKFUL FOR

SELF REFLECTION

Self Esteem Journal

DAY 7 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I AM IN MY ELEMENT WHEN

3 WAYS MY LIFE IS AWSOME

SELF REFLECTION

DAY 8 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BIGGEST SUCCESS LAST WEEK WAS

I FEEL BEST ABOUT MYSELF WHEN

SELF REFLECTION

Self Esteem Journal

DAY 9 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 REASONS WHY I AM A GOOD FRIEND

3 WAYS IN WHICH I CAN SHOW MYSELF COMPASSION

SELF REFLECTION

DAY 10 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

TODAY I ACHIEVED

3 REASONS WHY I AM A GOOD PERSON

SELF REFLECTION

Self Esteem Journal

DAY 11 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BIGGEST ACCOMPLISHMENTS ARE

3 REASONS I DESERVE LOVE

SELF REFLECTION

DAY 12 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT DOES CONFIDENCE MEAN TO ME

MY BEST PERSONALITY TRAIT IS

SELF REFLECTION

Self Esteem Journal

DAY 13 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BIGGEST ACCOMPLISHMENTS ARE

3 REASONS I DESERVE LOVE

SELF REFLECTION

DAY 14 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHEN DO I FEEL THE STRONGEST

THE LAST TIME I OVERCAME FEAR

SELF REFLECTION

Self Esteem Journal

DAY 15 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY

3

SELF REFLECTION

DAY 16 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

SONGS THAT BOOST MY MOOD

THE BEST COMPLIMENTS
I HAVE EVER RECIEVED

SELF REFLECTION

Self Esteem Journal

DAY 17 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY BEST PHYSICAL ATTRIBUTES

MY FAVOURITE PERSONALITY TRAITS

SELF REFLECTION

DAY 18 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

HOW CAN I LOVE MYSELF MORE

THINGS THAT I REALLY WANT OTHERS TO KNOW ABOUT ME

SELF REFLECTION

Self Esteem Journal

DAY 19 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE BEST ADVICE
I HAVE EVER RECIEVED

WHAT IS STOPPING ME
FROM SUCCEEDING

SELF REFLECTION

DAY 20 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT GOALS AM I
WORKING TOWARDS

HOW DO I DESCRIBE LOVE

SELF REFLECTION

Self Esteem Journal

DAY 21 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY GREATEST TALENTS

WHATS THE GREATEST FEELING I HAVE EVER HAD

SELF REFLECTION

DAY 22 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

HOW DO I FEEL WHEN SOMEONE GIVES ME A COMPLIMENT?

HOW DO I FEEL WHEN I ACCOMPLISH SOMETHING HARD

SELF REFLECTION

Self Esteem Journal

DAY 23 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT MAKES ME FEEL LIKE A STRONG PERSON?

HOW DOES CONFIDENCE RELATE TO HAPPINESS

SELF REFLECTION

DAY 24 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

HOW DO OTHER PEOPLE SEE ME

HOW DOES SELF CARE RELATE TO SELF ESTEEM

SELF REFLECTION

Self Esteem Journal

DAY 25 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

SELF CARE ACTIVITIES

WHAT DOES MY BEST DAY LOOK LIKE

SELF REFLECTION

DAY 26 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FORGIVE MYSELF FOR

FEARS I WANT TO LET GO OF

SELF REFLECTION

Self Esteem Journal

DAY 27 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I DESERVE HAPPINESS BECAUSE

SOMETHING I DO BETTER THAN OTHERS

SELF REFLECTION

DAY 28 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

WHAT POSITIVE CHANGES HAVE I MADE

FAVOURITE THINGS I LIKE ABOUT ME IS

SELF REFLECTION

Self Esteem Journal

DAY 29 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

IF I WERE A FLOWER, WHICH ONE WOULD I BE

3 TOP MORALS

SELF REFLECTION

DAY 30 DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 TOP VALUES

I AM AMAZING BECAUSE

SELF REFLECTION