**Self-Esteem Worksheets for Teens:**

**1. Identifying Strengths & Accomplishments:**

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| --- | --- | --- | --- |
| Area | Strength | Specific Example | Feeling |
| **Skills & Talents:** (e.g., writing, music, sports) |  |  |  |
| **Personal Qualities:** (e.g., kindness, humor, perseverance) |  |  |  |
| **Achievements:** (e.g., academic awards, overcoming challenges, helping others) |  |  |  |

**2. Challenging Negative Self-Talk:**

|  |  |  |
| --- | --- | --- |
| Negative Thought | Evidence Against | More Positive Thought |
| (e.g., "I'm not good enough") | (e.g., recent positive feedback, past successes) |  |
| (e.g., "Everyone will think I'm weird") | (e.g., examples of others being accepted for being unique) |  |

**3. Building Positive Affirmations:**

|  |  |  |
| --- | --- | --- |
| Affirmation | Why I Believe This | How Saying This Makes Me Feel |
| (e.g., "I am worthy of love and respect.") |  |  |
| (e.g., "I am capable of achieving my goals.") |  |  |