

Self-Esteem and Self-Confidence

Inspired by Positive Psychology & the work of Martin Seligman



"You were not born doubting yourself. That was learned. And if it was learned, it can be unlearned."

How would you describe your current self-esteem?

- ☐ Very low
- ☐ Low
- ☐ Neutral
- ☐ Healthy
- ☐ High

How would you describe your current confidence level in daily life?

- ☐ I often hold back
- ☐ I doubt myself regularly
- ☐ I try, even when I'm scared
- ☐ I usually trust myself
- ☐ I feel strong and capable

Complete the sentences below honestly:

I feel most unsure of myself when..

I feel proud of myself when..

If I fully believed I was worthy, I would..

What limiting belief about yourself do you tend to repeat internally?

(e.g., "I'm not good enough," "People will leave if I show the real me.")

Where do you think this belief came from?

- ☐ Childhood
- ☐ A past experience
- ☐ Society/media
- ☐ Other:

Now challenge that belief. What could you choose to believe instead?

A more empowering truth might be..

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Pick 2 self-esteem boosters to try this week:

- ☐ Speak kindly to yourself out loud
- ☐ Set one healthy boundary and follow through
- ☐ Write down 3 things you like about who you are
- ☐ Ask for help or support when you need it
- ☐ Make space for rest without guilt
- ☐ Pray or reflect on your worth in your faith

Other idea you'll try: _____

What would it look like to treat myself like someone who matters today?

What is one small action you've been afraid to take that you will now try?

When was a time in your life you felt truly confident? What helped you feel that way?

What did you learn about yourself through this exercise?

What's one word you want to carry with you this week?
