The Self-Esteem Course: Week 1 Worksheet

Exercise 1: Me and My Inner Critic

Print out this worksheet and keep it with you all day today. Or use a pen and piece of paper or your cell phone to write down every self-critical thought you have during the day.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

Exercise 2: The Main Theme or Themes of My Inner Critic

Use the numbered thoughts from yesterday and write in what the thought helps you to do or feel in column one and what the thought helps you to avoid feeling in column two.

NOTE: All thoughts don't have to have an explanation in both columns.

An example: "I suck at athletics so I should probably skip joining the soccer team."

Thought	It helps me to do or feel	It helps me to avoid feeling
1		Being rejected by friends and soccer coach

Thought	It helps me do or feel	It helps me avoid feeling
1.		
2.		
3.		

4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		

12.		
13.		
14.		
15.		

After you are done with filling out this exercise, look at the results. What theme or themes can you see in how the inner critic helps you?

Write down the two (or one if you just can find one) most common themes below:

1.

2.

Exercise 3: My Stop-Word or Stop-Phrase

When you have the self-critical thought that you suck or that you will never pass the test in school use your own stop-word or phrase as quickly as you can.

In your mind, say or shout: Stop!

Or something that makes your thoughts stop and helps you to interrupt this thought pattern before it grows into more thoughts and you get lost in a negative funk for the rest of the afternoon.

Write down your own word or phrase below. Try it out as best you can today and during the week. Revise or create a new word or phrase if the first one doesn't feel right for you or doesn't work so well.

Exercise 4: How the inner critic hurts me and how I can grow without it

Explore how much the inner critic has cost you, how it limits your life and how it hurts you. But also how you life can expand and you can gain freedom and more happiness and fulfillment during the next year if you change your relationship to the critic and replace it with better strategies and habits.

Looking both at what you want to get away from and what you want to have in your life is a very powerful combination to motivate yourself to make a change.

Plus, if you look at your answers you can come up with and write down replies to the inner critic so that you have something powerful to say when it attacks you. Two examples where this is combined with a stop-word or phrase would be:

“No, I won’t listen to you anymore. You have made me miss out on several great romantic opportunities, you are making me attack people for the slightest criticism and blame the people I love for my problems.”

“Stop! I can’t listen to you anymore because I want to go upward in my career, have a more loving relationship with my partner and become a less angry person.”

For starters, write down a reply based on the past and one reply based on the future. Try both and see what works the best to get your critic to shut up and to get you to change your train of thoughts.

Now, how has the inner critic made you lose, miss out and create hurt in your life so far?

With your family?

With your friends?

At work, in your business if you have one, or in school?

Financially?

In your romantic life with a partner or when you have been single?

Based on the answers above what will you tell your critic the next time it pipes up about something? Write down a reply based on how it has hurt you the most in the past.

One year from now

After you have reflected on those areas of your life and your past, look forward…
If you stick with the current critical voice in your mind then how will it continue or start to hurt, make you miss out on and limit your life with your family in the next year?

How will it continue and start hurting, make you miss out on and limit your life with other loved ones such as friends in the next year?

How will it continue and start hurting, make you miss out on and limit your career and at work or in school in the next year?

How will it hurt you financially?

How will it continue and start hurting, make you miss out on and limit your life with your partner and romantically in the next year?

If you do not have a partner and want one, then how will it continue and start hurting, make you miss out on and limit your love life in the next year?

Based on your future predictions and answers what will you tell your critic the next time it pipes up about something? Write down a reply based on how you believe it will hurt you the most in the future and use it to fight back.

The Self-Esteem Course: Week 2 Worksheet

Exercise 1: My strengths and weaknesses

This exercise is simple. Below you'll find some important parts of your self-image. In each section you simply describe yourself and put those words in the strength column (marked by a +) or the weakness column (marked by a –). Try to be as specific as you can. You don't have to use all the space in the sections. Write as much as you like.

After you are done with this, continue to the next exercise in this worksheet.
This exercise is divided into 5 categories with a few subsections for some categories.

1. Physically (your appearance and your health).
2. Mentally
3. Work (at your job/in school and at home and with everyday activities and tasks at home)
4. Socially (how you relate to others, your personality and how you think others see you)
5. Sexuality

Three examples for how your descriptions could look:

Appearance	+ Flat stomach, my blue eyes	- Fat butt, thin hair, odd shaped ears
Mentally	+ Creative, curious	- Lazy thinker, suck at debating
Relate to others	+ Open, good listener	- Unassertive, shy, sometimes boring

1a. Appearance	+	-

1b. Health	+	-

2. Mentally	+	-

3a. At my job/ in school	+	-

3b. In everyday activities and tasks at home	+	-

4a. How I relate to other people	+	-

4b. My personality	+	-

4c. How I think others see me	+	-

5. Sexuality	+	-

Exercise 2: Rewrite your weakness by using a more balanced and constructive language

Look at the weaknesses you wrote down. Now I want you to rewrite them with a more balanced and constructive language.

Follow these guidelines when you rewrite the weaknesses to make them more factual and specific:

Rewrite overexaggerations with more accurate and constructive descriptions. Don't drag yourself down and overexaggerate on the negative. Be more accurate. Do you suck all time at Spanish classes? Or do you have trouble with the grammar occasionally?

Are you really negative always, in all social situations? Or does it mostly happen with your partner and at work? Be accurate and fair in your how you see your weakness as you rewrite.

Rewrite negative words that put you down with more accurate descriptions. Words like fat, ugly, stupid etc hurt your self-esteem when you use them over and over and over in your mind. Rewrite fat belly as, for example, "a 38-inch waist". Rewrite stupid in school with something like "perform badly quite often during math tests".

Find exceptions to your weaknesses. Do you never take the initiative socially? Or do your perhaps do it with your family or friends but rarely at work? Avoid using words like always, never, everything etc in your descriptions of yourself because that can paint over the more accurate picture of you. Try to find exceptions to the weaknesses you find, find

some time when you don't do what you wrote as a weakness. Find the more accurate picture of yourself and your weaknesses.

This will not only help you to appreciate yourself and raise your self-esteem because now you see that things aren't as bad as you may have thought. It will also help you too find more specific weaknesses that you can improve on a bit. You may for example find that you have trouble saying no or being assertive with your family but not with your friends. This is something you can work on and further along in this course we will spend a week looking at how one can improve assertiveness.

So be as accurate as you can and try to be constructive about those accurate, factual weakspots (that may often be smaller than you first thought as I showed in the examples on the previous page). Narrowing it all down to your smaller, factual problem instead of some big, unpleasant, generalized image you have in your head will help you to improve on your specific problems during the rest of this course (and the rest of your life).

Now, use the space on the following pages or your pen and paper and rewrite your weaknesses by using the three guidelines I listed.

Exercise 3: Go through at your strengths and more accurate weaknesses each morning this week.

Fold the pages from exercise 1 so you only see your strengths and not your weaknesses.

Then grab the pages with the rewritten weaknesses and look at them side by side. See the whole, more balanced picture. Read it through.

Reread this list of strengths and more accurate weaknesses every morning to get the new image of yourself into your mind. Feel free to rewrite the list so you have the strengths and rewritten weaknesses on the same papers.

The Self-Esteem Course: Week 3 Worksheet

Exercise 1: My top two self-esteem destroying thought habits

I like to keep things simple. You may have more thought habits than just two of all the ones described in the guide for this week. But let's first focus on your two most common habits to not become overwhelmed and to make the change in habits easier.

After you have read through the descriptions of the various 11 habits in the guide which one or ones popped out for you? Which were the ones that you told yourself: Hmm, I do that one a lot of the time.

Write your two most common thought habits on the next few pages and also to write down how you will handle the habits when they come up. Having a written plan keeps you better prepared than if you just have some random ideas in your head. And it's a good thing to refer back to if you forget what you can do to handle that habit.

If you can't come up with any thought habits then keep a journal of your negative thoughts for a day. Then look at that piece of paper or log on your cell phone/computer and see what thoughts habits you find. Later on, when you have reduced those two habits to a minimum then you can start working on your third most common habit if you have one. If working on two habits at the same time becomes too much then focus on just your most common thought habit during this week.

My most common thought habit is:

I will handle that habit when it pops up by doing this:

My second most common thought habit is:

I will handle that habit when it pops up by doing this:

The Self-Esteem Course: Week 4 Worksheet

Exercise 1: My top two shoulds identified and transformed

As I mentioned last week, I like to keep things simple. You may have more shoulds than two in your life but let's start somewhere and with the ones that the most common and important in your life.

If you don't know them already then let's find them.

Ask yourself:

- Do you feel guilty or an obligation in some situation?
- Do you often avoid doing something you feel you ought to do?

Now, how is this thing or common situation affecting you and your life?

Go through the shoulds you find and figure out which two that have the biggest negative impact in your life.

My most common should is:

My second most common thought should is:

Is your most common should flexible, realistic and allowing for failure, a fit for your life and something that opens up your life?

If not, why not?

Is it time to discard that should and throw it away from your life completely?

Or can you make it into a value that is realistic, flexible and allowing for failure, something that fits your life and that opens up your life? If so, rewrite the should into a value on th next page.

Then, go through the same process for your second most common should.

An example:

You may for example transform the should: “My home should always be clean, neat and tidy” into something like “I like having a clean home, but if I do not have the energy to keep that up all the time then that’s OK. It is OK me to go for good enough rather than trying to live up to some unrealistic ideal that is frankly not of highest priority since I have things that are more important to me in my life”.

Another example:

“I should always be kind and helpful” could be transformed into something like “I choose to be kind and helpful to the people around me if possible.”

My first should as a healthy value:

My second should as a healthy value:

The Self-Esteem Course: Week 5 Worksheet

Exercise 1: My top thing I would like to say no to or set a limit with

Find one thing you would like to set a limit with or say no to. Or find a couple or a whole bunch.

There is room to write a bunch in the next few pages. But focus on taking action on one thing this week. If you do more, fine, but focus first on just doing one.

Do the one that is most important for you. If it feels too hard to do then try with one that feels easier.

My most important thing I want to say no to or set a limit with is:

Exercise 2: My top thing I want and would like to ask for

As with saying no, you may find couple or a whole bunch of things you want to ask for.

But focus on taking action and asking for one thing this week (and if you do more then that is good too).

You can do one that feels easy enough to take action on or ask for the one you want the most. It's your choice and the important thing is that you take some action to get started to build this habit of asking for what you want in life.

Then move on to the next section in this exercise and write down how you want to ask for it.

The most important thing I want to ask for is:

How I will ask for what want:

Follow the guidelines from this week's guide and write down your small, specific, concisely written, if possible win-win request. Then practise in front of a mirror if you like and remember to relax both before you practise and before you make the request by doing the belly-breathing or by assuming rapport or by visualizing (or try a combination of those techniques).

The Self-Esteem Course: Week 6 Worksheet

Exercise 1: What two ways would you like to use to build the mindful and accepting attitude this week?

Choose two of the five ways from this week's guide. I recommend the let it all in exercise and to turn you attention fully outwards because they are two of my favourites. But try and see what works for you. You can always switch after a couple of days if you think another way will work better for you.

Exercise 2: How did you do with the mindfulness and acceptance this week?

Do this exercise on the last day of the week. Look back at your week and see how it went. This will help you to find what worked for you, where you may have the most difficulty to stay present or to accept and what you need to work on more.

What went well during this week?
What where the moments or pieces of your day when you could accept something and let it flow through you instead of getting dragged down with it?
What were the times when you could stay present?

What didn't go so well during this week?
What where the moments of your day or with whom did you have trouble being accepting?
What were the times or parts of your life (work, at home, with your hobby) when it was hard or pretty much impossible to stay present?

Write down your thoughts to find more clarity about what you want to work on.

The Self-Esteem Course: Week 7 Worksheet

Exercise 1: What are five things you can appreciate about yourself?

Choose not only achievements you have made but also things that are a part of your core self such as humour, creativity, your curiousness or being a good listener. Write down five things each evening this week by using the next few pages of open list-friendly space. If you cannot come up with 5 things each night that is OK. Try as best you can and see what you come up with.

On day 7, read through this the entire list to be good to yourself and to see yourself from a very appreciative perspective. Then save the list somewhere and reread it as often as you like.

Day 1:

1.

2.

3.

4.

5.

Day 2:

1.

2.

3.

4.

5.

Day 3:

1.

2.

3.

4.

5.

Day 4:

1.

2.

3.

4.

5.

Day 5:

1.

2.

3.

4.

5.

Day 6:

1.

2.

3.

4.

5.

Day 7:

1.

2.

3.

4.

5.

Exercise 2: What were the results as you used understanding to cultivate compassion and kindness this week?

At the end of this week, on day 7, use the space below and on the following pages to write down how it went with being more understanding more this week.

How did it go?

How did being more understanding help you this week?

Did it something good for a relationship, did it help you with your self-esteem or did it help you at work or in school for example?

Where or with whom did you have trouble being understanding? Why do you think that is? Knowing that could be very helpful to know so that you know what you can work on more in the future.

Write down your thoughts to find more clarity about what you want to work on.

The Self-Esteem Course: Week 8 Worksheet

Exercise 1: What two ways to handle failure or mistakes in a better way do you choose to use this week?

1.

2.

Exercise 2: How did it go this week?

How did the advice from this week's guide help you to handle failure or a mistake in a better way so that your self-esteem remained intact or took a smaller drop than it usually does in these situations?

What mistake or failure did you have trouble handling in a better way? Why do you think that is? Knowing that could be helpful so that you know what you can work on more in the future.

The Self-Esteem Course: Week 9 Worksheet

Exercise 1: Reflection time.

How did it go this week? How did the four step strategy from this week's guide help you to handle criticism in a better way so that your self-esteem remained intact or took a smaller hit than it usually does in these situations?

What part of being criticized – if any - did you have trouble with handling in a better way this week?

Was there a specific step in the four step strategy you got stuck on or you had trouble with?

Why do think that was? Trying to understand that could be helpful to know so that you know what you can work on more in the future.

The Self-Esteem Course: Week 10 Worksheet

Exercise 1: Reflection time, what went well and what did not go so good?

How did it go with trying to replace the habit of comparing yourself to others this week?

In what situation or with what person did you have success with putting a stop to and replacing the habit with the better ones from this week's guide?

In what situation(s) or with what person(s) or area(s) of your life did you have trouble to not compare yourself to other people and their lives?

It is helpful to be aware of a trouble spot like this. Being aware makes it easier during future weeks and months to catch yourself before you lapse into the destructive comparing. And you'll know where you need to put more effort in to make a change too.

The Self-Esteem Course: Week 11 Worksheet

Exercise 1: What are your dreams?

If you are having a hard time coming up with anything or if you want help to dream use these questions:

- What makes you feel alive?
- What activities make you feel the happiest?
- What do you do for free just because you are so passionate about it/it's so much fun?
- What activities that you do make time just disappear? What stuff can you spend hours on and makes you forget about time, hunger and the TV?
- What is your most important dream for each of these areas of life: your relationships, your career/school/business, your finances, your health, your overall life-skills (such as handling stress better or becoming more mindful)?

Think about those questions and try to come up with one (or a couple of dreams) you want to bring into your reality. If you have trouble with this, move on to the next part of this exercise for more structure.

My dreams:

It might be easier to come up with one dream for each major area of your life so here is some more space to write. You do not have to fill in all of it today. Just do the best you can right now.

My most important dream for my relationships:

My most important dream for my career, school or business:

My most important dream for my finances:

My most important dream for my health:

My most important dream for my overall life-skills:

Exercise 2: Break down your dream into a goal.

Take one of your dreams and formulate it as a goal following the 5 guidelines from this week's guide: A written and specific goal that YOU really, really want to accomplish with a deadline if possible. And write it as if you are already there and are living your goal.

Exercise 3: Break down your goal into steps you can take action on.

Brainstorm for 5-10 minutes to find the steps to reach your goal. Just write down what comes up and then evaluate what actions/tasks would have the largest positive impact to help you reach your major goal. Then put numbers next to each actionable step to order them in order of importance.

Exercise 4: What is the one action you can take today and now to start working toward your goal?

It doesn't have to be something big, it does not have to be the most important step from the previous exercise. But just something to get the ball rolling.

Exercise 5: What can you do to make it more likely to reach your goal?

How and where can you set a public deadline?

Who can you have as an accountability buddy? It doesn't have to be someone with the same goal. And it could be someone or a group you meet on an online forum for example, so think outside the box if you can't find an accountability buddy in your own offline world.

The Self-Esteem Course: Week 12 Worksheet

Exercise 1: What is the most important area or challenge for you to work on when it comes to your self-esteem?

Over the past 11 weeks we have gone through many different parts that are important to cultivate a healthy sense of self-esteem. It is hard to make a stable and full change in your habits in the amount of time we spent on each area. A month is a better time-frame than spending a week on changing a habit.

So which one of the different areas you have explored in this course would you like to put more time into today and in the coming month? Which area feels like the most important one for you right now? Write it down below and focus on that one and only that one area for the next 30 days.

My most important area to focus on for my self-esteem is:

Exercise 2: How can you create a more self-esteem supportive environment for yourself?

How can you reshape your current environment so that it better supports your self-esteem?

What people who drag you down would you like to spend less time with? And what uplifting people would you like to spend more time with?

How can you use written reminders, goals, dreams and motivating quotes in your surroundings to create a more uplifting place to work in and to live in?

What negative and self-esteem damaging media sources would you like to cut down on or throw out of your life completely? And what more positive and supportive sources like books, websites, movies etc. would you like to have more of in your life?

Make a choice to create the environment you want to live in.