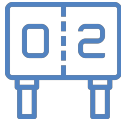


# BUILDING POSITIVE SELF-ESTEEM

STEP  
**1**



## THE MENTAL SCOREBOARD

We hold fiercely onto our failures, embarrassments, shameful words and deeds. We do this by evaluating ourselves in a negative way, becoming harsh and critical of who we are as a person.

In a sense we keep a Mental Scoreboard. Create your own Mental Scoreboard in the space below:

GOOD:	BAD:

STEP  
**1**  
CONT.

Have a look at your 'scoreboard' - which of your two lists is the larger?

Which was the easiest for you to come up with?

Does your list of 'good' have a positive effect on you? Explain.

Look at your list of 'bad' – do you think about these things often? How does that make you feel? Explain.

How do you behave in response to focusing on your "bad" list?

# BUILDING POSITIVE SELF-ESTEEM

STEP

1

CONT.



## THE MENTAL SCOREBOARD

What do you need to do more of to increase your self-esteem?

What do you need to do less of to increase your self-esteem?

STEP

2



## WRONG BAD FAIL

What early experiences of being WRONG or BAD or FAILING did you have that might have contributed to the way you view, and feel about, yourself?

Take a bit of time to jot down a brief description of those experiences.

How did these experiences affect the way you feel about yourself?

What are the consequences of these feelings? Have any of these feelings become permanent internal truths for you?

# BUILDING POSITIVE SELF-ESTEEM

STEP

2

CONT.



## WRONG BAD FAIL

What strategies have you adopted to establish your worthiness as a human being?

STEP

3



## PUTTING MYSELF FIRST

Parts of my life I **currently** put myself first in:

- ☐ Money
- ☐ Health & Fitness
- ☐ Relationships
- ☐ Self Care
- ☐ Education
- ☐ Fun
- ☐ Other \_\_\_\_\_

STEP

3

CONT.



## PUTTING MYSELF FIRST

Parts of my life I **need** to put myself first in:

- ☐ Money
- ☐ Health & Fitness
- ☐ Relationships
- ☐ Self Care
- ☐ Education
- ☐ Fun
- ☐ Other \_\_\_\_\_

What fears do I have to overcome to be able to do this?

# BUILDING POSITIVE SELF-ESTEEM

STEP  
**4**



## MY SELF-ESTEEM TOOLBOX

Equip your self-esteem toolbox by finding you personal examples of each of the tools:

1. Proof that I can be bold:

2. Symbol of a new endeavour:

3. A token of improvement:

4. Book or bio of a hero:

5. An invitation I can look forward to:

6. A token of contribution:

STEP  
**5**



## MY VIEW OF MYSELF

What counterproductive beliefs about yourself have you been holding on to?

How will you let them go?

What would you replace them with?

# BUILDING POSITIVE SELF-ESTEEM

STEP  
**6**



## MY STRATEGIES

15 STRATEGIES TO BUILD MY SELF-ESTEEM

- ☐ Visualisation
- ☐ Take action
- ☐ Reframe your thoughts
- ☐ Advice technique
- ☐ Live your values
- ☐ Choose how you feel
- ☐ Practice acceptance
- ☐ Self Affirmation
- ☐ Seek feedback
- ☐ Get organised
- ☐ Contribute
- ☐ De-personalise failure
- ☐ Find the lesson
- ☐ Seek challenge
- ☐ Believe in the possibility

STEP  
**6**  
CONT.



## MY STRATEGIES

Pick one of these strategies each day and describe the results here:

# BUILDING POSITIVE SELF-ESTEEM

STEP  
**7**



## HANDLING THE BAD STUFF

Bring to mind 3 things you would do if you knew you couldn't fail.

1.

2.

3.

STEP  
**7**  
CONT.



## HANDLING THE BAD STUFF

What has prevented you from pursuing these 3 goals in the past?

1.

2.

3.