

Self-Esteem Building Workbook

This workbook is a collection of guided exercises to help you build self-esteem. Each exercise includes space for reflection and practice. Use the contents below to navigate the workbook.

- Reality Check
- Track Your Time
- SET Check-In
- Why I Love Myself
- Grieving Missed Opportunities
- Daily Consciousness Questions (CQ)
- Set a Wake-Up Time
- Retrospective CDM
- Triggered SET
- Triggered CDM
- Offloading (To-Do & Pins)
- What Triggers Me in Others
- Mirror Exercise
- Sitting With Uncomfortable Feelings
- Reflection Questions
- Practice with AARR
- Reflective AARR

Reality Check

Do I know what building self-esteem will really take?

Am I ready to commit to the process?

Am I willing to trade comfort for growth?

Track Your Time

Record how you spend your time each day for two weeks.

Format: Time / What I Did / How I Felt

SET Check-In

S = Sensations (body)

E = Emotions (feelings)

T = Thoughts (mind)

Why I Love Myself

Write down 20 things you love about yourself.

[illegible]

Grieving Missed Opportunities

List 3–5 moments where you stayed silent, froze, or avoided risk.

How did you feel back then?

How do you feel now when remembering it?

What did it cost you? (time, experience, money, connection, wellbeing)

Daily Consciousness Questions (CQ)

Where will you do it?

What will you use?

When will you do it?

How often?

Set a Wake-Up Time

Choose a consistent daily wake-up time.

Retrospective CDM

What did you do automatically yesterday?

What felt like a choice?

Ask: Am I choosing this, or is it autopilot?

Triggered SET

Notice sensations, emotions, and thoughts while reading or reflecting.

Triggered CDM

Pick a proverb or choice. Why did you choose it?

Offloading (To-Do & Pins)

Write everything in your head for 5 minutes.

Sort into: To-Do / Pins.

What Triggers Me in Others

Who annoys you and why?

Could this reflect parts of yourself?

Mirror Exercise

Stand in front of a mirror. Focus on a part you dislike.

Say: Today I do not like my [X] but it is mine.

Sitting With Uncomfortable Feelings

Sit for 5–10 minutes noticing discomfort.

Repeat: I can handle this pain, it will pass, I am more than this pain.

Reflection Questions

Why do I struggle to accept my feelings?

What feelings do I avoid most?

Practice with AARR

Pick a recent scenario where you reacted automatically.

Apply AARR: Awareness / Acceptance / Responsibility / Response.

Reflective AARR

What happened?

What was your internal reaction?

What was your external reaction?

How did your state contribute?

What would a conscious response look like?
