

# Self-Esteem Sentence Stems

## Worksheet

This *Self-Esteem Sentence Stems* worksheet is a template that you or your client can use regularly. Sharing and writing down emotions and thoughts can be a beneficial approach to discovering any personal issues impacting your self-esteem.

The activity is most effective if you can spend 5-10 minutes on it several times a week over an extended period of time.

Once you have been doing the exercise for a fortnight, it can be valuable to look over what you've recorded. This can help you notice positive changes in your responses.

***I have always wanted to...***

***I'm secretly afraid of...***

***This week I would enjoy doing...***

***I often look forward to...***

***I feel something that the future holds for me is...***

***I get my strength from...***

***One thing a person couldn't live without is...***

***I would never...***

***It made me feel great when...***

***I love when...***

***I find it hard to...***

***It makes me angry when...***

***I sometimes fear that...***

***This week is going to be...***

***Something I deeply desire is...***

***I flourish when...***

***This week I hope to...***

***Something I do secretly...***

***I find it hard to admit...***