

Goal Setting for Self-Esteem

Goal setting is invaluable in all aspects of our lives. It is particularly beneficial when areas of our life feel bad.

This worksheet can help you capture aspects of your life that currently feel bad and assign goals to fix them or reduce their impact.

Begin by considering each of the following areas of your life and whether or not they have negative aspects (modified from McKay & Fanning, 2016):

- **Material** – for example, wanting a holiday.
- **Family and friends** – for example, wanting more (or less) quality time with family and friends.
- **Educational, professional** – for example, finishing my examinations or project on time.
- **Health** – for example, improve my fitness and reduce cholesterol.
- **Leisure** – for example, spend more time outdoors.
- **Spiritual goals** – for example, spend time meditating or engaging with my spiritual side.
- **Creative goals** – for example, plan a garden, remodel my house.
- **Emotional and psychological growth** – for example, wanting to be less stressed and manage my anger.

Consider each area of your life. Capture any negative aspects in the left-hand column. Then, in the right-hand column, create a concrete goal describing something you could change.

What feels bad	Corresponding goal
My education is poor	Enrol in an evening class
I don't spend much time with my family	See them once a month

What feels bad	Corresponding goal

References

- McKay, M., & Fanning, P. (2016). *Self-esteem*. CA: New Harbinger.

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