



TRAINING NETWORK

SELF-ESTEEM WORKBOOK

TEEN RESOURCE



Self-esteem is how you see yourself and your worth.
You are enough, just as you are.
Build confidence. Believe in yourself. Be you.

★ WHAT IS SELF-ESTEEM?

It's how you think and feel about yourself. It affects your choices, your relationships and how you handle challenges.



Remember: You are more than your mistakes or your bad days.

🔍 SIGNS OF LOW SELF-ESTEEM

- Being very hard on yourself
- Comparing yourself to others
- Struggling to accept compliments
- Feeling like you're not good enough
- Avoiding trying new things
- Focusing on your flaws
- Caring too much what others think

Remember: You are not alone, and things can get better.

👍 SIGNS OF HEALTHY SELF-ESTEEM

- You accept yourself for who you are
- You speak to yourself with kindness
- You celebrate your achievements
- You learn from your mistakes
- You set boundaries
- You focus on progress, not perfection
- You trust your choices

Remember: Small steps build strong self-esteem.

DISCOVER YOUR STRENGTHS

What are some of your strengths?
Write or draw them in the boxes below.



My Mind



My Skills



My Relationships



My Achievements



My Qualities

Focus on what makes you, YOU!

💬 CHALLENGE NEGATIVE SELF-TALK

Negative thoughts can bring you down.
Let's flip them to something more positive.

NEGATIVE THOUGHT

I'm not good at anything.

I always mess up.

No one likes me.

I'm not good enough.

POSITIVE ALTERNATIVE

I'm still learning and I can improve.

I make mistakes, and I learn from them.

I have people who care about me.

I am enough, just as I am.

Change your thoughts, change your life.

💚 SELF-CARE = SELF-RESPECT

Taking care of yourself shows you matter.
What are some things that help you feel good and recharge?

- ✓ Spend time doing what you love
- ✓ Get enough sleep
- ✓ Move your body
- ✓ Eat nourishing food
- ✓ Take breaks
- ✓ Talk to someone
- ✓ Do something creative
- ✓ Spend time in nature
- ✓ Other: _____



You can't pour from an empty cup.
Take care of you.

🛡️ SET BOUNDARIES

Boundaries protect your time, energy and emotions. You have the right to say...

No, I'm not comfortable with that.

I need some time for myself.

I don't want to do that right now.

It's OK to put yourself first.



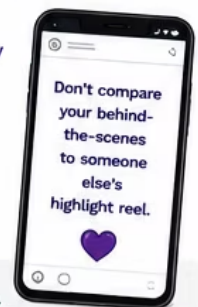
Respect yourself. Set boundaries.
Protect your peace.

👥 STOP COMPARING

Comparing yourself to others can damage your self-esteem. Remember...

- ✓ Everyone has their own journey
- ✓ You only see what others choose to show
- ✓ Focus on your own growth
- ✓ Be inspired by others, not intimidated
- ✓ Your story is unique

Your only competition is the person you were yesterday.



🌸 GRATITUDE PRACTICE

Write down 3 things you're grateful for today.

1. _____
2. _____
3. _____

Gratitude shifts your focus to the good.

👤 I AM... STATEMENTS

Finish the sentences in a way that feels true for you.

I am proud of _____
I am good at _____
I am learning to _____
I am thankful for _____
I am _____

Speak positive truths over yourself every day.

🏆 WINS, BIG OR SMALL

Celebrate your wins! Write down 3 things you've achieved recently.

1. _____
2. _____
3. _____

You are making progress.
Keep going!

📅 MY SELF-ESTEEM ACTION PLAN

3 things I will do to build my self-esteem this week:

1. _____
2. _____
3. _____

Small actions = Big change. ➡

YOU ARE UNIQUE. YOU ARE VALUABLE. YOU ARE ENOUGH.
BELIEVE IN YOURSELF. YOU'VE GOT THIS!



LEARN • GROW • THRIVE

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