



connect

wellbeing, ability, recovery

A Short Exercise for Self Esteem

Self – Esteem Exercise

When your self-confidence is low you can convince yourself that you don't matter or that your contribution is minimal. It is only when you take a more thorough look at yourself that you can properly see your value both in your own eyes and in those of the people that care about you.

Take your time and complete the exercise below and use it as a shield for your self-esteem at times when your mood is low or you feel you can't accomplish anything.

We all have things that we don't like about ourselves but equally we have attributes and characteristics and looks that we do like. These are often the things that other people enjoy about us that make them want to spend time in our company.

Your achievements can be anything from learning to swim or competing in a sponsored walk to learning to cook, crafting a piece of art, growing things in your garden, reading a book or keeping a journal for a long period of time. We all have unique skills and talents that others don't share....perhaps you are a musician or you are good with animals or you have a befriending nature that means older people like spending time with you and don't forget that simply being kind to others, listening to people, giving to charity, volunteering and helping the vulnerable are very special qualities also.

Whatever your gifts are take note of them and use them as a motivator to tell yourself that you are capable of doing great things that make you feel good and bring joy to others.



Think of 3 things that you like about yourself;

1:

2:

3:

Think of 3 things that other people like about you;

1:

2:

3:

Think of 3 things that you do for other people;

1:

2:

3:

Think of 3 things that you have achieved in your lifetime;

1:

2:

3:

Think of 3 things that you have learned in the last year;

1:

2:

3:





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