

Self-Esteem Worksheet for Teens

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

Instructions: Take a few minutes to think about yourself positively. Try to answer each question honestly. There are no right or wrong answers.

What are three things I like about myself?

What are three things my friends/family would say if they were asked what they like most about me?

What is something I am good at?

What is a recent accomplishment I have had?

What goals do I want to achieve?