Improve your self-esteem

Section 1: Get to Know Yourself

Self-Discovery Journal: Take some time to journal about your thoughts, feelings and experiences. There are no rules here. What's going on deep within your heart? Remember that this exercise is most effective if done daily.



Strengths and Weaknesses: What are your strengths and what are some things you can improve on? Be as honest as possible.

STRENGTHS	WEAKNESSES
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Section 2: Identify your core beliefs

Write them down in detail.		

Origin of Beliefs: Analyze where these negative beliefs might have come from (e.g., childhood experiences, societal influences).		

Positive Affirmation beliefs you have we self-esteem.			of the negative to reinforce you

Section 3: Set some new and empowering habits

SMART Goals: What are some of the goals you would like to achieve in order to become stronger and closer to your ideal self?

WHAI S MI GOAL!		
SMART GOAL SETTING:		
SPECIFIC: What exactly do you want to achieve?		
MEASURABLE: How will you measure your progress?		
ACHIEVABLE: Is the goal realistic and attainable?		
RELEVANT: Does this goal align with your long-term objectives and values?		
TIME-BOUND: By when do you aim to achieve this goal?		

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Section 4: Self-Care checklist

What are your non-negotiable habits? Write them down below so you can hold yourself accountable.

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Self-Care checklist

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