

## Nurturing Self Esteem Handout List

### Identity:

Connecting with what we know about ourself and reflecting on how it creates our identity.

- Values
- Roles

### Appreciate

Systems to reflect on ourselves and celebrate ourselves.

- Positive Experiences
- Affirmations

### Acceptance

Systems to assist in accepting what makes up each day.

- Bullet Journal
- Positive Evidence

### Confidence

Skills that help us build perseverance and balance.

- Positive Activities
- Building Mastery

### Pride

Reflection activities that help healthy pride to occur and not the self defeating pride.

- Gratitude
- Three Good People (replace the word 'good' with another word that represents balance such as 'healthy.')

### Humility

Skills that help bring balance to our thought and break out of patterns that decrease nurturing our worth.

- Validation Plus Facts
- The Shoulds

### Community: Inward to Outward

Activities that help us to reflect and connect with others.

- Social Supports
- Gratitude Walk

## Identity

Connecting with what we know about ourself and reflecting on how it creates our identity.

- Values
- Roles

## Values Clarification

Your values are the beliefs that define what is most important to you. They guide each of your choices in life. For example, someone who values family might try to spend extra time at home, while someone who values success in their career may do just the opposite. Understanding your values will help you recognize areas of your life need more attention, and what to prioritize in the future.

Select the 10 most important items from the following list. Rank them from 1-10 with "1" being the most important item.

- |                    |                  |
|--------------------|------------------|
| ___ Love           | ___ Honesty      |
| ___ Wealth         | ___ Humor        |
| ___ Family         | ___ Loyalty      |
| ___ Morals         | ___ Reason       |
| ___ Success        | ___ Independence |
| ___ Knowledge      | ___ Achievement  |
| ___ Power          | ___ Beauty       |
| ___ Friends        | ___ Spirituality |
| ___ Free Time      | ___ Respect      |
| ___ Adventure      | ___ Peace        |
| ___ Variety        | ___ Stability    |
| ___ Calmness       | ___ Wisdom       |
| ___ Freedom        | ___ Fairness     |
| ___ Fun            | ___ Creativity   |
| ___ Recognition    | ___ Relaxation   |
| ___ Nature         | ___ Safety       |
| ___ Popularity     | ___ _____        |
| ___ Responsibility | ___ _____        |

## Who Am I?

### identity exploration exercise

**Identity** is how you think about, describe, and present yourself. It can be made up of different roles, traits, or experiences. For example, an identity may include *parent, survivor, dog owner, chronic illness sufferer, and kind person*. A strong sense of identity can give meaning and direction in life.

**Instructions:** Name the parts of your identity and describe what they mean to you. Then, rate how much you identify with each part (1 = very little, 10 = very strongly). *Note: You do not have to use all the boxes.*

Part of My Identity	Rating (1-10)
What it means to me:	

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## Appreciate

Systems to reflect on ourselves and celebrate ourselves.

- Positive Experiences
- Affirmations

### Positive Experiences

Write briefly about times when you have displayed each of the following qualities.

❖ **Courage**

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❖ **Kindness**

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❖ **Selflessness**

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❖ **Love**

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❖ **Sacrifice**

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❖ **Wisdom**

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❖ **Happiness**

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❖ **Determination**

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## Affirmations

Affirmations allow our brain to take in positive information as we manage challenges of the day. Affirmations are NOT there for suppression (toxic positivity) but to help us see the dialectics of the day. Dialectics are two opposites can co-exist such as joy and sadness. Practicing 5 deep breaths while saying an affirmation to ourself, gives our brain a pause during the day to ground and re-focus at whatever we are managing in the moment. I like to attach this skill to muscle memory. For example, saying an affirmations anytime I walk down a hallway. Below are affirmation prompts to choose from that help give options to this healing coping skill.

**PLEASE NOTE:** With affirmations, a tip is not to use the word "not" or "don't". For example, "Don't freak out, don't freak out" can induce stress. Instead "I am calm, I am calm" can help be grounding when paired with deep breathing.

**I am** \_\_\_\_\_

**I choose to be** \_\_\_\_\_

**I am becoming more** \_\_\_\_\_

**Today is** \_\_\_\_\_

**I am growing in** \_\_\_\_\_

**I believe** \_\_\_\_\_

**I love** \_\_\_\_\_

**I delight in** \_\_\_\_\_

**Today I choose** \_\_\_\_\_

**I invite in** \_\_\_\_\_, **and I let go of** \_\_\_\_\_

**I breathe in** \_\_\_\_\_, **and I breathe out** \_\_\_\_\_

## Acceptance

Systems to assist in accepting what makes up each day.

- Bullet Journal (chart not included)
- Positive Evidence



While journaling has been proven to have so many benefits for mental health, it can be a challenge to just sit and write! If wanting to get into the habit, bullet journaling is a great way to start. Bullet journaling before bed (at least an hour before to prevent increased tension in the body) can help the mind let go of things, decrease ruminating, and calling back information we are afraid of forgetting. Below is one format to help with this. Try this format daily in your favorite notebook or with these worksheets.

### Stressors:

List of any challenges, worries, or stressful occurrences, thoughts, or feelings during the day.

### Positive Evidence:

This list can include gratitude, noticing something that makes us smile, an accomplishment for ourselves such as brushing our teeth or arriving on time, a kind memory, a surprise compliment, and more.

### To Do:

Anything that is a task to be remembered whether short term or long term.

### Affirmations:

Any soothing phrases to recite while managing thoughts and feelings while trying to rest. These phrases can be created by summarizing stressors with positive evidence. For example, today I faced many challenges, and I found joy. Today I managed a lot, and I choose to be calm.

Below are charts to use or can be colorfully created in your favorite journal.



## Positive Evidence

Inviting in and noticing positive evidence that happens during our day, helps balance our brain between negative thoughts, experiences, and intense feelings. It is not to suppress our challenges but to **accept that both** challenges and joys can occur in one day.

### Positive Evidence List

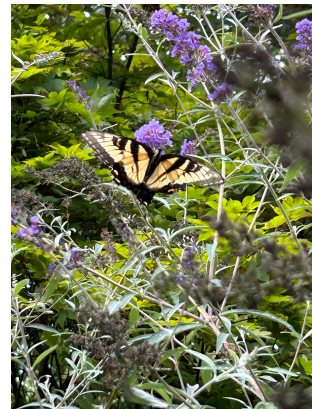
This daily bullet list can include gratitude, noticing something that makes us smile, an accomplishment for ourselves such as brushing our teeth or arriving on time, a kind memory, a surprise compliment, and more. Below are some ideas.

Gratitude  
Accomplishments  
Memories  
Insights

Compliments  
Moments of smile  
Learning something new  
Beauty (nature, art, decor)

Conversations  
Goals  
Calm moments  
Community

There are lots of ways to manage a daily positive evidence bullet list. One method I love is to purchase or make a tiny notebook and keep it open on my desk, so that I see it daily. You can also do this coping skill as a photo or art journal. Below are some things that brought a smile to my face each day.



## Confidence

Skills that help us build perseverance and balance.

- Positive Activities
- Building Mastery

### Positive Activities for Behavioral Activation

Create a list of activities that you find rewarding. Rate each activity in two categories: How easy the activity will be for you to complete, and how rewarding it is (with 10 being very easy or rewarding, and 1 being difficult or not at all rewarding).

ACTIVITY	EASE (1-10)	REWARD (1-10)
<i>Example: Go for a walk.</i>	9	6





## Build Mastery and Cope Ahead

### **B**uild Mastery

1. Plan on doing at least one thing each day to build a sense of accomplishment.

Example: \_\_\_\_\_

2. Plan for success, not failure.

- Do something difficult, but possible.

3. Gradually increase the difficulty over time.

- If the first task is too difficult, do something a little easier next time.

4. Look for a challenge.

- If the task is too *easy*, try something a little harder next time.