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Mental Health & Wellbeing

Self-Esteem & Confidence Workbook

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If you are concerned about your mental or physical health, please speak to your GP or another qualified healthcare professional.

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PAGE 1 – Understanding Self-Esteem

♥ What is self-esteem?

Self-esteem is how you think and feel about yourself. It influences your confidence, relationships, decisions and the way you respond to challenges.

Everyone experiences moments of self-doubt, but low self-esteem can make everyday life feel more difficult.

The good news is that self-esteem can grow with practice, patience and self-compassion.

Signs of low self-esteem

- ☐ Being overly critical of yourself
- ☐ Comparing yourself to others
- ☐ Finding it difficult to accept compliments
- ☐ Feeling like you're "not good enough"
- ☐ Fear of making mistakes
- ☐ Avoiding new opportunities
- ☐ Worrying what other people think
- ☐ Struggling to recognise your strengths
- ☐ Feeling undeserving of success
- ☐ Negative self-talk

Reflection

Which of these do you relate to most?

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PAGE 2 – How Do I See Myself?

The way we speak to ourselves matters.

Take a moment to reflect honestly, without judging yourself.

♥ When I think about myself, I often feel...

- ☐ Confident
- ☐ Unsure
- ☐ Proud
- ☐ Anxious
- ☐ Hopeful
- ☐ Self-critical
- ☐ Worthless
- ☐ Positive
- ☐ Other

♥ Three words I would use to describe myself

1.

2.

3.

♥ Three qualities I would like to believe about myself

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PAGE 3 – Recognising Your Strengths

Everyone has strengths, even if they don't always see them.

♥ Tick the qualities you recognise in yourself

☐ Kind

☐ Honest

☐ Caring

☐ Loyal

☐ Brave

☐ Patient

☐ Funny

- ☐ Creative
- ☐ Thoughtful
- ☐ Hard-working
- ☐ Supportive
- ☐ Resilient
- ☐ Curious
- ☐ Compassionate
- ☐ Other

♥ One strength I'm most proud of

♥ A time I used this strength

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PAGE 4 – Challenging Your Inner Critic

We all have an inner voice.

Sometimes that voice encourages us.

Sometimes it criticises us.

Learning to challenge negative self-talk is an important step towards building healthier self-esteem.

♥ A negative thought I often have

♥ Is this thought a fact?

☐ Yes

☐ No

☐ I'm not sure

♥ A kinder way to speak to myself

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PAGE 5 – Accepting Compliments

People with low self-esteem often dismiss compliments.

Today, practise accepting kind words instead of pushing them away.

♥ Compliments I've received

♥ How did hearing these compliments make me feel?

♥ One compliment I want to believe

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PAGE 6 – Celebrating My Achievements

Big or small, every achievement matters.

Take time to recognise what you've accomplished.

 Things I'm proud of

- ☐ Helping someone
- ☐ Completing a task
- ☐ Overcoming a challenge
- ☐ Learning something new
- ☐ Looking after myself
- ☐ Going to work or school
- ☐ Supporting my family
- ☐ Being kind
- ☐ Asking for help
- ☐ Other

 My biggest achievement

♥ Why does this matter to me?

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PAGE 7 – My Daily Confidence Builder

Confidence grows through small actions repeated over time.

Choose one thing to do today that helps you believe in yourself.

♥ Today I will...

- ☐ Speak kindly to myself.
- ☐ Try something new.
- ☐ Accept a compliment.
- ☐ Set a healthy boundary.
- ☐ Celebrate a success.
- ☐ Spend time with supportive people.
- ☐ Wear something that makes me feel good.
- ☐ Write down three positive things about myself.
- ☐ Smile at myself in the mirror.
- ☐ Take one small step outside my comfort zone.

♥ My confidence goal today

♥ How did I feel afterwards?

♥ Remember

Your worth is not measured by your mistakes, your appearance, your job or other people's opinions.

Your value comes from who you are.

Be patient with yourself.

Believe in your progress.

You are enough, just as you are. ♥

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PAGE 8 – Comparing Yourself to Others

It's easy to compare yourself to other people, especially on social media.

Remember...

You are seeing their highlights, not their whole story.

Your journey is unique.

♥ I often compare myself to others because...

♥ Instead, I want to focus on...

♥ One thing that makes me unique

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PAGE 9 – Positive Qualities About Me

Sometimes we find it easier to see the good in others than in ourselves.

Today, take a moment to recognise your own qualities.

♥ I am...

☐ Kind

- ☐ Caring
- ☐ Honest
- ☐ Loyal
- ☐ Brave
- ☐ Funny
- ☐ Patient
- ☐ Helpful
- ☐ Strong
- ☐ Creative
- ☐ Compassionate
- ☐ Reliable
- ☐ Thoughtful
- ☐ Hard-working
- ☐ Resilient
- ☐ Other

♥ Three qualities I'm proud of

1.

2.

3.

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PAGE 10 – My Success Journal

Success doesn't have to be something huge.

Small victories deserve celebrating too.

♥ Today I succeeded by...

☐ Getting out of bed.

☐ Completing a task.

☐ Looking after myself.

☐ Helping someone.

☐ Learning something new.

☐ Trying something difficult.

☐ Asking for help.

☐ Taking time to rest.

☐ Other

♥ My biggest success today

♥ How did it make me feel?

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PAGE 11 – Believing in Yourself

Self-esteem grows through small acts of courage.

Every time you challenge a negative thought...

Every time you celebrate a success...

Every time you show yourself kindness...

You are building confidence.

♥ My promise to myself

Today I promise to...

♥ One thing I believe about myself today

♥ Remember

You don't have to be perfect to be worthy.

You don't have to prove your value.

You already have value simply because you are you.

Treat yourself with the same kindness, respect and compassion that you would offer someone you love.

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PAGE 12 – Setting Healthy Boundaries

Healthy self-esteem means respecting your own needs as well as the needs of others.

It's okay to say "no."

It's okay to protect your time and energy.

Setting boundaries is an act of self-respect.

♥ I find it difficult to say no when...

♥ One boundary I would like to set

♥ Saying no will help me...

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PAGE 13 – Letting Go of Perfection

Nobody is perfect.

Making mistakes doesn't make you a failure—it makes you human.

Growth comes from learning, not from being perfect.

♥ Today I give myself permission to...

☐ Make mistakes.

☐ Learn as I go.

☐ Ask for help.

☐ Rest.

☐ Be myself.

- ☐ Celebrate progress.
- ☐ Let go of unrealistic expectations.
- ☐ Accept that "good enough" is enough.

♥ One expectation I want to let go of

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PAGE 14 – Positive Affirmations

Read these affirmations slowly.

Choose the ones that feel meaningful to you.

♥ I am enough.

♥ I deserve kindness.

♥ I believe in myself.

♥ I am stronger than I realise.

♥ My mistakes do not define me.

♥ I deserve love and respect.

♥ I have unique strengths.

♥ I am growing every day.

♥ I am worthy of happiness.

♥ I choose progress over perfection.

♥ My favourite affirmation

♥ My own affirmation

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PAGE 15 – Weekly Reflection

Take a few moments to reflect on your week.

♥ This week I felt proud when...

♥ One challenge I overcame...

♥ One thing I learned about myself...

♥ One goal for next week...

♥ Remember

Self-esteem isn't about believing you're better than anyone else.

It's about recognising your own worth, accepting yourself and continuing to grow.

You are worthy of kindness.

You are worthy of respect.

And most importantly...

You are worthy of believing in yourself. ♥

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PAGE 16 – Discovering Your Values

Your values are the qualities that matter most to you. Living by your values can help build confidence and self-respect.

♥ The values that are important to me

- ☐ Kindness
- ☐ Honesty
- ☐ Respect
- ☐ Compassion
- ☐ Family
- ☐ Friendship
- ☐ Courage
- ☐ Learning
- ☐ Creativity
- ☐ Helping others
- ☐ Loyalty
- ☐ Integrity
- ☐ Other

♥ The three values I want to live by

1.

2.

3.

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PAGE 17 – Stepping Outside My Comfort Zone

Confidence grows when we try new things, even if they feel a little uncomfortable.

You don't need to take huge steps.

Small challenges build lasting confidence.

♥ This week I will...

☐ Speak up in a conversation.

☐ Try something new.

☐ Meet someone new.

☐ Ask a question.

☐ Share my opinion.

☐ Learn a new skill.

☐ Apply for an opportunity.

☐ Other

♥ What challenge will I take on?

♥ How did I feel afterwards?

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PAGE 18 – My Personal Achievements

Take time to recognise everything you've overcome.

No achievement is too small.

♥ I am proud that I...

♥ A challenge I overcame

♥ What did I learn about myself?

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PAGE 19 – Building Confidence Every Day

Confidence isn't something you're born with.

It's something you build through small daily actions.

♥ Today I will...

- ☐ Speak kindly to myself.
- ☐ Smile more.
- ☐ Accept a compliment.
- ☐ Celebrate a success.
- ☐ Stand up for myself.
- ☐ Practice gratitude.
- ☐ Try something new.
- ☐ Believe in my abilities.
- ☐ Remember my strengths.
- ☐ Be patient with myself.

♥ My confidence goal

♥ One thing I'll remind myself today

♥ Remember

Your confidence doesn't have to be loud.

Sometimes confidence is simply getting back up after a difficult day.

Believe in your progress.

Celebrate your growth.

And always remember...

You are worthy. You are capable. You are enough. ♥

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PAGE 20 – Recognising Negative Self-Talk

The way you speak to yourself matters.

Negative self-talk can lower your confidence and self-esteem over time.

Learning to replace criticism with kindness is a powerful step towards believing in yourself.

♥ I often tell myself...

♥♥ A kinder way to say this would be...

♥♥ How does this new thought make me feel?

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PAGE 21 – Accepting Myself

Nobody is perfect.

You don't need to change who you are to deserve love, respect or happiness.

Self-acceptance means recognising both your strengths and the areas where you're still growing.

♥ Today I accept...

- ☐ I make mistakes.
- ☐ I am still learning.
- ☐ I deserve kindness.
- ☐ I don't have to compare myself to others.
- ☐ I am enough.
- ☐ I have value.
- ☐ My past doesn't define my future.
- ☐ I deserve happiness.

♥ One thing I appreciate about myself

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PAGE 22 – Building Positive Relationships

The people around us can influence how we see ourselves.

Healthy relationships help us grow, feel respected and accepted.

♥ People who make me feel valued

♥ I feel supported when...

♥ One relationship I'd like to strengthen

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PAGE 23 – My Confidence Journey

Take a moment to look back at how far you've come.

♥ Since starting this workbook...

I have discovered...

I feel more confident because...

One thing I'll continue working on...

♥ Remember

Confidence isn't about never feeling afraid.

It's about believing in yourself enough to take the next step.

Every time you choose self-kindness over self-criticism, you're building a stronger relationship with yourself.

Believe in your journey.

Believe in your growth.

And never forget...

You are valuable. You are capable. You deserve to be proud of who you are. ♥

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PAGE 24 – Learning From Mistakes

Everyone makes mistakes.

Mistakes are not proof that you've failed—they are opportunities to learn and grow.

People with healthy self-esteem don't expect perfection.

They focus on progress.

♥ A mistake I've learned from

♥ What did this experience teach me?

♥ What will I do differently next time?

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PAGE 25 – Believing in My Abilities

Confidence grows when we recognise what we're capable of.

♥ I know I can...

- ☐ Solve problems
- ☐ Learn new skills
- ☐ Help other people
- ☐ Be kind
- ☐ Work hard
- ☐ Adapt to change
- ☐ Overcome challenges
- ☐ Keep trying
- ☐ Support others
- ☐ Grow as a person

♥ Something I've achieved that once felt impossible

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PAGE 26 – My Gratitude for Myself

We often thank other people.

Today, thank yourself.

♥ I appreciate myself for...

♥ I'm proud that I...

♥ One quality I want to celebrate

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PAGE 27 – Becoming the Best Version of Me

Building self-esteem is a journey.

Every day you choose kindness, courage and self-respect, you're becoming a stronger version of yourself.

♥ My goals for the future

I want to become someone who...

I will continue to...

My message to myself

♥ Remember

Your value has never depended on what you achieve, how you look or what others think of you.

Your value has always been there.

Believe in yourself.

Celebrate your progress.

Keep growing.

And always remember...

You are worthy of love, respect, happiness and confidence—exactly as you are. ♥

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PAGE 28 – My Daily Success Journal

Building self-esteem isn't about waiting for big achievements.

It's about recognising the small victories you have every day.

Every step forward matters.

♥ Today I...

- ☐ Got out of bed.
- ☐ Completed a task.
- ☐ Helped someone.
- ☐ Tried something new.
- ☐ Looked after myself.
- ☐ Smiled today.
- ☐ Faced a fear.
- ☐ Accepted a compliment.
- ☐ Asked for help.
- ☐ Kept going when things were difficult.

♥ My biggest success today

♥ How did this make me feel?

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PAGE 29 – Building Healthy Relationships

Healthy relationships help us feel respected, valued and accepted.

Choose to spend more time with people who encourage you to be yourself.

♥ People who lift me up

♥ People who make me feel supported

♥ One relationship I'd like to strengthen

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PAGE 30 – My Self-Belief Plan

Confidence grows when we believe in ourselves.

Even if you don't fully believe today, keep practising.

Belief grows through action.

♥ This month I will...

- ☐ Speak more kindly to myself.
- ☐ Stop comparing myself to others.
- ☐ Celebrate my achievements.
- ☐ Set healthy boundaries.
- ☐ Try something new.
- ☐ Believe in my strengths.
- ☐ Accept compliments.
- ☐ Continue learning.
- ☐ Be patient with myself.
- ☐ Keep moving forward.

♥ My confidence goal

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PAGE 31 – My Journey Continues

Take a moment to recognise how far you've come.

The work you've done in this workbook is something to be proud of.

♥ Looking back...

I have learned...

I am proud because...

I believe I can...

♥ Remember

Self-esteem grows one choice at a time.

Choose kindness.

Choose courage.

Choose to believe in yourself, even when it's difficult.

You deserve to feel confident.

You deserve to feel valued.

Most importantly...

You deserve to see yourself the way the people who care about you already do. ♥

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PAGE 32 – Overcoming Self-Doubt

Everyone experiences self-doubt from time to time.

Self-doubt doesn't mean you can't do something.

It simply means you're stepping outside your comfort zone.

Growth begins when you choose to keep going anyway.

♥ I sometimes doubt myself when...

♥ What evidence do I have that I can succeed?

♥ One brave step I can take today

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PAGE 33 – Looking After My Wellbeing

Looking after yourself is an important part of building confidence and self-esteem.

♥ This week I will...

- ☐ Drink enough water.
- ☐ Eat nourishing meals.
- ☐ Get enough sleep.
- ☐ Spend time outdoors.
- ☐ Exercise or stretch.
- ☐ Speak kindly to myself.
- ☐ Spend time with positive people.

- ☐ Take regular breaks.
- ☐ Celebrate my progress.
- ☐ Make time for something I enjoy.

♥ One healthy habit I'll focus on

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PAGE 34 – My Personal Strengths

Sometimes we forget just how much we've overcome.

Take a moment to recognise your strengths.

♥ I am proud that I am...

- ☐ Kind
- ☐ Brave
- ☐ Caring
- ☐ Honest
- ☐ Loyal
- ☐ Compassionate
- ☐ Patient
- ☐ Resilient

☐ Determined

☐ Creative

☐ Thoughtful

☐ Strong

☐ Other

♥ A challenge I overcame

♥ What did I learn about myself?

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PAGE 35 – Looking Forward With Confidence

Take a moment to think about the future.

The person you're becoming deserves encouragement, patience and belief.

♥ In the future I want to...

♥ I believe I can...

♥ My promise to myself

I promise to treat myself with kindness, believe in my abilities, celebrate my progress and remember that my worth has never depended on being perfect.

Signature (Optional)

Date

♥ Remember

Confidence isn't something you find.

It's something you build, one choice at a time.

Keep believing in yourself.

Keep celebrating your progress.

And never forget...

You are enough. You always have been, and you always will be. ♥

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PAGE 36 – Becoming Your Own Best Friend

Imagine speaking to yourself with the same kindness you show someone you care about.

Self-esteem grows when we replace criticism with compassion.

 Today I will speak to myself with...

☐ Kindness

☐ Patience

☐ Understanding

☐ Encouragement

☐ Compassion

☐ Hope

☐ Respect

☐ Forgiveness

 One kind thing I need to hear today

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PAGE 37 – My Confidence Action Plan

Confidence grows through action.

Choose one small challenge that feels achievable.

♥ This week I will...

☐ Speak up in a conversation.

☐ Try something new.

☐ Ask for help.

☐ Accept a compliment.

☐ Apply for an opportunity.

☐ Learn a new skill.

☐ Set a healthy boundary.

☐ Believe in my abilities.

☐ Other

♥ My confidence challenge

♥ How will I celebrate completing it?

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PAGE 38 – My Personal Wellbeing Plan

When my confidence feels low, I will remember to...

- ☐ Take slow, deep breaths.
- ☐ Read my positive affirmations.
- ☐ Talk to someone I trust.
- ☐ Read through this workbook.
- ☐ Go for a walk.
- ☐ Celebrate one small success.
- ☐ Practice gratitude.
- ☐ Be patient with myself.
- ☐ Remember my strengths.
- ☐ Ask for support if I need it.

♥ Three things that always help me

1.

2.

3.

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PAGE 39 – Congratulations

 You Have Completed the Self-Esteem & Confidence Workbook

Take a moment to recognise how much you've invested in yourself.

Building self-esteem takes time, courage and patience.

Every positive thought, every healthy boundary and every small act of self-kindness helps build a stronger relationship with yourself.

 My Personal Commitment

From today I promise to...

Name

Date

Signature (Optional)

Final Reminder

Your worth has never depended on your appearance, achievements, mistakes or other people's opinions.

You have value simply because you are you.

Continue to believe in yourself, celebrate your progress and treat yourself with kindness every day.

This workbook is designed to support your wellbeing and is not a substitute for professional advice or treatment. If low self-esteem is having a significant impact on your life or mental health, consider speaking with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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