

# Self-Esteem and Wellness Worksheet

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**Instructions:** Use this worksheet to plan and track your self-esteem building and wellness practices.

## Positive Affirmations:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Achievable Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Self-Compassion Practices:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Daily Gratitude:

- Physical Activity: \_\_\_\_\_
- Healthy Eating Plan: \_\_\_\_\_
- Mindfulness Practices: \_\_\_\_\_