

Student Name: _____

Class: _____

Due Date: _____

Introduction

Welcome to this worksheet on self-concept and self-esteem! Self-concept refers to the way we think and feel about ourselves, while self-esteem refers to our evaluation of our own worth and value. In this worksheet, we will explore the importance of self-concept and self-esteem, and learn strategies to improve our self-perception and confidence.

Understanding Self-Concept

What is self-concept? Self-concept refers to the way we think and feel about ourselves, including our strengths, weaknesses, and abilities. Take a few minutes to reflect on your own self-concept. What are your strengths and weaknesses? What do you like and dislike about yourself?

Write down three things you like about yourself:

Write down three things you dislike about yourself:

Understanding Self-Esteem

What is self-esteem? Self-esteem refers to our evaluation of our own worth and value. Take a few minutes to reflect on your own self-esteem. How do you feel about yourself? Do you feel confident and capable, or do you struggle with self-doubt and negativity?

Write down three things that make you feel good about yourself:

Write down three things that make you feel bad about yourself:

Identifying Influences

What influences our self-concept and self-esteem? Our family, friends, social media, and personal experiences can all impact the way we think and feel about ourselves. Take a few minutes to reflect on the influences in your life. Who or what makes you feel good about yourself? Who or what makes you feel bad about yourself?

Write down three people who make you feel good about yourself:

Write down three things that make you feel bad about yourself:

Building Self-Awareness

Self-awareness is the ability to understand our own thoughts, feelings, and behaviors. Take a few minutes to reflect on your own self-awareness. What are your strengths and weaknesses? What do you like and dislike about yourself?

Write down three things you are proud of:

Write down three things you would like to improve:

Practicing Self-Compassion

Self-compassion is the practice of treating ourselves with kindness and understanding. Take a few minutes to reflect on your own self-compassion. How do you treat yourself when you make a mistake or experience a setback?

Write down three ways you can practice self-compassion:

Write down three things you can say to yourself to boost your self-esteem:

Building Resilience

Resilience is the ability to bounce back from challenges and setbacks. Take a few minutes to reflect on your own resilience. What strategies do you use to cope with stress and adversity?

Write down three things you can do to build your resilience:

Write down three things you can say to yourself to stay positive and motivated:

Creating a Self-Care Plan

Self-care is the practice of taking care of our physical, emotional, and mental health. Take a few minutes to reflect on your own self-care. What activities make you feel good about yourself? What activities help you relax and reduce stress?

Write down three self-care activities you enjoy:

Write down three things you can do to prioritize your self-care:

Reflecting on Progress

Take a few minutes to reflect on your progress. What have you learned about yourself and your self-concept and self-esteem? What strategies have you learned to improve your self-perception and confidence?

Write down three things you have learned about yourself:

Write down three things you can do to continue improving your self-concept and self-esteem:

Conclusion

Congratulations on completing this worksheet on self-concept and self-esteem! Remember that self-concept and self-esteem are important aspects of our overall well-being. By practicing self-awareness, self-compassion, and self-care, we can improve our self-perception and confidence. Keep working on building your self-concept and self-esteem, and remember that you are capable and deserving of love and respect.