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My Strengths

Check up to 5 strengths that are true of you, even a little. Add your own.

With people

- ☐ Kind
- ☐ Good listener
- ☐ Funny
- ☐ Loyal
- ☐ Makes people feel welcome
- ☐ Fair
- ☐ Forgiving
- ☐ Stands up for others
- ☐ Good with kids
- ☐ _____

How I think

- ☐ Curious
- ☐ Creative
- ☐ Notices details
- ☐ Good at explaining
- ☐ Solves problems
- ☐ Quick learner
- ☐ Organized
- ☐ Thinks things through
- ☐ Sees other points of view
- ☐ _____

How I keep going

- ☐ Brave
- ☐ Determined
- ☐ Patient
- ☐ Honest
- ☐ Hopeful
- ☐ Calm under pressure
- ☐ Adaptable
- ☐ Responsible
- ☐ Hard worker
- ☐ _____

What I can do

- ☐ Artistic
- ☐ Musical
- ☐ Athletic
- ☐ Good with tech
- ☐ Good at fixing things
- ☐ Good cook
- ☐ Good with animals
- ☐ Good at strategy games
- ☐ Good with words
- ☐ _____

The evidence

Strength	A time I showed it	Someone who would agree

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Inner Critic vs Kind Friend

Answer your inner critic the way you would answer a good friend who said it about themselves.

My inner critic says

For example: "I always mess everything up." "Nobody actually likes me." "I'm so stupid."

A kind friend would say

Starters: "That's really harsh. Remember when you..." "One bad day doesn't mean..."

How much do I believe it? Circle one.

0 1 2 3 4 5 6 7 8 9 10

What else is true? What does the critic leave out?

The thought, rewritten: kinder, and still honest

Starters: "I messed this up, and I can still..." "Some people... and some people..." "I'm still learning how to..."

How much do I believe the critic now? Circle one.

0 1 2 3 4 5 6 7 8 9 10

If your inner critic says you would be better off gone, or you are thinking about hurting yourself, tell someone today. Call or text 988 (Suicide and Crisis Lifeline), or call 911 in an emergency.

Free to print and share. Fill in online: crowncounseling.com/therapy-worksheets/self-esteem-worksheets

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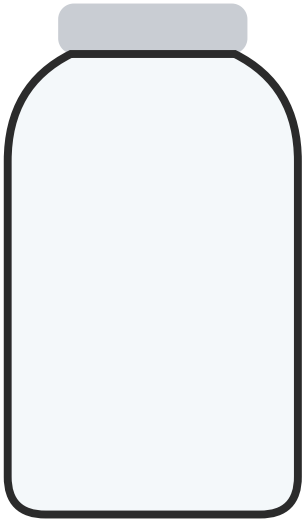
My Wins and Compliments Jar

Collect the good things, big and small, for the days your brain forgets them.



Wins, big and small

Small wins count: got up on a hard day, asked for help, tried something new, finished something i was putting off, was kind when it was hard, said no to something that was not right for me.

Compliments I've received (even the ones I brushed off)

What they said	Who said it

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Things I've Gotten Through

You have already survived every hard day you have had. Write some of them down.

A hard thing I got through	What helped me get through it	What it shows about me

Next time things are hard, I can remember...

People and things that help me

Need to talk to someone now? Call or text 988, any time. In an emergency, call 911.