

Finding value in yourself

Making a point to appreciate ourselves might feel awkward or unfamiliar, but it brings lasting benefits. Recognising your own value can lead to a more fulfilling life, help you overcome challenges and foster a sense of optimism.

Use this worksheet to get started. What's the best part? There are no right or wrong answers.

Pro tip: Save your answers to revisit whenever you need a pick-me-up or simply to reflect. Keep a blank copy handy too so you can repeat the exercise and explore even more reasons to appreciate yourself.

I feel my best when	Things I like about myself
Things I do well	Unique things about me
I am grateful for	The part of my mind I appreciate the most is
Things I'd like to learn include	Something I look forward to is
Successes I'm proud of	My favourite part of my body is
An important lesson I've learnt about myself is	My favourite part about being me is

Sources

Health Direct, [Self-esteem and mental health](#), February 2024.

Mayo Clinic, [Self-esteem: Take steps to feel better about yourself](#), 6 July 2022.

Mind.org, [What is self-esteem?](#) August 2022.



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