

Finding value in yourself

Making a point to appreciate ourselves might feel awkward or unfamiliar, but it brings lasting benefits. Recognizing 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. 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	Successes I'm proud of
Things I'd like to learn include	The part of my mind I appreciate the most is
	My favorite part of my body is
	My favorite part about being me is
	Something I look forward to is

Sources

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

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

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



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