



Sentence Stems for **Building Self Esteem**

Jotting down emotions & thoughts can help discover personal issues that impact one's self esteem. These prompts/stems work best when you spend 5-10 mins with them several times every week.

You don't have to work with all stems in a single sitting. Pick a few, and work on them.

Be open and honest.

The purpose is to open a window into our own mind. Take in the view that comes up.

Opt for curiosity, not judgment.

If writing feels like too much, simply think out loud about what comes up when you read the stems.

1. I've **always wanted** to...
2. Something I'm **secretly scared** of is...
3. **This week**, I'd actually enjoy doing...
4. I usually **look forward** to...
5. I genuinely believe **my future** has...
6. I get **my strength** from...
7. One thing a person absolutely **can't live without** is...
8. Something I know **I'd never do** is...
9. A moment that made me **feel really good** was when...
10. I **love it** when...
11. I find it **really challenging** to...
12. One thing that instantly **makes me angry** is...
13. Sometimes I **worry** that...
14. **This week**, my vibe is going to be...
15. Something I **deeply want** is...
16. I really **flourish** when...
17. **This week**, I hope I can...
18. Something I do **secretly** is...
19. I find it **hard to admit** that...

Working on things all by yourself can feel lonely & tiring

If you need a lil extra support,

[Consult a therapist online](#)