



SELF-ESTEEM & SELF-CONFIDENCE WORKBOOK



Believe in Yourself • Build Confidence • Grow Every Day



A PRACTICAL GUIDE TO HELP YOU BELIEVE IN YOURSELF
AND LIVE A CONFIDENT LIFE



SELF-ESTEEM & SELF-CONFIDENCE WORKBOOK ——— ♡

Disclaimer



This workbook is created to support your self-growth journey and help you build a healthier relationship with yourself.



This workbook is designed for self-help and personal growth.

It offers practical tools, reflections, and exercises to help you understand yourself better and build confidence.



It is not a substitute for psychological or medical treatment.

The content in this workbook is not intended to diagnose, treat, cure, or prevent any mental health condition.



If low self-esteem is causing significant emotional distress or affecting your daily life, consider seeking support from a qualified mental health professional.



You deserve support, care, and kindness—especially from yourself.

You are not alone on this journey. ♡



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What is Self-Esteem?



Self-esteem is how you think
and feel about yourself.

Healthy self-esteem helps you
accept yourself, believe in your
abilities, and learn from mistakes.



Remember

Your worth is not
decided by your
mistakes.



I am
enough.



I believe in
my abilities.



I learn and
grow every
day.



I am worthy
of love and
respect.



Take a Moment for You ♡

You are unique, valuable, and capable of amazing things.
The more you value yourself, the more life opens for you.





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Where Does Self-Esteem Come From?

Self-esteem is shaped by a continuous cycle of thoughts, feelings, and experiences.



Influencing Factors

- ✓ **Family**
Values, love, and support we receive.



- ✓ **School / Education**
Experiences, achievements, and feedback.



- ✓ **Friends & Relationships**
The people we surround ourselves with.



- ✓ **Social Media**
The content we see and compare with.



- ✓ **Success & Failure**
Our wins and setbacks both teach us.



- ✓ **Life Experiences**
Every experience shapes our self-view.

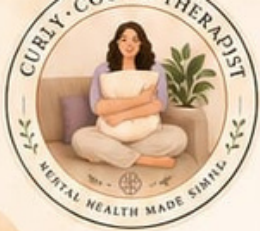


“

You cannot always control what happens,
but you can control what you believe about yourself.

”





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WORKSHEET 1

Self-Esteem Self-Check

Tick one answer for each statement.

STATEMENT	 NEVER	 SOMETIMES	 OFTEN	 ALMOST ALWAYS
1. I appreciate myself.	☐	☐	☐	☐
2. I compare myself with others.	☐	☐	☐	☐
3. I accept compliments.	☐	☐	☐	☐
4. I believe I can improve.	☐	☐	☐	☐
5. I feel proud of my efforts.	☐	☐	☐	☐
6. I avoid challenges because I fear failure.	☐	☐	☐	☐
7. I speak kindly to myself.	☐	☐	☐	☐
8. I believe I deserve respect.	☐	☐	☐	☐
9. I trust my decisions.	☐	☐	☐	☐

REFLECTION ♥



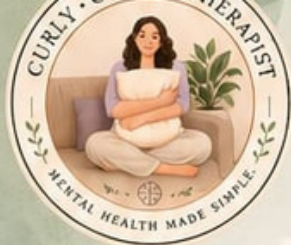
Mostly positive responses
→ Healthy self-esteem.



Mostly negative responses
→ Practice this workbook regularly.



Small steps today, stronger you tomorrow. ♥



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Signs of Low Self-Esteem

Low self-esteem can show up in many ways.
Recognizing the signs is the first step toward change.



Self-doubt



Fear of failure



Comparing yourself
with others



Difficulty accepting
compliments



People pleasing



Negative self-talk



Avoiding challenges



Feeling "not good enough"



*Awareness
is the beginning
of healing.*



You Can Change

These signs do not define you.
With self-awareness, self-compassion,
and daily practice, you can build a
strong and healthy self-esteem.

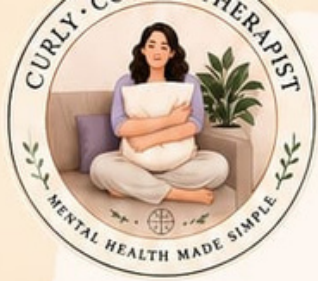


Remember

You are more than your doubts.

Be kind to yourself today and every day.





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How Low Self-Esteem *Affects Your Life*

— • ♡ • —

Low self-esteem doesn't just stay in your mind—
it can impact every area of your life.



MIND



Self-criticism

You are your harshest critic and find it hard to feel good about yourself.



Anxiety

Constant worry about not being good enough or what others think.



Lack of motivation

You feel stuck, unmotivated, and unsure if your efforts will ever be enough.



RELATIONSHIPS



Difficulty saying "No"

You find it hard to set boundaries and often put others' needs before your own.



Fear of rejection

You worry about disappointing others and fear being left out or unloved.



People pleasing

You try too hard to make everyone happy, often ignoring your own needs.



CAREER & STUDIES



Avoiding opportunities

You hesitate to take on new challenges or opportunities for growth.



Giving up too soon

You doubt your abilities and quit easily, even when you're capable of success.



Underestimating your potential

You don't believe you're good enough to achieve big goals.



You Deserve More

You are capable, worthy, and enough—
just as you are.

Healing your self-esteem can transform
the way you think, feel, and live.





SELF-ESTEEM & SELF-CONFIDENCE WORKBOOK

Build Confidence

GROW Method

Small steps every day lead to strong, unshakable confidence.

G

Give yourself credit.

Acknowledge your efforts, no matter how small.



R

Replace negative thoughts.

Swap self-doubt with positive, empowering beliefs.



O

Own your strengths.

Focus on what you're good at and what makes you, you.



W

Work on one goal daily.

Consistent action builds momentum and belief.



*You
Grow
Every Day*



Confidence isn't something you're born with—
it's something you build, layer by layer,
through your thoughts, choices, and actions.

Keep showing up for yourself.
You're becoming unstoppable.





SELF-ESTEEM & SELF-CONFIDENCE WORKBOOK

Daily Habits, Stronger You

Small daily habits build a strong self-esteem.
Track your progress and celebrate consistency. 



Be kind
to yourself.
Self-compassion
is important.



Progress,
not perfection.
Small steps still
move you forward.



Consistency
creates change.
Keep showing up
for yourself.



SELF-CARE HABIT	DAYS OF THE WEEK							MY PROGRESS
	MON	TUE	WED	THU	FRI	SAT	SUN	
 I spoke kindly to myself.	☐	☐	☐	☐	☐	☐	☐	___ / 7
 I did something that makes me happy.	☐	☐	☐	☐	☐	☐	☐	___ / 7
 I practiced gratitude (3 things I'm thankful for).	☐	☐	☐	☐	☐	☐	☐	___ / 7
 I took care of my body.	☐	☐	☐	☐	☐	☐	☐	___ / 7
 I took a break when I needed it.	☐	☐	☐	☐	☐	☐	☐	___ / 7
 I celebrated a small win.	☐	☐	☐	☐	☐	☐	☐	___ / 7
 I spent time with positive people.	☐	☐	☐	☐	☐	☐	☐	___ / 7

Why Habits Matter

Every positive habit is a vote for yourself. Over time, these small choices create a big transformation in how you think, feel, and live.



Celebrate You!

Look at your progress at the end of the week and be proud of showing up for yourself.



My Weekly Reflection

What went well this week?

What can I improve next week?





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From Self-Doubt to Success



Self-Doubt



Learning



Practice



Confidence



Success



Growth

Today's Win

- ☐ I tried something new. 
- ☐ I completed one goal. 
- ☐ I appreciated myself. 

Every step you take
today builds the
confident you of
tomorrow.



Believe in Yourself

Instead of

✗ I can't do this.

Say

✓ I can learn this.

Instead of

✗ I always fail.

Say

✓ Every mistake teaches me something.

Confidence grows
through action,
not perfection.



*"Believe in yourself today,
and the world will believe in you tomorrow."*

7-Day Confidence Journal



Day	What I Did Well	One Strength I Used	How I Felt
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Write honestly.
Celebrate progress.
Build confidence every day.



"Small steps today, bigger confidence tomorrow."



When Should I Connect with a Therapist?



Worksheet 2 Answer Yes or No.

- 1 I constantly feel “not good enough.” ☐ Yes ☐ No
- 2 I avoid opportunities because of fear. ☐ Yes ☐ No
- 3 I have very negative thoughts about myself. ☐ Yes ☐ No
- 4 I struggle to accept compliments. ☐ Yes ☐ No
- 5 I feel worthless most days. ☐ Yes ☐ No
- 6 My confidence affects my work or studies. ☐ Yes ☐ No
- 7 My relationships are suffering. ☐ Yes ☐ No
- 8 I often isolate myself. ☐ Yes ☐ No
- 9 My sadness lasts for weeks. ☐ Yes ☐ No
- 10 I have thoughts of harming myself. ☐ Yes ☐ No

It's okay to ask for help.

You don't have to go through it alone.



Guidance



0–2 Yes
Continue practicing self-help.



3–5 Yes
Professional counselling may help.



6+ Yes
Professional assessment is recommended.



If you have thoughts of harming yourself, seek immediate help from emergency services or a qualified mental health professional.



My Personal Growth Plan



Today I will

☐

Speak kindly to myself.

☐

Learn one new thing.

☐

Appreciate one personal strength.

☐

Complete today's journal.

☐

Smile at myself in the mirror.

☐

Celebrate one achievement.



Remember

Confidence is built
one small step at a time.





Our Team

Compassion • Clarity • Growth

Compassionate professionals dedicated to promoting mental well-being and creating meaningful change.



Narender Kumar Vashistha

COUNSELOR | CAREER GUIDANCE EXPERT |
BEHAVIOUR MODIFICATION SPECIALIST

With over 27 years of experience in counseling, behaviour modification, career guidance, and personal development, he helps individuals build resilience, overcome challenges, and achieve meaningful growth.



Nikita Vashistha

FOUNDER | COUNSELING PSYCHOLOGIST

A Counseling Psychologist committed to promoting emotional well-being through evidence-based care, counseling, workshops, and mental health initiatives. She believes in creating safe spaces for healing and growth.



Safia

PSYCHOLOGIST | FREELANCE COUNSELOR |
WELLBEING EDUCATOR | CO-FOUNDER,
CONVOCARE INDIA

A psychologist, wellbeing educator, and mental health advocate passionate about accessible and inclusive mental healthcare. She works towards creating awareness, empowering communities, and reducing stigma.



Curly Couch Therapist

— Compassion • Clarity • Growth —

At Curly Couch Therapist, we believe that mental well-being is the foundation of a healthier and more meaningful life.

Through evidence-based psychological support, self-help resources, counselling, workshops, and mental health education, we strive to empower individuals with the knowledge and skills needed to navigate life's challenges with confidence and resilience.



Inside this book, you'll discover practical insights, evidence-informed strategies, and simple tools to support your emotional well-being and personal growth.

Connect With Us



Email:
manasthali1999@gmail.com



Website:
www.curlycouchtherapist.com



Scan the QR Code

to explore counselling services,
workshops, self-help resources,
and upcoming wellness programs.

*Your journey toward healing,
resilience, and growth begins here.*