

SELF-ESTEEM BOOSTING PLAN



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IDENTIFYING

esteem catalysts

Explore various aspects of your life that contribute to your self-esteem. List activities, habits, or practices from each category that have a positive impact on your self-esteem and confidence.

PHYSICAL (Activities promoting physical well-being and body positivity)

EMOTIONAL (Practices nurturing your emotional health and self-compassion)

SOCIAL (Activities strengthening your sense of belonging and connection)

MENTAL (Habits challenging intellectually, contributing to positive mindset)



BLUEPRINT

to roadmap



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Utilize the list of self-esteem boosters you identified earlier.
Draw inspiration from these sources to craft your SMART goal.

S

1. What specific aspect of my self-esteem do I want to enhance?
2. How can I clearly define my self-esteem goal in precise terms?

M

1. How will I measure progress in boosting self-esteem?
2. What signs can I use to gauge self-esteem improvement?

A

1. Is my self-esteem goal attainable in my current circumstances?
2. What steps can I take to make my self-esteem goal achievable?

R

1. How does this self-esteem goal align with my personal growth?
2. Why is this aspect of self-esteem important to me now?

T

1. When's my deadline for this self-esteem goal?
2. What's a motivating timeframe for my self-esteem target?

S = Specific; M = Measurable; A = Achievable; R = Relevant; T = Time-Bound



PLEDGE &



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mastery corner

CULTIVATE A POSITIVE MINDSET

Embrace positive self-talk and affirmations that bolster your self-esteem. Create a list of empowering statements you can repeat.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

STAY ACCOUNTABLE & ADAPT

Define your accountability strategy to ensure consistent progress. Share your goal with a friend, use reminders, or track milestones. Regularly review your plan and adjust as needed for optimal results.

Accountability Strategy: _____

Review Date: _____

Reflection: _____

Adjustments: _____

GRATITUDE REFLECTION

Take a moment to reflect on your journey. Write down three things you're grateful for from this self-esteem-boosting process. These can be insights, achievements, or newfound perspectives.

- 1.
- 2.
- 3.





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VISION BOARD

of empowerment

Create a vision board representing your self-esteem journey using images, words, and affirmations. Arrange them in this blank space, visualize your empowered self, and display it where you'll see it daily. Let this visual reminder inspire your confidence and commitment. This activity allows you to creatively express your aspirations and affirmations, fostering a deep connection with your self-esteem goals.

