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# Change Your Mindset



# My Goals

It's good to set goals. When we achieve our goals, we get a self-esteem boost.

## Q1 FOCUS:

JAN	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
FEB	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
MARCH	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

## Q2 FOCUS:

APRIL	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
MAY	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
JUNE	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

## Q3 FOCUS:

JULY	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
AUG	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
SEPT	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____

## Q4 FOCUS:

OCT	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
NOV	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
DEC	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____
	<input type="checkbox"/>	_____



# Self-esteem Bucket List

date:

BY WHEN?

ACTION STEPS

**ACTIVITY**

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**ACTIVITY**

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**ACTIVITY**

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**ACTIVITY**

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**ACTIVITY**

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**ACTIVITY**

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**ACTIVITY**

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# 5-Step Problem Brain Dump

1

**My trigger:**

2

**My first thoughts + emotions:**

3

**how I handled my emotions:**

4

**How I could have handled it better:**

5

**How I can prevent the trigger in future:**



# Successes I am proud of:

01

02

03

04

05

06

07

08

09

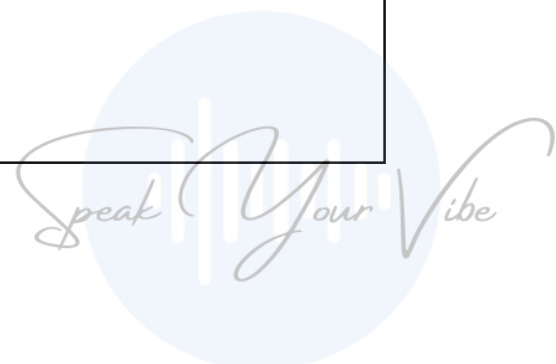


# Monthly Mini-wins

What are you proud of today? Write 1 'mini win' everyday to celebrate your successes - big and small.

**MONTH:**


How I will reward myself this month



# Monthly Self-Esteem Tracker

Color the boxes according to your thought patterns. For eg: Red for a day of mostly low self-esteem, yellow for a day of mostly neutral self-esteem and green for a day of mostly high self-esteem

**MONTH:**


## COLOUR SCHEME

For eg: Red for low self-esteem yellow for neutral self-esteem and green for high self-esteem.

1. High self esteem day
2. Neutral self-esteem day
3. Low self-esteem day

## NOTES



# Monthly Thought Tracker

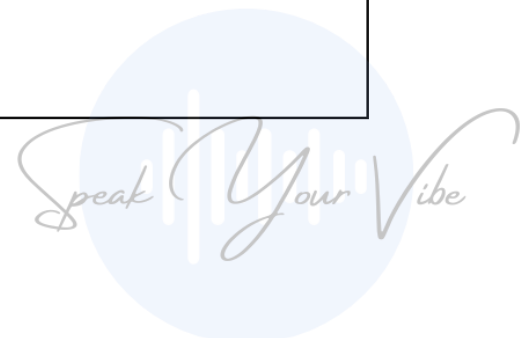
Write why you feel low, neutral or high self-esteem today. What happened? What thoughts were running through your mind?

**MONTH:**


## IDEAS TO KEEP A HIGH SELF-ESTEEM EVERYDAY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MORE INSPIRATION & IDEAS





# My Talents + Special Qualities

date:

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Write your talents, gifts and special qualities here. Your special qualities can include "I can make anyone feel comfortable", "I'm a pillar of support for my friends" etc. Print more than 1 page if you need to.

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# morning pages

Spend 5-10 minutes every morning writing down the thoughts running through your mind. They can be self-critical thoughts or your worries for the day. You will feel calmer and more in control after that.

**date & time:**

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3 things you are most grateful for this morning:

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# keep a high self-esteem *during tough times*

unwanted event:

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3 things I learned from it which will  
help me in future

**1.**

**2.**

**3.**

unwanted event:

---

---

3 things I learned from it which will  
help me in future

**1.**

**2.**

**3.**

unwanted event:

---

---

3 things I learned from it which will  
help me in future

**1.**

**2.**

**3.**

unwanted event:

---

---

3 things I learned from it which will  
help me in future

**1.**

**2.**

**3.**



# Weekly Self-esteem Reflection

week of:

I felt proud when:	date:

I new activity I did:	date:

What I would do differently

I received this compliment	date:

I lesson I learnt this week

My triggers this week

My self-critical thoughts this week

(replace those self-critical thoughts)

3 actions to make next week better