**~ Team Self Esteem ~ Worksheet - August 2018**

*Hey Good-lookin’! Quick quiz for your worksheet this month - perfect preparation for our tutorial. See any bells are a-ringing around less than optimal Self Esteem below.*

*Remember - this is a judgement and comparison-free zone!*

**Do you say “sorry” a lot – even when it isn’t actually your fault?**

❑NO ❑SOMETIMES ❑YES

**Often feel not quite “good enough” in some way?**

❑NO ❑SOMETIMES ❑YES

**Do you take constructive criticism personally / to heart?**

❑NO ❑SOMETIMES ❑YES

**Do you tend over-think things?**

❑NO ❑SOMETIMES ❑YES

**Can you be indecisive with simple decisions?**

❑NO ❑SOMETIMES ❑YES

**Do you compare yourself to others and find yourself lacking or “not enough”?**

❑NO ❑SOMETIMES ❑YES

**Do you sometimes put your successes down to luck?**

❑NO ❑SOMETIMES ❑YES

**Do/say/buy things because other people like them?**

❑NO ❑SOMETIMES ❑YES

**Have trouble saying no with firmness even when you know you don’t want to do it?**

❑NO ❑SOMETIMES ❑YES

**Shrug off a compliment when someone says something nice?**

❑NO ❑SOMETIMES ❑YES

**Keep quiet about your successes?**

❑NO ❑SOMETIMES ❑YES

**Put yourself down in conversations?**

❑NO ❑SOMETIMES ❑YES

**Hear negative self-talk in your head saying mean things, that you are not smart/thin/young/rich/quick etc etc enough?**

❑NO ❑SOMETIMES ❑YES

*Good work Sugarplum! The more yes and sometimes answers the more you could do with a boost to your Self-Esteem. Go dive into this month’s tutorial for your smart+ transformative tools, and I’ll see you there!*

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