

Self-Worth Building Worksheet

www.drjulieshafer.com

Building Self-Worth

Name an area where you have confidence:

What did I do to get good in that area?

How long did it take to gain confidence?

Are there still things to learn about this area/subject?

What do I know about myself because of my confidence?

How do I feel about myself because I have confidence in this area?

Name an area where I'd like more confidence:

What can I do to get better in that area?

How long am I willing to work at getting better?

What will I learn as I work at getting better in this area?

How will learning these things make me feel?

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."
- Lucille Ball

If being better in this area is important to you, set a goal and make a plan for getting better.

Plans can include activities or tasks such as:

- Setting aside time to practice or study
- Talking with a mentor or coach
- Developing a habit of self-reflection
- Working on productivity (so you have time) and self-discipline (so you follow through on your plan).

Do you need help regaining your sense of self, to build your self-esteem, self-worth & increase your confidence to achieve a fulfilled and happier life?

**Click here to
book a free 15-minute complimentary call!**

(100% Free. No commitment.)



Dr Julie
RELATIONSHIP COACH

A Different Kind of Life Coach

Hi, I'm Dr. Julie, or just Julie to you, and I coach adults to a better future by helping to turn big, overwhelming relationship problems into a series of small, doable changes. I've dedicated my professional life to this because it's the one thing all my clients talk about, regardless of their reason for working with me initially. It's also something I'm intimately familiar with from my own life experiences.

I'm a Portland psychologist and author of [Loved: Relationship Rules for Women Who Thought They Knew the Rules](#). After two decades working with women and men on their relationships and going through a few struggles of my own, I've created tools and resources for people like you. My work and writing focuses on getting the connection with others you want and deserve, whether it is with an intimate partner, friend, or family member.

Click the icons to connect!

