

Self-Esteem Workbook Instructions

The purpose of this program is to stimulate self-awareness, strengthen self-esteem, and ignite positive change.

From Monday through Friday write 6-10 completions for the sentence fragments for the week on which you are working. The only requirement is that they be complete grammatical sentences. If you can do this before you start your work day, that is ideal, but if that is not possible for you, do your best to pick a time of day that will work for you every day. It is much easier to stick to if it becomes a routine.

Don't read what you wrote the day before. Repetition is inevitable, but new endings are also inevitable. Persevere, it gets easier.

Work rapidly, do not pause to think. If you get stuck, just invent, don't judge. The idea is to maintain a high degree of focus with a complete lack of censorship. Don't worry about it being true, reasonable or significant. Any ending is fine.

Sometime over the weekend, reread what you have written and write 6-10 sentence completions for this stem:

If any of what I wrote this week is true, it might be helpful if I _____.

If it takes you longer than 10 minutes a day to do this, you're thinking too much.

Don't worry about what you should or shouldn't do with what you are learning. If you do these sentence completions repetitively, the practice itself brings about integration.

Week 1

If I operate 5 percent more consciously today_____

If I am 5 percent more self-accepting today_____

If I operate 5 percent more self-responsibly today_____

If I operate 5 percent more self-assertively today_____

If I operate 5 percent more purposefully today_____

If I bring 5 percent more integrity to my activities today_____

Don't forget your weekend assignment.

Week 2

If I bring 5 percent more awareness to my dealings with people today_____

If I bring 5 percent more awareness to the quality of my communications_____

If I bring 5 percent more awareness to my priorities today_____

If I bring 5 percent more awareness to my most important tasks_____

Don't forget your weekend assignment.

Week 3

If I am 5 percent more self-accepting today_____

If I am self-accepting even when I don't like what I am thinking or feeling_____

If I am self-accepting even when I am miserable or confused_____

If I can embrace the denied or disowned parts of myself_____

Week 4

If I deal with others with respect and acceptance_____

If I treat listening as a creative act_____

When I notice how people are affected by the quality of my listening_____

If I bring 5 percent more benevolence to my dealings with people_____

Week 5

If I operate 5 percent more self-respectively at work today_____

If I operate 5 percent more self-responsibly in my dealings with people_____

If I take responsibility for my choices and actions_____

If I take responsibility for the attainment of my goals_____

Don't forget your weekend assignment.

Week 6

If I operate 5 percent more self-assertively at work today_____

If I operate 5 percent more self-assertively in my dealings with
people_____

If I combine self-assertiveness with benevolence_____

If I treat my wants as important_____

Week 7

If I bring 5 percent more purposefulness to my work today_____

If I operate 5 percent more purposefully with people_____

If I convert my wants and desires into conscious purposes_____

When I don't operate purposefully at work_____

When I don't operate purposefully in my relationships_____

Week 8

If I bring 5 percent more integrity to my work_____

If I bring 5 percent more integrity to my choices and actions_____

If I want to admire my choices and actions I will need to_____

When I don't act with integrity_____

Don't forget your weekend assignment.

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