

LOTUS & TULIP · FREE STARTER PACK

Self-Esteem Worksheets

for Kids and Teens

6 real worksheets from the full set, for therapists and school counselors. Client use license included.

Ages about 8 to 17. US Letter, print or annotate in any PDF app

Strengths finder · inner critic, inner coach · thinking traps
believable affirmations · brave steps ladder · support and safety

All 18 worksheets: **etsy.com/listing/4607310455**

How to use this starter pack

Notes for the therapist, school counselor or other qualified professional

Inside (8 pages)

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One way to use it

Start with the strengths finder so the young person has real, specific evidence of what they do well. Inner critic, inner coach and thinking traps about me help them notice the unfair voice and answer it in a kind, honest way. Believable affirmations turns that into words they can actually accept, and the brave steps ladder builds confidence through small actions, one rung at a time.

Client use license

You may print and share these pages, on paper or as PDF, with the children, teens and families you work with, in your practice, school counseling office or telehealth portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Safety first

Low self-worth can travel with depression, anxiety, bullying, body image concerns, self-harm or trouble at home. Use these pages alongside your own assessment. If a young person talks about hurting themselves, being hurt or suicide, follow your safety protocol and reporting duties right away. The last page lists the US 988 Suicide and Crisis Lifeline, the Childhelp hotline and 911.

Good to know

An educational tool for licensed clinicians and qualified school staff. It does not diagnose or treat any condition and is not a substitute for professional care.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

The full self-esteem set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
My self-esteem check in	Full set	What fills me up, what drains me	Full set
All about me	Full set	Believable affirmations	Yes
My strengths finder	Yes	What matters to me	Full set
Inner critic, inner coach	Yes	Brave steps ladder	Yes
Thinking traps about me	Yes	Be a friend to myself	Full set
Check the evidence	Full set	What my body does for me	Full set
Compliment catcher	Full set	Wins jar	Full set
The comparison trap	Full set	My confidence tracker	Full set
Mistakes help me grow	Full set	Support contacts and safety	Yes

Full self-esteem set, EUR 10: etsy.com/listing/4607310455 · **Kids and Teens Worksheets Bundle** (feelings, anger, self esteem, social anxiety), 80 pages, EUR 24: etsy.com/listing/4607433224

My strengths finder

Everyone has strengths. Check the ones that fit me, even a little

Heart strengths

- [ ] Kind
- [ ] Caring
- [ ] Loyal
- [ ] Good listener
- [ ] Forgiving
- [ ] Helpful to others
- [ ] Fair
- [ ] Good at including people

Another one: _____

Mind strengths

- [ ] Curious
- [ ] Creative
- [ ] Problem solver
- [ ] Good memory
- [ ] Notices details
- [ ] Asks good questions
- [ ] Imaginative
- [ ] Learns from mistakes

Another one: _____

Action strengths

- [ ] Brave
- [ ] Hard worker
- [ ] Never give up
- [ ] Organized
- [ ] Good at sports or moving
- [ ] Good with my hands
- [ ] Leader
- [ ] Calm in hard moments

Another one: _____

People strengths

- [ ] Funny
- [ ] Honest
- [ ] Good team player
- [ ] Patient
- [ ] Respectful
- [ ] Good at cheering others on
- [ ] Easy to talk to
- [ ] Good with younger kids or pets

Another one: _____

My top 3 strengths	A time I used it	Where I could use it more

A strength someone else sees in me (ask a person you trust)

A strength I am still growing

Inner critic, inner coach

We all have a voice inside. I can learn to turn up the kind, honest one

My inner critic

Harsh, unfair, uses words like always and never. Talks to me in a way I would never talk to a friend.

My inner coach

Honest and kind. Notices effort. Helps me learn and try again, like a good coach on a hard day.

Practice: coach talk back

What the inner critic says	What my inner coach could say instead
I'm so stupid.	
Nobody likes me.	
I always mess everything up.	
I'm not as good as everyone else.	
Why even try? I'll fail.	

When is my inner critic loudest? (places, times, people)

If my inner coach had a name or a face, it would be

My go-to coach sentence for hard moments

Thinking traps about me

Our brains sometimes trick us into seeing ourselves unfairly. Check the traps I fall into

☐ **Name calling**
Calling myself a mean label. *"I'm a loser."*

☐ **Mind reading**
Guessing what others think of me. *"They think I'm weird."*

☐ **Comparing**
Measuring myself against others' best. *"Everyone is better than me."*

☐ **All or nothing**
If it is not perfect, it is a fail. *"I got one wrong, I'm terrible."*

☐ **Filtering the good out**
Skipping what went well. *"That compliment doesn't count."*

☐ **Fortune telling**
Predicting the worst. *"I'll embarrass myself."*

Catch it, check it, change it

1. **Catch it**
   Notice the thought and write it down word for word.
2. **Check it**
   Which trap is it? Is it 100% true? What would I tell a friend?
3. **Change it**
   Write a fairer, kinder thought that I can actually believe.

The thought I caught	The trap	My fairer thought

Believable affirmations

If an affirmation feels fake, my brain argues back. Make it one I can believe

Too big: "I am perfect." Believable: "I am learning, and that is enough for today." Try starting with "I am learning to," "I can," "Sometimes I" or "It is okay to."

Too big for me right now	A version I can believe	Believe it (0 to 10)

Pick from these starters

I am learning to...
I can handle hard things, one step at a time.
It is okay to make mistakes.
I matter, even on bad days.
I am more than my grades or looks.
I do not have to be perfect to be good enough.
I can ask for help.
My feelings make sense.

My top 3 affirmations (write them big and bright)

Where I will put them (mirror, phone, notebook, locker)

Brave steps ladder

Confidence grows by doing, one small brave step at a time

My big brave goal (something I avoid because I don't feel good enough)

Break the goal into steps from easiest (1) to hardest (6). Write each step, rate how worried it makes me, and start at the bottom. Move up when a step feels more doable.

6		Worry 0 to 10	Done
5		Worry 0 to 10	Done
4		Worry 0 to 10	Done
3		Worry 0 to 10	Done
2		Worry 0 to 10	Done
1		Worry 0 to 10	Done

Who can cheer me on

How I will reward myself for each step

What I learned about myself by climbing

Support contacts and safety

Fill in with a trusted adult. Keep a copy somewhere easy to find

My safety rule: If I ever feel like hurting myself, feel like I do not matter, or someone is hurting me, I tell a trusted adult right away. Telling is brave, and I deserve help.

Trusted adults at school (name and where to find them)

Trusted adults at home or in my family (name and number)

Friends or other people who help me feel good about myself

My counselor or therapist

Things I can do when I feel really low about myself

In the United States: if you or someone you know is in crisis or thinking about suicide, call or text **988** (988 Suicide and Crisis Lifeline) or chat at 988lifeline.org. Free, confidential and available 24/7.
To talk with someone about child abuse or a child's safety at home, contact the **Childhelp National Child Abuse Hotline**: call **1-800-422-4453** or text GO to 1-800-422-4453, 24/7.
If anyone is in danger right now, call **911**. Outside the US, contact your local emergency number.

These pages support, and do not replace, care from a licensed professional. School staff should also follow their district's safety and reporting procedures.

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The complete, ready to print version is here:

Self Esteem Worksheets for Kids and Teens, all 18 worksheets

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607310455 | instant digital download

See every page first: lotustulip.com/self-esteem-worksheets-for-kids-and-teens.html

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