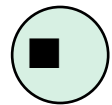
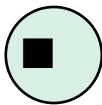




CareSync[™] Psych

Self-Esteem Building Exercises

Use these exercises to challenge self-criticism, improve confidence, and build a healthier relationship with yourself.



1. Strength Identification

List 5 strengths, talents, or qualities you have that make you valuable.

2. Compliment Reflection

Write down 3 compliments others have given you that were meaningful.

3. Challenge Your Inner Critic

What negative things do you say to yourself? Rewrite them into kinder statements.

4. Daily Wins

List 3 things you accomplished today, no matter how small.

5. Positive Affirmations

Write 5 affirmations you can repeat when self-doubt appears.

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6. Future Self Visualization

Describe the confident version of yourself you want to become.

■ *CareSync Reminder: Self-esteem is built through repeated practice of self-compassion, healthy boundaries, and recognizing your own worth.*