



SELF-ESTEEM ACTION PLAN

Name: _____

Date: _____

PHYSICAL: ideas for physical health can include movement, nutrition, and personal hygiene

EMOTIONAL: journaling, positive self talk, going to therapy

WORK/ CAREER:

this category is about having purpose and meaning. It can mean a job, volunteering, or increasing independence.



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SOCIAL: creating and maintaining connection with other people who are healthy influences, improving assertiveness, etc.

SPIRITUAL: this does not have to mean religion. This could be a belief in nature, the universe, God, or any other spiritual belief you hold.

OTHER:
