



## Therapy Unit 10: Self-Esteem

### Worksheet 10.2. Sources of self-esteem

Your life is made up of different areas that all have the power to be sources of self-esteem.

Picture your life as a book shelf with differently filled compartments:  
Fill the compartments with different parts of your life.

Are there shelves that you haven't taken a look at in a long time?

Leisure		Hobbies
Job	Abilities	
Relationships		Appearance