

# Self-Concept in Personality Development

## A Practical Self-Check Worksheet

Self-concept in personality development is the overall belief you hold about who you are. It is built from three parts: self-image, self-esteem, and your ideal self. This worksheet helps you check where you stand today, honestly and without judgment.

Set aside ten quiet minutes. Answer every prompt in your own words. There are no right answers here, only honest ones.

### 1. Know Your Three Components

Carl Rogers' theory says personality forms around these three parts. Write one honest sentence for each.

|                                                     |       |
|-----------------------------------------------------|-------|
| <b>Self-Image</b><br>How you see yourself right now | <hr/> |
| <b>Self-Esteem</b><br>How much you value yourself   | <hr/> |
| <b>Ideal Self</b><br>Who you want to become         | <hr/> |

### 2. Spot the Gap (Congruence Check)

Rogers called it congruence when your real self and ideal self are closely aligned. A wide gap often shows up as self-doubt or anxiety. Answer honestly below.

**Three words that describe who I actually am today:**

**Three words that describe who I want to become:**

**The single biggest gap between these two lists is:**

### 3. Weekly Self-Concept Check

Repeat this short check every week. It builds self-awareness faster than most personality quizzes.

**How did I actually behave this week?** (Real self)

**How did I want to behave?** (Ideal self)

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**One small action that closes the gap next week:**

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#### 4. Quick Signs Checklist

Tick every statement that felt true for you this week.

- ☐ I accepted a compliment without deflecting it
- ☐ I admitted a mistake without spiraling into shame
- ☐ I set a boundary without feeling guilty
- ☐ I compared myself to my own past, not to strangers online
- ☐ I limited passive social media scrolling

*Four or five ticks means your self-concept is in a healthy place this week. Fewer ticks simply means it is time to revisit Section 2 and pick one small action to focus on.*

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