

Factors Affecting My Self-Esteem

A self-check worksheet from [PersonaGuru.in](https://personaguru.in)

Step 1: Rate Each Factor's Impact on You

For each factor, circle or mark how strongly it has shaped your self-esteem so far in life.

Factor	Low	Medium	High
Childhood experiences	☐	☐	☐
Family environment	☐	☐	☐
Peer relationships	☐	☐	☐
Achievements & failures	☐	☐	☐
Self-talk patterns	☐	☐	☐
Culture & social media	☐	☐	☐

Step 2: My Top Two Factors

Which two factors above scored the highest? Write them here, with one real example each.

Factor 1: _____

Example: _____

Factor 2: _____

Example: _____

Step 3: Reframe Your Self-Talk

Write one harsh thought you often have about yourself. Then rewrite it the way you would say it to a close friend.

Harsh Self-Talk	Friend-Style Reframe

7-Day Self-Esteem Tracker

Small, repeated moments build self-esteem faster than one big change.

Step 4: Daily Tracker

Each day, note one moment you separated your worth from an outcome, and one moment you caught negative self-talk.

Day	Moment I Separated Worth from Outcome	Self-Talk I Caught & Reframed
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Step 5: Weekly Reflection

- Which factor from Step 1 showed up the most this week?

- What is one small change you noticed in how you spoke to yourself?

- What is one supportive person or habit you want more of next week?

Based on the guide: Factors Affecting Self-Esteem in Personality Development

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