

Self Esteem and Self Compassion Prompts

What is something I respect about the way I handled a difficult situation?

Which qualities do I value in myself that have nothing to do with achievement?

What mistake am I still using as evidence that I'm not good enough?

What would a compassionate response to that mistake sound like?

When do I compare myself with other people most often?

What does that comparison make me believe about myself?

Which compliment have I had trouble accepting, and why?

What would I notice about myself if I stopped measuring my worth through productivity?

What is something my younger self would be proud that I can do now?

How do I speak to myself when nobody else is listening?

What part of myself deserves more patience?

What would treating myself like someone I genuinely care about look like this week?

