

SENTENCE COMPLETION WORKSHEET

Purpose: It's important to be honest about your thoughts and feelings. Writing them down allows you to see and explore any internal issues that may be affecting your self-esteem.

The goal of this worksheet is to record thoughts and feelings over an extended period. Set aside time throughout the week to fill in one prompt per day. Once you've answered every prompt, review your responses. Take time to note any trends or areas of improvement. This should provide you with a general outlook on life and your self-esteem.

I hope that... *I will find love someday*

People like when I... *make them laugh.*

What I fear the most is... *dying alone.*

1. I feel happiest when...

2. People like when I...

3. I struggle when...

4. I feel my future is...

5. Sometimes I wish I could...

6. What I fear the most is...

7. I like to help with...

1. Someday I want to be...

2. I feel confident when...

3. I get angry when...

4. My favorite skill is...

5. Today I believed that...

6. I hope that...

7. I secretly enjoy...