

Self-Esteem

a flowprofiler® power skills module | Worksheet

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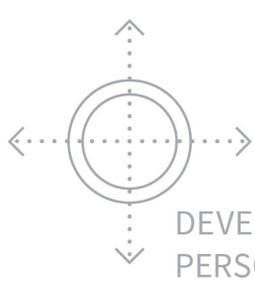
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DEVELOP YOUR
PERSONAL
EXCELLENCE

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Overview

Purpose:

The purpose of this power skills module is to:

✓ Define the dimension Self-Esteem

✓ Review your Self-Esteem flowprofiler® results

✓ Identify actions to develop your personal excellence

You will have:

✓ Completed the flowprofiler® or resilienceflow® assessment

✓ Had your report fed back to you

Overview:

✓ Defining Self-Esteem

✓ Self-Esteem in leadership

✓ Benefits of having a healthy Self-Esteem in the workplace

✓ Your flowprofiler® or eqflow® results

✓ The flowprofiler® 5Ps of Self-Esteem

✓ Tips and techniques

✓ Acton plan



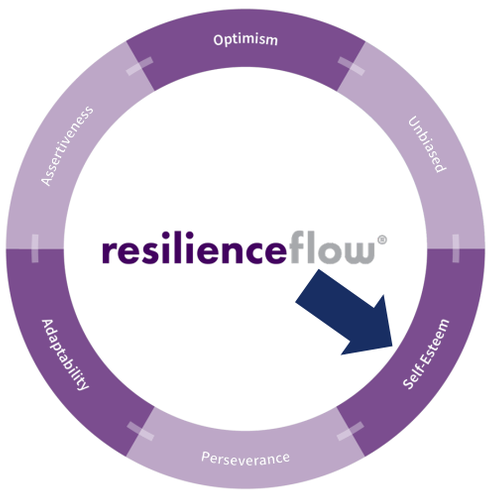
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Defining self-esteem

What is Self-Esteem?

It is:

- ✓ A person's sense of self-worth
- ✓ An internal measure
- ✓ What you believe to be true
- ✓ A key dimension of resilience
- ✓ A skill that can be developed



"With a high regard for their own self-worth, these people understand their place in the world. They understand themselves, their core strengths and have a clear sense of purpose.

This sense of clarity has been shaped by their past experiences. They think positively about themselves, attending to positive feedback and messages from others. They engage in positive self-talk on a regular basis.

In social interactions, they feel comfortable speaking highly of themselves, focusing on the aspects of themselves that they perceive to be their best qualities."

- flowprofiler®

What are the benefits of having Self-Esteem at work?

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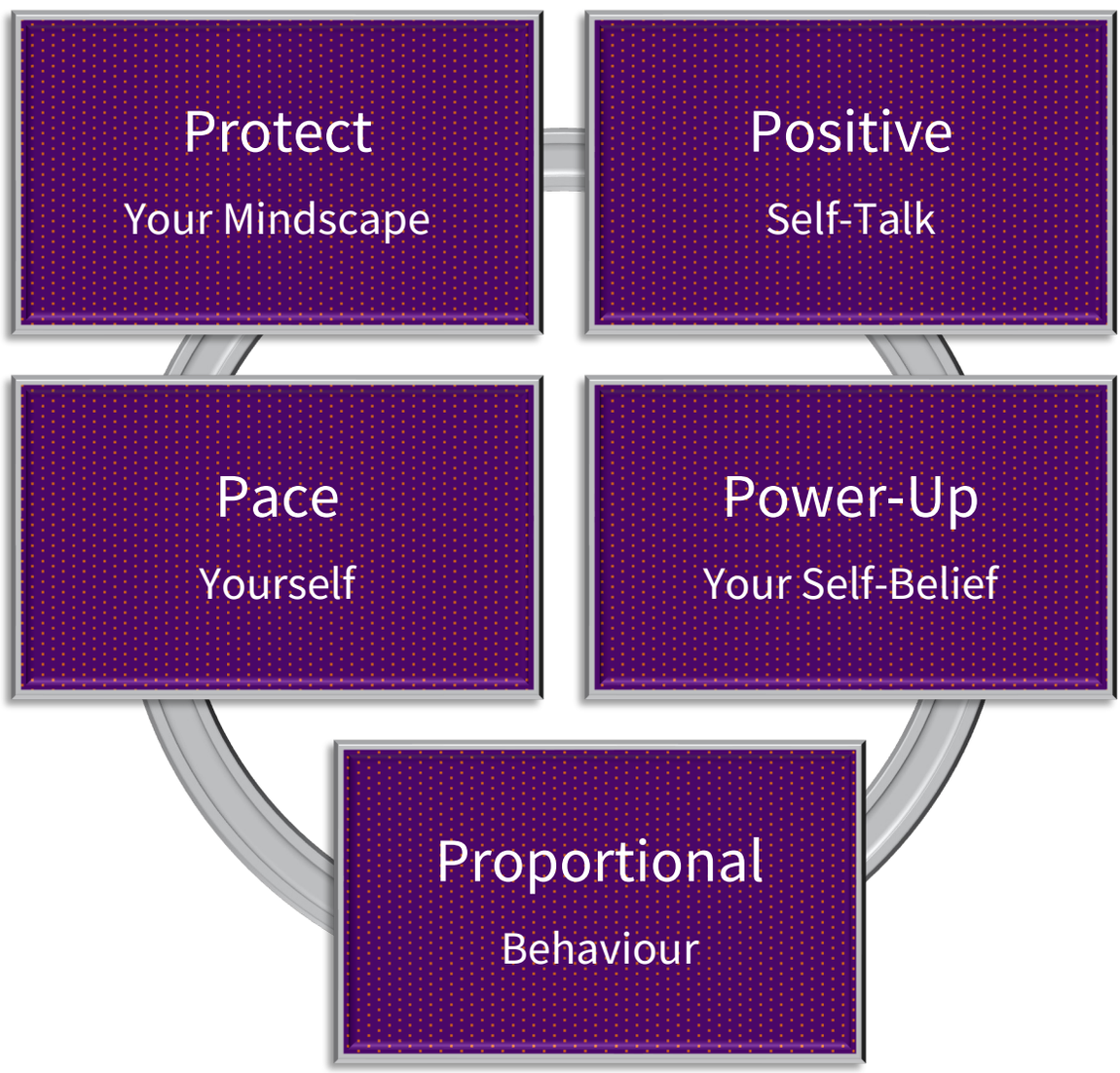
Your self-esteem

Thinking about your Self-Esteem, how do you think this dimension and your results impact you in the workplace? Perhaps you have received feedback that might help you answer the questions below.

Self-Esteem	
How does your Self-Esteem affect your work-life? Can you identify a situation where you felt valued in your actions or the task you were completing? What were the ingredients, conditions, or circumstances that made you feel Self-Esteem?	
Other thoughts:	

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5ps of self-esteem



Use the 5Ps of Self-Esteem to help you develop, activate, maintain and manage your Self-Esteem.

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5ps of self-esteem

P = Protect your mindscape

Try it out: What have you always wanted to try or re-discover? What has gotten in the way? What do you need to do to get started?

I have always wanted to….

I will set aside this time for my mental and emotional health:	
Monday:	
Tuesday:	
Wednesday:	
Thursday:	
Friday:	
Saturday:	
Sunday:	

List some of your recent wins:

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5ps of self-esteem

P = Positive self-talk

Try it out: Rephrase the trash talk and make it a Self-Esteem builder.

Trash talk	Self-Esteem builder
I failed	I learned so much
I lost	
I'll never be able to do that	
I deserve what I get	
It will never get done	
It is bigger than me	
Someone else can do it better	
I am powerless	
I can't	
I'll wait until they ask me again	

Create a mantra of your own (I am …. I will…. I envision….)
"I will…."
"I am…."
"I envision….."

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5ps of self-esteem

P = Positive self-talk

Try it:

Feedback	Upside or Opportunity
“The font is all wrong.”	There is an opportunity to learn.
“Red doesn’t suit anyone on camera.”	
“I am not sure you are the right person.”	
“We only ever hear from you.”	

Your wins:

My strengths and things I am good at:

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Self-Esteem challenge

Self-Esteem Challenge

Try it out:

Steps	My notes
Thinking about your Self-Esteem flowprofiler® results, what do you want to achieve? Develop. Activate. Maintain. Manage.	
Describe the best possible outcome. What does an amazing Self-Esteem experience look like to you? What are people saying? How do you feel?	
In order to get to that outcome what do you need to do? Are there skills you need to develop or learn? How would you go about doing that? Who could help you?	
List the top 3 actions that are realistic, will get you started and are achievable.	
Begin. The act of beginning is the most important. It might be by asking a question, putting your plan in your diary or making space to practice.	

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Self-Esteem

Tips to revisit

P = Protect your mindscape

- [ ] Mind and body fitness
- [ ] Time for mental health
- [ ] Focus on Self-Esteem
- [ ] Emotional hygiene
- [ ] Be vigilant! Be disciplined!
- [ ] Try something new
- [ ] Build new habits
- [ ] Awareness & regulation

P = Positive Self-talk

- [ ] Avoid comparing
- [ ] Aim for personal bests
- [ ] Celebrate yoru wins
- [ ] Squish the trash talk
- [ ] Self-Esteem builders
- [ ] Affirmations and mantras
- [ ] Find the upside in feedback

P = Pace Yourself

- [ ] It turning up that matters
- [ ] Think Seinfeld
- [ ] Be realistic
- [ ] Acceptance

P = Power Up

- [ ] Discover your strengths
- [ ] Apply your strengths
- [ ] Act today

P = Proportional Behaviour

- [ ] Focus on people
- [ ] Keep learning
- [ ] Recognise others
- [ ] Say ‘thank you’

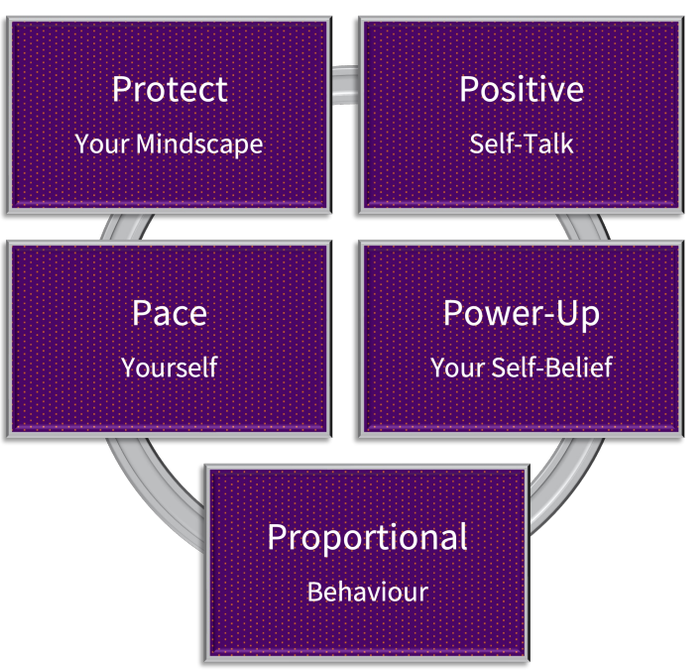
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Self-Esteem

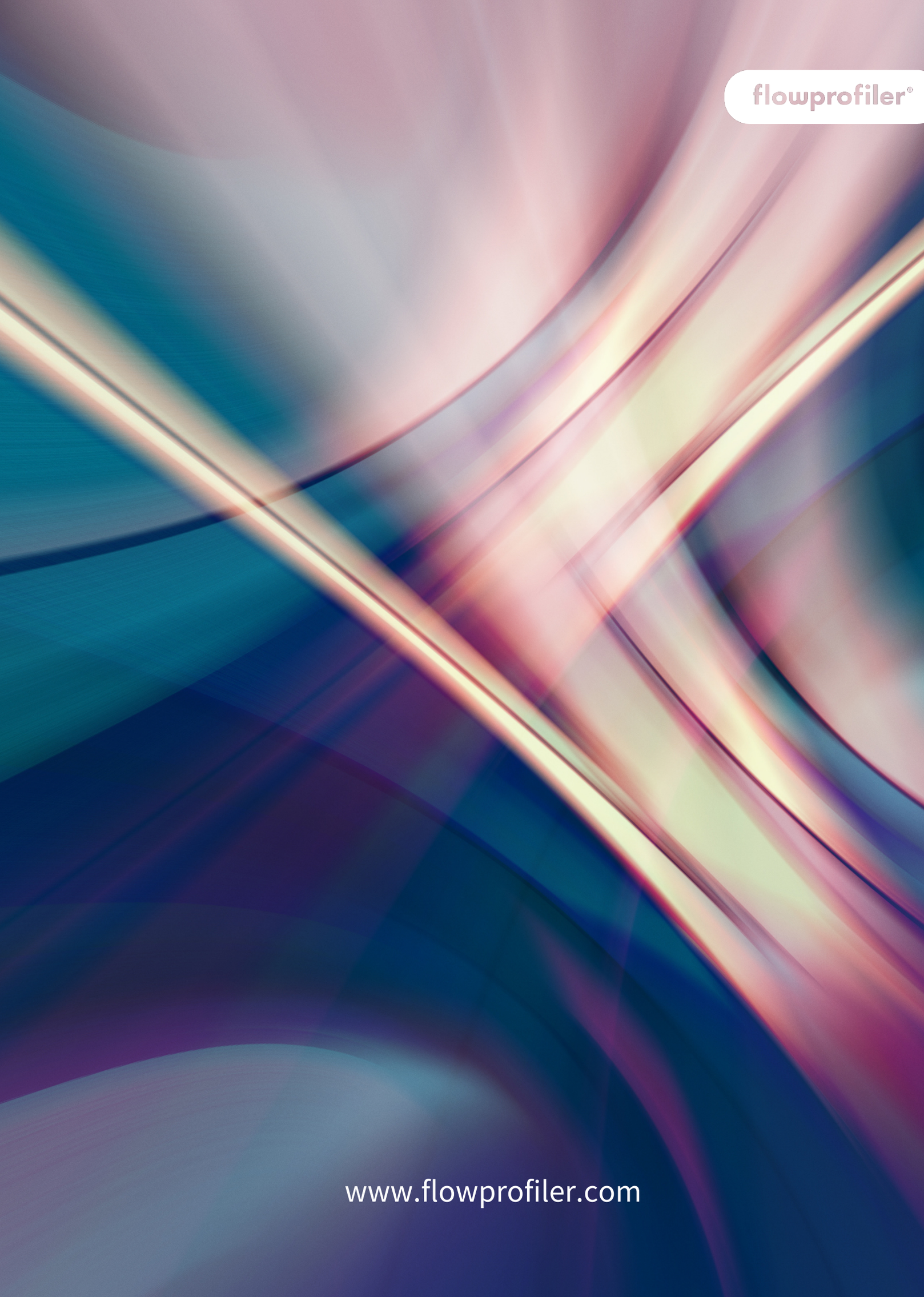
What next?

Considering the entire module, what will you take away? What will you adopt in your journey to nurture your Self-Esteem?

	Strengthen actions
Priority	
24 hours	
1 week	
1 month	



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