

WORKSHEET

GIVE
YOURSELF
A SELF-CONCEPT
MAKEOVER



Enhancing your self-concept will enhance your ability to compete in the world and achieve success. You also gain the added benefit of feeling good about yourself and your life. A self-concept can either be limiting or uplifting.

Answer these questions to gain a better perspective of your self-concept.

1. What are the limiting beliefs I hold that were created through past experiences?

2. Are these limiting beliefs valid? Where did they come from? Is it possible I interpreted the situation incorrectly?

3. How is my current life limiting my beliefs about myself, my capabilities, and my ability to control my future and my environment?

4. What changes do I need to make to my finances, health, and social life to support a more effective self-concept?

5. Who do I want to become? Who do I admire?

6. What can I do today to begin living more like the person I want to be?

7. How would I rate my self-esteem? What are the biggest barriers to feeling better about myself and what can I do to overcome those barriers?
