

WORKBOOK

**to the online course How to Improve Your Relationships by
Boosting Your Self-Esteem**

© by Andras Saghy Success Coach, Trainer and Therapist

WHY YOUR SELF-ESTEEM IS SO HIGH?

List your achievements, talents, skills, successes you have and surprise yourself!

WHAT YOU DESERVE

1. What kind of partners do you deserve?

2. How do you allow your partner treat you?

WHAT SPECIAL RELATIONSHIP CAPABILITIES YOU HAVE

1. List the capabilities you need and you have for a good relationship. What capabilities you don't have?

2. Your relationship capabilities on a 1-10 scale

**WHAT CHILDHOOD EVENTS LED TO YOUR PRESENT LOW (OR HIGH)
SELF-CONFIDENCE**

WHAT LOW SELF-ESTEEM SYMPTOMS DO YOU HAVE?

Exercise 7

1.What are you good at? (list)

2.Your challenge in relationships for the next 30 days

3.What activities make you feel good?

4.Your achievements in the last 7 days