

# Six Pillars of Self-Esteem

by Nathaniel Branden

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐

01

## Score the six pillars

Rate consciousness, acceptance, responsibility, assertiveness, purpose, and integrity honestly.

☐☐☐☐☐☐☐☐

02

## Pick the weakest pillar

Choose the one practice that would most improve self-trust.

☐☐☐☐☐☐☐☐

03

## Write an integrity gap

Name one place behavior and values are not matching.

☐☐☐☐☐☐☐☐

04

## Create a sentence stem

Write the beginning of a daily reflection sentence for the weak pillar.

☐☐☐☐☐☐☐☐

05

## Practice one conscious pause

Notice one avoided fact and write it down.

☐☐☐☐☐☐☐☐

06

## Speak one honest preference

State a small preference without apology.

☐☐☐☐☐☐☐☐

07

## Close one gap

Take one action that aligns behavior with a stated value.

☐☐☐☐☐☐☐