

# discover your inner value – a self worth reflection

self reflection

What Does Self-Worth Mean to You?

Write down your personal definition of self-worth. Consider how it influences your thoughts, actions, and relationships.

#### **Exploring Beliefs about Yourself:**

- List three positive beliefs you hold about yourself.
- List three negative beliefs you hold about yourself.

Reflect on the origins of these beliefs and whether they serve your well-being.

recognising your strengths

#### **Identifying Strengths:**

- List three strengths or qualities you appreciate about yourself
- Consider how these strengths contribute to your personal and professional life.

#### **Acknowledging Achievements:**

- Reflect on recent achievements, big or small, that you're proud of.
- How do these achievements reflect your skills, resilience, or personal growth?



## nurturing selfcompassion

#### **Practicing Self-Compassion:**

- Write down three ways you can show kindness and understanding to yourself.
- How can you speak to yourself with the same compassion you would offer a friend facing challenges?

#### **Turning Self-Criticism into Self-Encouragement:**

• Identify a recent self-critical thought. Challenge it by reframing it with a compassionate and encouraging perspective.

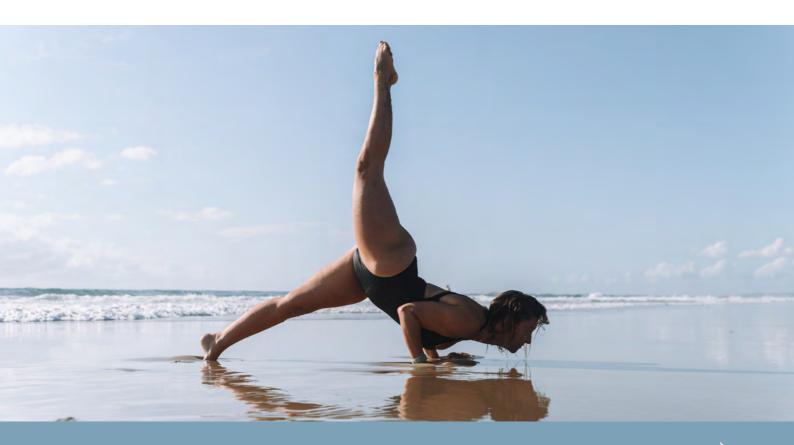
## setting boundaries

#### **Reflecting on Boundaries:**

- Consider areas of your life where setting boundaries might be beneficial.
- List one boundary you would like to establish and the positive impact it could have on your well-being.

#### **Saying No with Confidence:**

• Practice saying no to one non-essential request this week. Reflect on how it feels to prioritise your needs.





## affirming your worth

#### **Creating Affirmations:**

- Craft three positive affirmations focused on recognising and affirming your self-worth.
- Repeat these affirmations regularly and notice the impact on your mindset.

#### **Visualising Your Best Self:**

• Close your eyes and visualise your best, most empowered self. What does this version of yourself look like, and how does it feel?

### action steps

#### **Small Steps Towards Greater Self-Worth:**

- List three small actions you can take this week to nurture and enhance your sense of self-worth.
- Schedule these actions in your calendar as a commitment to your well-being.



