



# discover your inner value – a self worth reflection

## self reflection

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### 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.

### 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?

## recognising your strengths

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nurturing self-  
compassion

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**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

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**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

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### **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

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### **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.

