SELF-WORTH REMINDER SHEET

DATE _____ **TIME** _____

Come back to what is true. You are allowed to take up space.

1. WHAT HURT MY CONFIDENCE TODAY?

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2. WHAT AM I TELLING MYSELF?

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3. IS THAT FULLY TRUE?

☐ Yes ☐ No ☐ Not fully

4. WHAT IS ALSO TRUE ABOUT ME?

☐ I am trying
☐ I am learning
☐ I deserve respect
☐ I have survived hard things
☐ I can start again
☐ My needs matter
☐ I am not behind
☐ Other: _____

5. EVIDENCE OF MY STRENGTH

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6. WHAT DO I NEED TO HEAR RIGHT NOW?

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7. ONE SMALL ACT OF SELF-RESPECT I CAN DO NEXT

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8. WORDS I WANT TO REMEMBER

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My worth does not shrink because I am struggling.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.