



≡ 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?

2. WHAT AM I TELLING MYSELF?

3. IS THAT FULLY TRUE?

☐ Yes ☐ No ☐ Not fully

4. WHAT IS ALSO TRUE ABOUT ME?

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

5. EVIDENCE OF MY STRENGTH

6. WHAT DO I NEED TO HEAR RIGHT NOW?

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

8. WORDS I WANT TO REMEMBER



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.