

Cultivating Self-Worth

PURPOSE:

To shift focus from others' validation to your own self-esteem and cultivate a sense of self-worth.

INSTRUCTIONS:

Reflect on the following prompts and use the provided text boxes to write your responses.

Self-Worth Journal

Write three accomplishments or things you're proud of each day for a week.

Challenge Negative Beliefs

Identify one negative belief you have about yourself. Write evidence that disproves this belief.

Positive Affirmations

Write 10 affirmations about yourself. (Example: 'I am worthy of love and respect.') Say these affirmations out loud every morning for the next week.