



= 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.