

Self Worth Worksheet

Name

Take some time to reflect on your self-worth and how you perceive yourself. This worksheet is designed to help you better understand your self-worth and develop a positive and healthy relationship with yourself. Answer the following questions honestly and thoughtfully.

Self-reflection

How would you define self-worth?

How do you currently perceive your own self-worth?

How has your self-worth evolved over time? Are there any specific events or experiences that have influenced it?

Self-appreciation

List at least five things you appreciate about yourself. These can be personal qualities, achievements, skills, or anything else you value about yourself.

1.

2.

3.

4.

5.

6.

7.

Challenging negative beliefs

What negative beliefs or thoughts do you often have about yourself?

Are these beliefs based on facts, or are they distorted perceptions?

How can you challenge these negative beliefs? What evidence do you have to contradict them?

Self-care and Self-compassion

How do you currently practice self-care and self-compassion in your life?

What are some additional self-care activities you can incorporate into your routine to enhance your sense of self-worth?

Setting boundaries

Do you find it challenging to set boundaries with others? If so, why?

How can setting healthy boundaries contribute to improving your self-worth?

What are some specific boundaries you would like to establish or reinforce in your personal or professional life?

Future self-reflection

Imagine your future self who fully embraces their self-worth. How would they think, feel, and act differently than you do now?

What steps can you take today to align yourself with this future version of yourself?