

Self-Worth Beyond Performance

Your value is not limited to what you earn, achieve, fix, provide or endure.

What do I tend to judge myself by?

When do I feel 'good enough'?

When do I feel I am failing?

Whose standards am I measuring myself against?

What qualities do people value in me?

What have I survived, learned or grown through?

What would self-respect look like this week?

Something I value about myself that is not an achievement is...