



## My Self-Worth Worksheet

Five short exercises to notice where your worth is hanging, and to set it down somewhere steadier.

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### 01 Where is my worth hanging right now?

Finish each line honestly. There's no wrong ending, you're just mapping what's currently true.

I tend to feel worthy when...

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I tend to feel worthless or 'not enough' when...

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## 02 The conditions I've attached to my worth

Look at your answers above. What conditions have you quietly set, and where might each one have come from (a parent, a school, a job, a culture)?

### The condition I set

e.g. 'only worthy if productive'

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### Where it came from

a person, time, or place

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## 03 Evidence I matter beyond those conditions

List moments, relationships, or small things that suggest you have value even when you're not achieving anything, times you were kind, present, honest, or simply there.

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2. 

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3. 

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4. 

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5. 

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#### 04 Talking back to the harsh voice

Write the thing the harsh inner voice says on the left. On the right, write the reply you'd give a friend who said the same thing about themselves.

What the harsh voice says

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A truer, kinder reply

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#### 05 My own definition of worth

In your own words, finish this: 'My worth as a person comes from...!' Write the version you'd want a younger version of you to grow up believing.

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## 06 A quick check-in

How steady does your sense of worth feel today?

1 2 3 4 5 6 7 8 9 10

Very shaky Very steady

### When you're done, a moment to reflect

- Which condition would change the most about your life if you let it go?
- What would you do differently this week if your worth wasn't up for debate?
- Who in your life already sees your worth the way you wrote it in section five?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.