

PERSONAL WORTH STATEMENT

A declaration of your inherent value – separate from what you produce.

This is not your bio or your elevator pitch. It is a statement about your worth that has nothing to do with output.

Separate Worth From Output

Your value is not a performance review. Start by separating who you are from what you deliver.

List five things that are true about your worth that have nothing to do with what you produce.

The Lies You've Believed

What have you been told – directly or indirectly – that your value depends on? Name it so you can release it.

Evidence of Inherent Worth

Recall a time you were valued for who you are, not what you delivered. What did that feel like in your body?

Draft Your Statement

Write a first-pass Personal Worth Statement. Begin with: "I am worthy of respect, fair pay, and protected boundaries because..."

The Final Version

Keep it present-tense and unconditional. This is the version you'll read on hard days.

Your Personal Worth Statement – final version.
