

Reclaiming Your Self-Worth: A Guided Check-In Worksheet

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UNDERSTANDING SHAME & SELF-WORTH

PROMPT: In your own words, how does shame try to convince us that we are “not enough”?

REPLACING SHAME WITH SELF-AFFIRMATION

Read the affirmations below. Circle one that feels most powerful to you today, or write your own.

- ☐ I'm learning to trust myself.
- ☐ I can hold space for both progress and imperfection.
- ☐ My needs matter.
- ☐ I am worthy of compassion – even when I struggle.

BOUNDARIES AND ASSERTIVE COMMUNICATION

Think of a situation where you need to set a boundary or express a need.

SITUATION:

WHAT I WANT TO SAY:

HOW I CAN SAY IT CALMLY & CLEARLY:

RECONNECTING THROUGH ACTION

Check or write one activity that can help you reconnect with yourself this week:

- ☐ Move my body (walk, run, hike)
- ☐ Try a creative outlet (art, journaling, music)
- ☐ Reach out to a friend or loved one
- ☐ Volunteer or help someone in need
- ☐ Other:

“YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE, DESERVE YOUR LOVE AND AFFECTION.” — BUDDHA

WHAT'S ONE SMALL STEP YOU CAN TAKE THIS WEEK TO HONOR YOUR NEEDS AND SELF-WORTH?

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Book a session with Michael.


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