

Worth Reminder Tool

Purpose

Worth isn't something you earn by doing more or doing it perfectly.
It stays steady—even on hard or messy days.

Right Now Check-In

Pause for a moment.

Right now, my worth feels:

- Steady
 - Questioned
 - Tied to performance
 - Hard to access
 - Still there, even if quiet
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The Reminder

Read or say quietly:

"My worth doesn't increase when I do more."

Notice what shifts when you let this be true.

Release the Pressure

Choose what fits today:

- I don't have to prove my worth
 - Productivity doesn't measure my value
 - I'm allowed to rest and still matter
 - I can keep going without earning my place
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Carry-Forward Support

One small way I can treat myself as already worthy today is:

Bridge the Gap Coaching

Worth doesn't rise or fall with effort. It stays with you as you move forward.
The bridge holds when you remember who you are.
