

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 heck-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:

Reflection

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.
