



1. What Does “I Am Valuable” Mean to Me?

Take a moment to reflect on what being valuable means in your life.

In your own words, describe what “I am valuable” means:

2. Exploring Current Beliefs

Sometimes we hold beliefs that make it hard to feel valuable. Becoming aware of them is the first step to change.

Complete these sentences:

- A part of me believes I am valuable because:

- A part of me struggles to believe I am valuable because:

- When I don't feel valuable, I tend to think:

- When I do feel valuable, I notice that I:

3. Evidence of My Value

Let's identify real-life proof that supports the truth: You are valuable.



List 5 examples of things that show your worth:

1. _____
2. _____
3. _____
4. _____
5. _____

4. Reframing Negative Thoughts

When an unhelpful thought appears (e.g., “I don’t matter”), you can challenge and reframe it.

Unhelpful Thought

New, Balanced Thought

Write one new belief you want to practice:

“ _____ ”

5. Affirming My Worth

Finish the sentences below:

- I bring value to others when I:

- I show I am valuable by:

- One way I can treat myself like I am valuable today is:



6. My Affirmation Practice

Choose or create an affirmation that feels right to you. You can say it daily, write it, or keep it where you'll see it often.

Examples:

- I am worthy of love and respect.
- My value doesn't depend on others' opinions.
- I am enough, just as I am.

My affirmation: “_____”

7. Reflection

After completing this worksheet, how do you feel about the statement “I am valuable”?