

Self-Worth Beyond Achievement



If I achieved nothing today, what would still make me worthy of care and respect?



Which achievements have I started using as evidence that I am "good enough"? What happens emotionally when I don't meet that standard?



Who would I be if nobody could see my grades, job title, income, follower count, appearance, or relationship status?

What qualities would I want someone to remember about me if my résumé disappeared tomorrow?



When have I felt proud of myself for something that nobody else noticed or rewarded?



What is one area where I can pursue improvement without turning the outcome into a judgment about my worth?

