

FIVE MINUTE JOURNAL FOR SELF-WORTH

Daily Reflection & Growth

1. What is something I handled better than I would have a year ago?

2. What quality in myself do I sometimes overlook?

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3. What is something I respect about the way I treat other people?

4. When do I feel most like myself?

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5. What mistake can I stop using as evidence that I am not good enough?

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6. What boundary would show myself more respect?

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7. What would I say to myself if I spoke with the same kindness I use with a close friend?

8. What part of my identity exists completely outside achievement or productivity?

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