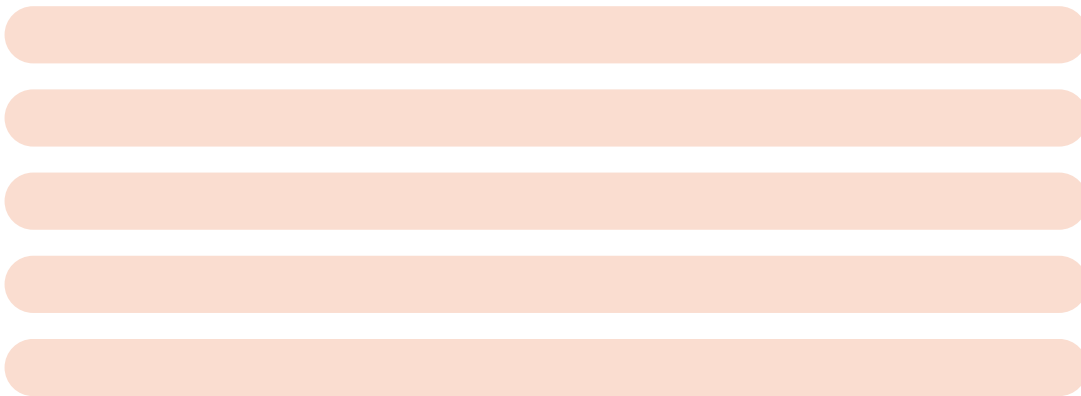


Recognizing and celebrating our own worth strengthens our commitment to self-care and personal growth. It can empower you to embrace who you are, free from the constraints of external expectations and societal pressures.

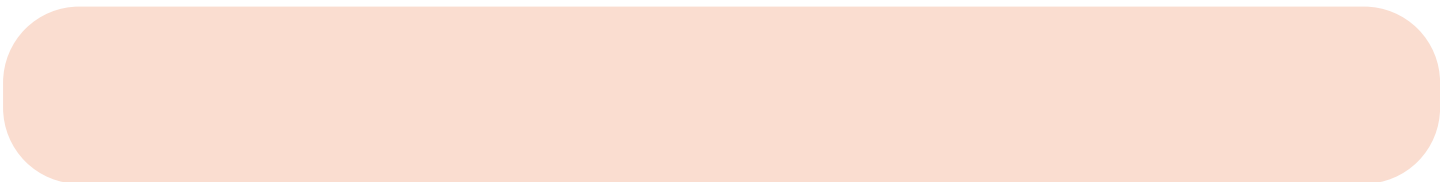
Discover your Core Values

Values are any idea or theme that is important enough to you that it affects how you think, how you act, and how you feel. Complete this worksheet to discover your core values.

List your top five core values:



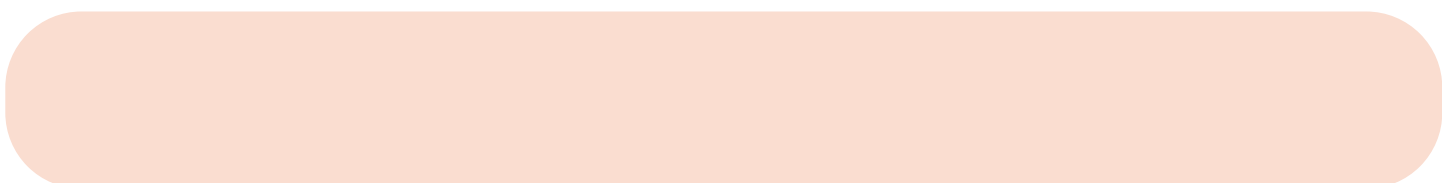
Write out your Core Value Statement:



Create your Personal Mission Statement

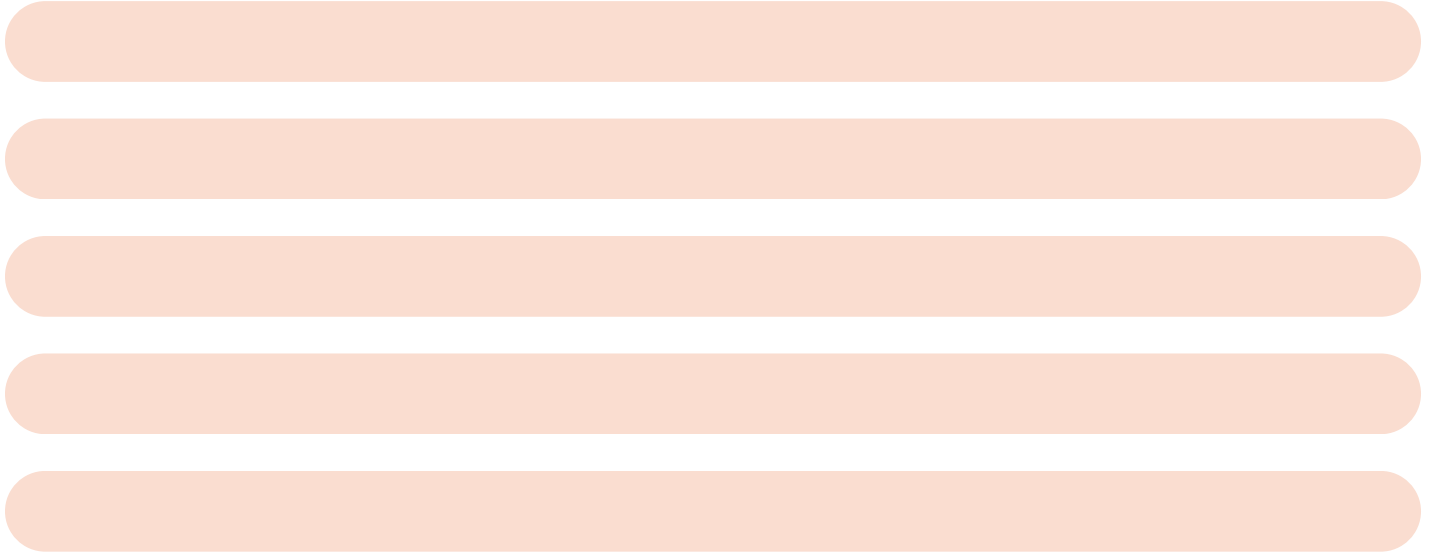
“A personal mission statement is a written declaration of our unique direction or purpose. This statement makes it clear not just what you intend to do in this world, but how you intend to do it. It's sometimes just one sentence, but it can be as long as you want.” Follow the directions here to write your personal mission statement.

Write your personal mission statement below:



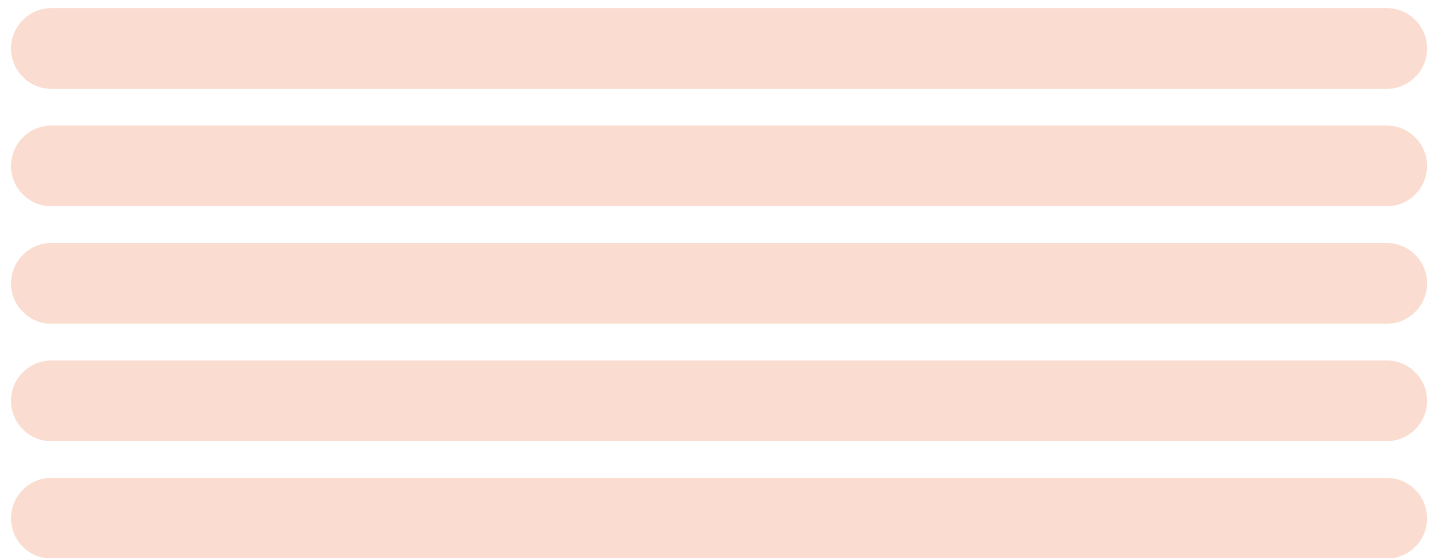
5 Life Goals

Based on your values, and your personal mission statement, create 5 life goals to accomplish your mission.

Five horizontal rounded rectangular boxes, light orange in color, stacked vertically, intended for writing five life goals.

5 Reasons I value myself

Finally, write out 5 reasons you value yourself. This is different than your core values. Reflect on your own personal qualities, and think about what you value most about yourself.

Five horizontal rounded rectangular boxes, light orange in color, stacked vertically, intended for writing five reasons for self-value.

Keep these answers close by, hang them by your desk, or by your bed so you can refer to them regularly. Use them as a guide for when you're making decisions, in tough situations, or need some motivation!