



SELF-WORTH JOURNAL GUIDE



MINDFUL PATH COUNSELLING

Self-Worth Journal Guide

Our sense of self-worth is often shaped by external validation and the messages we've internalised throughout our lives. But true self-worth comes from within - it's about recognising your inherent value and treating yourself with kindness, regardless of the circumstances.

Use this guide to help you explore and nurture your self-worth. As you journal, take your time and be as honest as you can with yourself. There's no need for perfection - this is about discovering and embracing your unique qualities.

1) Recognising Your Strengths

Take a moment to reflect on the strengths you bring to your relationships and to your life. What are the qualities or talents that you're most proud of? These may not always feel like "big" strengths, but they are all meaningful.

Strengths I Value About Myself - (List 3-5 things you admire about yourself, even if they seem small)

2) Challenging Self-Criticism

We all have that inner voice that can be harsh or unkind at times. Self-criticism can distort our sense of self-worth and lead us to believe we aren't enough. Take time to reflect on critical thoughts you've been holding about yourself lately.

- What is one critical thought I've been holding about myself?

- What's an alternative, more compassionate perspective on this thought?

Practice recognising the difference between what's a fact and what's a thought or fear.

3) Practising Self-Compassion

When was the last time you truly showed yourself compassion? Self-compassion isn't just about saying kind things to yourself, it's about accepting your imperfections with kindness and understanding. Think about a recent mistake or challenge and ask yourself:

- How can I show myself compassion in this situation?

- What would I say to a close friend if they were going through the same thing?

4) Values-Based Self-Worth

Our sense of worth is most deeply rooted in living in alignment with our values. When we act in ways that align with our core values, we reinforce a healthy and lasting sense of self-respect. Take a moment to reflect on your values and how they shape your self-worth.

- What values do I hold most dear?

(e.g., honesty, kindness, creativity, authenticity, etc.)

- How can I show up more in alignment with these values this week?

6) Celebrating Your Growth

Take a moment to look back and recognise how far you've come. Even the smallest steps of growth matter. What's one way you've grown in the past month that you're proud of?

- One area where I've grown or learned recently (Don't hold back - celebrate even the small wins!)

7) Commitment to Self-Care

True self-worth involves caring for yourself, physically, emotionally, and mentally. Think about different acts of self-care you can commit to this week that are simple and reflect your self-worth.

- What's one act of self-care I can commit to this week? (e.g., taking a break, saying no to something that drains me, practising mindfulness, etc.)

Conclusion:

Reflect on the overall experience of journaling about your self-worth. Notice how you feel now compared to when you first started. Are there any shifts in perspective or insights that have emerged?

As you move forward, remember that your self-worth is not tied to external validation or achievements. It's about being true to yourself, embracing your imperfections, and living in line with your values. Treat yourself with the same care and compassion that you would show to someone you love deeply.

This journal guide can be used daily, weekly, or as needed. Use it to gently check in with yourself and continue building a stronger foundation of self-worth and compassion.