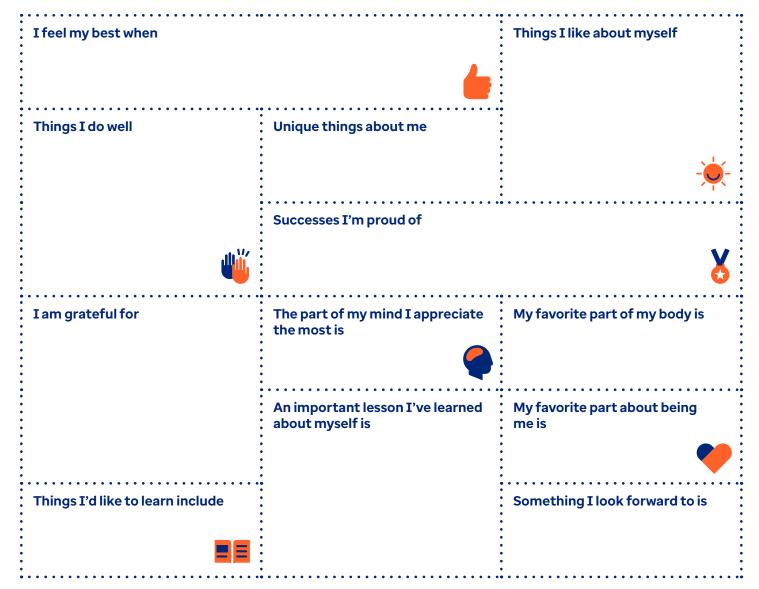
## Finding value in yourself

Making a point to appreciate ourselves might feel awkward or unfamiliar, but it brings lasting benefits. Recognizing your own value can lead to a more fulfilling life, help you overcome challenges and foster a sense of optimism. Use this worksheet to get started. The best part? There are no right or wrong answers.

Pro tip: Save your answers to revisit whenever you need a pick-me-up or simply to reflect. Keep a blank copy handy, too, so you can repeat the exercise and explore even more reasons to appreciate yourself.



Sources

Health Direct, Self-esteem and mental health. February 2024.

Mayo Clinic, <u>Self-esteem: Take steps to feel better about yourself</u>. July 6, 2022.

Mind.org, <u>What is self-esteem?</u> August 2022.



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