

## SELF-LOVE & SELF-COMPASSION WORKSHEET



One way to hold yourself and others in equal regard is by taking time each day to practice affirming your worth. It is possible to shift old beliefs about your worth and value, especially if you practice daily. *Repeating these affirmations will not feel like they work at first, but over time we can begin to change our neural pathways and embrace these new beliefs.* Simply aspiring to believe these affirmations is helpful even if you have trouble believing them for a while.

### **AFFIRMING YOUR SELF-WORTH**

**“I am worthy just because I am breathing, as are you.”**

We are all inherently worthy because we are alive. Worth is not earned and I cannot lose it. I can lose sight of my worth and not believe it, but it is still there. My worth is inherent and unchanging.

**“I am enough and I matter even when I make mistakes.”**

Perfection is not required to be loveable. Who I am right now is a worthy and precious person. I don't have to be perfect to be loved. I need not get rid of my flaws to be worthy. I am enough and I matter simply because I am here and breathing.

**“My attributes don't make me worth more or less than others.”**

We each have strengths, weaknesses and unique attributes. My strengths don't make me worth more than others; they simply make my life easier. I can enjoy my gifts! My weaknesses don't make me worth less either; they define my life struggles and I can work to mitigate them.

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### **“I am responsible for affirming my and others’ inherent worth.”**

When I make the decision to value myself and others equally, it leads to much more respectful treatment of myself and others. When I affirm myself, I can protect myself from others who believe they are worth more, and I can protect others from my own urges to control or diminish them.

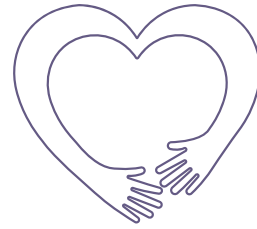
### **“Affirming my worth protects my loved ones.”**

As my sense of inherent worth grows, I will be more sensitive to my and others’ needs and preciousness. I affirm myself in order to protect myself and all of my loved ones. If I am a parent, I accept that when I truly value myself and my children as imperfect humans, I will be able to stop trying to make my children perfect. I will be able to respect how vulnerable, imperfect, needy, and immature children are. I can love them as they are when I know that we are all worthy.

## **DAILY AFFIRMATIONS**

This list of affirmations has circulated in twelve step meetings for many decades though the author is unknown. Read these affirmations out loud at least two to three times a day. It is fine to make changes or omit any statements that do not work for you. When course participants have committed to reading these only once a day for a week, many reported a profound shift in their automatic thoughts toward themselves. Consider making it a daily commitment.

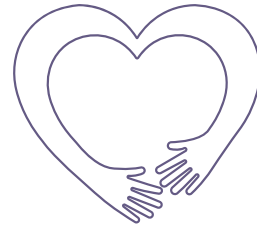
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## Affirmations that make life work

1. I love myself unconditionally and I enjoy being the unique person that I am.
2. I have ample leisure time and deserve to find, create, and feel joy.
3. I am a fallible human being who makes mistakes.
4. I am a worthwhile and lovable human being.
5. I am compassionately self-determined and I give others that same right.
6. I am a unique and precious human being who is doing the best I can to grow in wisdom and love.
7. I am in charge of myself: my thoughts, feelings, and behaviors.
8. My #1 responsibility is my own growth and well-being. The better I am to me, the better I will be to others.
9. I make my own decisions and assume the responsibility for any consequences.
10. I am not my actions. I am the actor. My actions may be good or bad. That doesn't make me good or bad.
11. I do not have to prove myself to anyone. I need only to express myself as honestly and effectively as I am capable.
12. My emotional well-being is dependent primarily on how I love me.
13. I am kind and gentle toward myself.
14. I live a day at a time, and do first things first.
15. I am patient and serene because I have the rest of my life to grow.

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### **Affirmations that make life work**

16. Every experience I have in life (even unpleasant ones) contributes to my learning and growth.
17. No one in the world is more important or less important than me as a person.
18. I have a right to take my space in this world. I deserve to be on this planet.
19. I am enough.
20. I am loyal, forgiving, and gentle to myself and to others.
21. I now choose to love, accept, embrace, and appreciate myself unconditionally.
22. My thoughts, emotions, and behaviors create my own experience of reality.
23. I have a higher power who loves me unconditionally.

- Family Affirmations (Author Unknown)