WORKSHEET My Worth Rules

Most of us carry hidden rules about what we have to do to be worth something. Write down three of yours, where you think you learned them and a kinder rule you'd give someone you love.

Hidden rule 1 (I only matter when…): _____

Where I learned it: _____

The kinder rule I'd give her: _____

Hidden rule 2 (I only matter when…): _____

Where I learned it: _____

The kinder rule I'd give her: _____

Hidden rule 3 (I only matter when…): _____

Where I learned it: _____

The kinder rule I'd give her: _____

My worth floor (three sentences I'll read on a hard day):

1. _____

2. _____

3. _____

Tick the rules you recognize:

☐ I only matter when I've been productive.
☐ I only matter when someone needs me.
☐ I only matter when everyone is happy with me.
☐ I only matter when I look put together.
☐ I only matter when I haven't made a mistake.

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