

Self-Worth Reflection Journal

For the quiet voice that says you are not enough.

Worth is not earned by performance, appearance, or the approval of others. It is yours simply because you are here. These prompts are designed to help you hear that truth more clearly — and silence the voice that contradicts it.

1. THE LIE I'VE BEEN BELIEVING

Write down the exact words the "not enough" voice uses most often. Getting it out of your head and onto paper begins to loosen its grip.

2. WHERE IT CAME FROM

When did you first hear this message? Who or what taught you to believe it? Understanding the source helps separate the lie from the truth.

3. THE EVIDENCE AGAINST IT

List at least three specific moments where you showed up, contributed, mattered, or were valued by someone who saw you clearly.

4. WHAT A TRUSTED FRIEND WOULD SAY

If someone who loved you without condition read the lie you wrote above, what would they say back to you? Write their words here.

5. ONE TRUTH TO CARRY TODAY

Write a single sentence about your worth that you are willing to try believing — even 10% more than yesterday.

"You are not what the voice says you are. You are what love has always known you to be."

— *Kindle the Light, Chapter 7*