



SELF ESTEEM

On my own side.

Your inner critic does not need the microphone all day.

Use an everyday moment, not your hardest memory. The aim is a fairer response, not proving you are perfect or making a case for your worth.

01 Catch the headline.

What critical sentence showed up? Write it once; no need to keep reviewing it.

02 Write a more complete sentence.

What context did the criticism leave out? Example: "I struggled with this, and I can ask for help."

03 Let a value choose the next step.

Pick curiosity, honesty, care, courage, or another value. What small action fits it today?

TRY ONE RESPONSE

When the criticism returns, I can respond with...



SELF ESTEEM

Worth is not a scoreboard.

A page for getting to know yourself without a performance review.

No achievements list required. You can appreciate yourself and still have things you want to change.

01 A part of me I want to understand better is...

What would I ask that part with curiosity rather than accusation?

02 I feel most like myself when...

Think about spaces, relationships, interests, or choices; include small moments.

03 If approval were not the goal, I might...

Name one preference or boundary I want to give more room.

A NOTE TO MYSELF

Today, I deserve care even if...
