

Worksheet: My Story Has Value

Authenticity - Week 4: 8-24-26

Owning Your Truth

Purpose: To help you look at your life with compassion, recognize the wisdom you've gained, and celebrate the woman your experiences have helped you become.

1. Look How Far You've Come

Think back to yourself **10 years ago**. What did that version of you worry about?

What do you know today that she didn't know then?

What would you love to tell her?

2. A Chapter That Changed Me

Think of one season of your life that taught you something important.

What happened?

What did it teach you?

What strength did you discover in yourself?

3. Give Your Younger Self Some Grace

Is there something from your past you still criticize yourself for?

Now imagine your best friend told you she had done the exact same thing.

What would you say to her?

Now say those same words to yourself.

I forgive myself for:

I understand now that:

4. Someone Else May Need Your Story

Is there something you've experienced that could encourage another woman?

What would you want her to know?

Finish this sentence:

“Girlfriend, I've been there too, and what I want you to know is...”

One thing I'm carrying forward with me is: