



Worksheet: Reclaiming Your Values, Boundaries & Self-Respect

Purpose: To reconnect with the internal knowledge that shapes your identity and strengthens confidence.

1. Identify Your Core Values

List 3–5 values that feel important to you right now (examples: honesty, peace, growth, family, health, faith, creativity, respect).

- 1.
- 2.
- 3.
- 4.
- 5.

Reflection: Which one of these have I been honoring well?

Which one needs more attention?

2. Strengthen a Boundary

Think about one area where you feel stretched or drained.

- Where do I need a clearer boundary?
- What would honoring myself look like in this situation?

3. Reinforce Self-Respect

Finish these sentences:

- *When I respect myself, I* _____.
- *I feel most confident when I* _____.