

Weekly Takeaway Sheet

Remembering Who You Are

1. Insecurity Often Comes from Forgetting Your Worth

- Your value isn't earned through perfection
- Self-doubt clouds identity — it doesn't define it
- Remembering your worth restores confidence

2. Knowledge Includes Values, Boundaries, and Self-Respect

- Your values are your internal compass
- Boundaries protect what matters most
- Self-respect strengthens inner authority

3. You Are Allowed to Change Your Mind and Evolve

- Growth means refining, not failing
- You don't owe loyalty to outdated versions of yourself
- Evolving builds deeper self-trust

4. Confidence Comes from Alignment, Not Approval

- Alignment creates peace
- Approval is temporary — self-trust is lasting
- Living truthfully strengthens confidence