Notice the moment

Choose one ordinary situation. You do not need to fix everything today.

Optional reflection, not a test or diagnosis. Skip any question that does not help.

1. What happened?

Describe the event without labeling yourself.

2. What did I start telling myself?

For example: one setback became a verdict about who I am.

3. What would a fairer description include?

Include uncertainty, context and what I can learn. No forced positivity.

4. What do I need right now?

Rest, practical information, company, a pause, or another kind of support.

Keep your answers private. Nothing you type here is sent to Ventoutt.

If you're thinking about ending your life, call or text 988 or chat at 988lifeline.org (988 Suicide & Crisis Lifeline). If you're in danger now, call 911.

Written by Anshika Jain, Coach at Ventoutt · ventoutt.com/blog/confidence-self-worth/self-worth-worksheet · Free to print and share. Please don't sell it. Licensed under CC BY-NC-ND 4.0.

Worth beyond a score

Your grades, output, appearance or someone else's reaction are not a full picture.

Optional reflection, not a test or diagnosis. Skip any question that does not help.

5. What comparison or expectation is showing up?

Name it without deciding that everyone else is ahead.

6. What context am I leaving out?

Resources, health, time, responsibilities and circumstances may differ.

7. What matters to me apart from looking successful?

Choose a value or way of treating myself and others.

8. What can I allow myself today without earning it?

Choose something realistic. Rest does not need to become another achievement.

Keep your answers private. Nothing you type here is sent to Ventoutt.

If you're thinking about ending your life, call or text 988 or chat at 988lifeline.org (988 Suicide & Crisis Lifeline). If you're in danger now, call 911.

Try one small step

Practice can be modest. An imperfect attempt is information, not a score.

Optional reflection, not a test or diagnosis. Skip any question that does not help.

9. One low-stakes step I choose for myself

Avoid major financial, health or safety decisions for this exercise.

10. What outside input would actually help?

Seeking useful advice and support is allowed.

11. Afterward: what happened, and what did I notice?

Do not grade your worth. Describe the experience.

12. What would I keep, change or ask for next time?

Want support?

Talk with someone you trust. If low mood is there most days, or it's affecting sleep, eating, classes or work, talk to a licensed professional.

Your office's contact details:

Keep your answers private. Nothing you type here is sent to Ventoutt.

If you're thinking about ending your life, call or text 988 or chat at 988lifeline.org (988 Suicide & Crisis Lifeline). If you're in danger now, call 911.