



My self-respect worksheet

Check how your everyday actions match what matters to you, log small respect receipts, and choose one change to make.

01 Where am I now?

Rate how closely your recent actions match what you say matters to you.

How well do my actions match my own standards at the moment?



Not at all

Completely

In a few words, what is making it that number?

02 Everyday areas

Tick the lines that are true for you at the moment. Leave the rest blank. If someone you live with or depend on controls, frightens or hurts you, talk to a domestic abuse service first: National Domestic Abuse Helpline in England 0808 2000 247, Scotland 0800 027 1234, Wales 0808 80 10 800, Northern Ireland 0808 802 1414, US 1-800-799-7233. Elsewhere, see selfgrowth.org/help. If you are in immediate danger, call your local emergency number (999 UK, 911 US). A harsh voice in your head can be a sign you need more support. If it ever includes thoughts of harming yourself or ending your life, those thoughts are serious: Samaritans 116 123 (UK and Ireland), 988 (US), findahelpline.com elsewhere.

Keeping promises to myself

- ☐ I do most of what I told myself I would do
- ☐ I am quick to cancel on myself and slow to cancel on others
- ☐ I set goals I do not believe I will keep

Saying no

- ☐ I can say no to something I do not want to do
- ☐ I say yes first and then resent it
- ☐ I explain and over-explain when I turn something down

How I speak about myself

- ☐ I talk to myself in a way I would be happy for a friend to hear
- ☐ I put myself down as a joke so others do not get there first

- ☐ I replay mistakes and call myself names

Who I spend time with

- ☐ I spend time with people who treat me fairly
- ☐ I keep seeing someone who belittles me because it feels easier
- ☐ I make time for people who matter to me

03 Values in action

Pick some things that matter to you, such as honesty, health, family or creativity. For each, write what you actually did this week, and one small thing that would match it better.

A value

Something that matters to me

What I did this week

In a line, as it happened

One small step that matches it

Where is the biggest gap between what I value and what I do?

04 Respect receipts

A receipt is a small, real record of an action you respect in yourself. Write what you did, not how you felt about it. Add to it across the week.

[illegible]

05 One change to make

Choose one boundary or habit. Keep it small enough to do this week, and write it as something you will do.

The change is about:

- ☐ A promise I will keep to myself
- ☐ A no I will say
- ☐ How I will speak to myself
- ☐ Time with someone, or less time with someone

The boundary or habit, in one sentence:

For example: 'I will take a 20 minute walk on the three days I planned to.' If it involves another person, use a role, not a name.

If it gets hard, I will:

How likely am I to do it this week?

1

2

3

4

5

6

7

8

9

10

Not likely

Very likely

When you're done, a moment to reflect

- Which of the areas is easiest to respect yourself in, and what makes it easier?
- When do you break a promise to yourself, and what is going on just before?
- What would you say to a friend whose actions matched their values only half the time?
- Is any relationship asking you to give up a standard you care about?
- What is one receipt you would like to add more of next week?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/self-respect-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.