

# Declaration of Self-Worth





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I, \_\_\_\_\_ promise to take charge of my life this year. I will be brave and face my past, learning from it so I can be happier and stronger. I am ready to see my true worth and to believe in myself. I will focus on my strengths and remember that I matter. I am choosing to put myself and my happiness first.

## I choose:

- ☑ To stand up for myself
- ☑ To be heard and speak my mind
- ☑ To follow my dreams, even if they feel scary
- ☑ To stop caring what others think of my choices
- ☑ To make mistakes and learn from them
- ☑ To grow, heal, and take care of my needs
- ☑ To take breaks when I need them
- ☑ To let go of guilt for putting myself first
- ☑ To celebrate my progress, no matter how small
- ☑ To take responsibility
- ☑ To take action and stop procrastinating
- ☑ To trust myself and my intuition, not live in fear or doubt
- ☑ To love freely and openly—starting with myself

## Because I matter.

By signing this, I am saying Yes to new beginnings, understanding my value, and living my best life.

\_\_\_\_\_  
[Signature]



\_\_\_\_\_  
[Date]



## Declaration of Self-Worth:

# My Time Capsule

**Let's take a moment to write down where you are right now.**

This is like a snapshot of your life today—a way to capture how you're really feeling, what's been hard, and what you're hoping for. Be honest with yourself. This is just for you, and no one else has to see it. At the end of the year, you'll look back and see how much has changed.

**What's keeping me up at night or stressing me out right now:**

*What's been worrying you? What are the things that feel heavy or keep running through your mind?*

**How my relationships, job, or life feel right now:**

*How are things with the people around you?  
How do you feel about your work, home, or daily life?*



### **How I'm feeling overall:**

*Tired, stressed, hopeful, stuck, okay? Whatever it is, write it down. No judgment.*

### **What I want to be different by the end of the year:**

*What do you hope will feel better?  
What would you like to change, big or small?*

This is your starting point. Keep it safe, and at the end of the year, come back and see how much has changed.



## Declaration of Self-Worth:

# What's Changed and What I'm Proud Of

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**You made it to the end of the year—take a moment to celebrate YOU.**

This page is about recognizing how much you've grown and what's changed in your life because you chose to put yourself first. You've done so much this year, and even the small things add up. Let's reflect on the changes and give yourself the credit you deserve.

### **How I feel about myself now:**

*What's different about how you see yourself? Do you feel stronger, calmer, or more in control? What has changed compared to the start of the year?*

### **What my relationships and life look like now:**

*Have your relationships improved? Do you feel more respected or valued? What's different in your job, home, or daily life because of the choices you've made this year?*



### **What I've learned or how I've grown:**

*What new things have you discovered about yourself? How have you grown emotionally or mentally? What lessons from this year will you carry forward?*

### **What was still hard or what I want to work on:**

*What challenges did you face this year? What areas still feel tough and what would you like to keep improving? Remember, progress is still progress.*

Take a deep breath and let this sink in. By putting yourself first and realizing you matter, you've created real change in your life. You've grown in ways that make a difference, and you should feel proud of everything you've done.