

"WORTHINESS"

1. the quality of being good enough; suitability.
2. the quality of deserving attention or respect.

This week we are exploring worthiness. Use the space below to contemplate and record your thoughts, and feeling about worth and worthiness.

MY FEELINGS

people that make me feel worthy...

MY THOUGHTS

what worthiness means to me....

MY TRUTH

FAVORITE THINGS ABOUT ME

favorite personal attribute...

proudest moment...

something I'm excited about...

Times I felt "unworthy"...