Beyond the Mirror

Purpose: This worksheet invites you to explore how you see yourself beyond appearance, achievements, roles, and other people's opinions. There are no right or wrong answers. Move at your own pace and skip any question that does not feel helpful right now.

Name (optional): _____ **Date:** _____

1. Looking Beyond the Surface

When you think about how you see yourself, what qualities or characteristics come to mind first? Consider your personality, values, relationships, interests, and the things that make you who you are.

What five words or qualities would I use to describe myself?

Which parts of who I am do I value most? Why?

2. Understanding My Self-Perception

Our self-image can be shaped by family messages, relationships, culture, social media, past criticism, and personal experiences.

What messages have I received about who I should be or what makes me worthy?

Which of these messages do I still carry? Do they reflect what I believe about myself today?

3. Separating My Worth from Outside Expectations

It can be easy to measure our value by how we look, what we accomplish, how much we do for others, or whether people approve of us. Consider where you may be placing conditions on your worth.

I tend to judge my worth by...

If I were not trying to meet anyone else's expectations, what might I give myself permission to do, feel, or want?

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4. Seeing Myself with More Compassion

Imagine speaking to yourself with the same patience and understanding you would offer someone you care about.

When I make a mistake or feel inadequate, what do I usually say to myself?

What is a more balanced, compassionate response I could practice instead?

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5. Recognizing What Is Already Within Me

Strengths can include persistence, creativity, honesty, humor, curiosity, courage, care for others, or the ability to ask for help.

A strength I have demonstrated, even during a difficult time, is...

Something I appreciate about myself that has nothing to do with appearance or achievement is...

6. A More Grounded View of Myself

One belief about myself I want to question or let go of is...

One thing I want to remember about my worth is...

One small action I can take this week to show myself respect or care is...