

The *Self-Worth* Exercise

A simple flow to move from the diagnosis back to the truth of who you are, and a worked example to model your own.

A diagnosis can quietly rewrite how you see yourself. The self-worth exercise is a tool to remember your value lives far beyond your health status. By naming your real qualities and strengths, you shift focus off the diagnosis and back onto who you actually are.

You are not your diagnosis. You are the person who is learning to carry it with grace.

Here is the flow it follows. The two boxes at the bottom show example qualities, the kind of things people list to break the thought patterns of "I have nothing to offer" and "I am my diagnosis."

THE EXERCISE



MAKE IT YOURS

Do not just read this. Recreate it in a journal, your Notes app, or a Google Doc, and fill the two boxes with your own qualities and truths. Keep it somewhere you can return to. On the hard days, reading your own words back is what pulls you out.

No one is hopeless and no one is helpless.