

4. Nothing can add
to your value, and
nothing can take
it away.



Reflection: What accomplishments, roles, or expectations have you unintentionally tied to your self-worth?

Affirmation: My value is constant and unchanging.

Gentle Practice: List 3 qualities you love about yourself that have nothing to do with achievement.

♥ _____

♥ _____

♥ _____



Inner Calm
COUNSELING
with Shoshana Ort, LCSW

