



# You Still Matter

A reflection on worth, value, and rebuilding

## Before You Begin

Financial disruption can quietly change how we see ourselves.

Not just what we have-- but what we believe we are worth.

This is a space to gently separate your **circumstances** from your **value**.

Take a breath before you begin.

Sometimes the most important thing to remember is that nothing that has happened changes your inherent worth.





## Part 2: Where This Belief May Have Come From

Gently reflect:

**Where do I think this belief came from?**

- My current situation
- Past experiences
- Messages I've received over time
- Comparisons to others
- Other: \_\_\_\_\_



## Part 3: Is This Actually True?

Without forcing an answer:

**Is my financial situation a true reflection of my worth as a person?**

- Yes
- No
- I'm not sure









# Part 7: Returning to What is True

You don't have to force a new belief.

Just begin to open space.

**One statement I am willing to consider:**

- My circumstances have changed-- but my worth has not
- I am still valuable, even as I rebuild
- My situation does not define me
- I am allowed to begin again
- Other: \_\_\_\_\_



# Closing Reflection

You are not your circumstances.

You are not your financial situation.

You are a person who has experienced change-- and is still here.

Still capable.

Still rebuilding.

Still worthy.

**Your thoughts...**

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