Acknowledge Your Value Questions

Following are 30 questions to help you think about your value. Get a notebook and go through one point per day. Take the time to put yourself first for 30 days and deep dive into what makes you valuable.

1. What positive qualities do I have? Compassion, kindness, hard-working, or something else? How are these qualities important to other people?
2. What have I contributed to the world in my lifetime?
3. Why do my friends like me?
4. Why does my family love me?
5. What positive things I have heard about myself in my life?
6. Would life still be alright if I just had myself in it? What value do I add to my own life?
7. What skills do I have?
8. How do I use my skills positively?
9. What makes me unique?
10. Why should I love myself?
11. What have my mistakes taught me? How have they made me stronger?
12. What have the bad experiences in life taught me? How have they made me stronger?
13. How does what other people think of me impact how I think about myself? Should it really matter?
14. Where do I doubt myself? Why? How can I remove that doubt?
15. Am I self-aware? How can I work on that more?
16. Am I letting past experiences keep me from recognizing my value? How can I forgive and let go?
17. Am I being honest with myself and others? How would honesty impact me and my relationships?
18. Would I regret not being myself? Do I regret not being myself?
19. Why am I worthy of accomplishing my dreams?
20. How do I talk to myself? Is it adding to my self-value or taking away from it?
21. What could I teach other people?
22. Is it possible that I've inspired someone recently?
23. Have I fixed problems that others could not fix?
24. How do I strive to help people instead of hurt them?
25. How could I become even more valuable in this world?
26. Am I reliable?
27. Do I have a personal story that could help other people?
28. Do I keep my home running and comfortable?
29. Is the fact that I was born into this world an indicator that I'm valuable and was meant to do be here?
30. How do I give to others?