This is a great exercise to use to help remind you of your worth and your connection to others.

Find a space where you can sit quietly and reflect for a few minutes. Take a few deep, calming breaths. With your non dominant hand, touch your index finger to your thumb. As you do so, remember a specific time that you felt really cared for. Write that moment here: _____________________________________________

Immerse yourself in that memory and let that feeling wash over you. Revel in that feeling of being loved.

Now, touch your middle finger to your thumb and think back to a time when you felt really successful. Write that moment here: _____________________________________________

Really reflect on what it was like to feel to experience that feeling of accomplishment.

Now, touch your ring finger to your thumb. Remember a time that you did something important for someone else. Write that moment here: _____________________________________________

Focus on connecting to that moment of selflessness and what it felt like for you.

Finally, touch your pinkie finger to your thumb and remember a moment when you loved someone else. Write that moment here: _____________________________________________

Think about how this love filled your heart. Remember that feeling and let that sink in.

Come back to this page and to these memories of love and connection whenever you need a reminder of your worth.