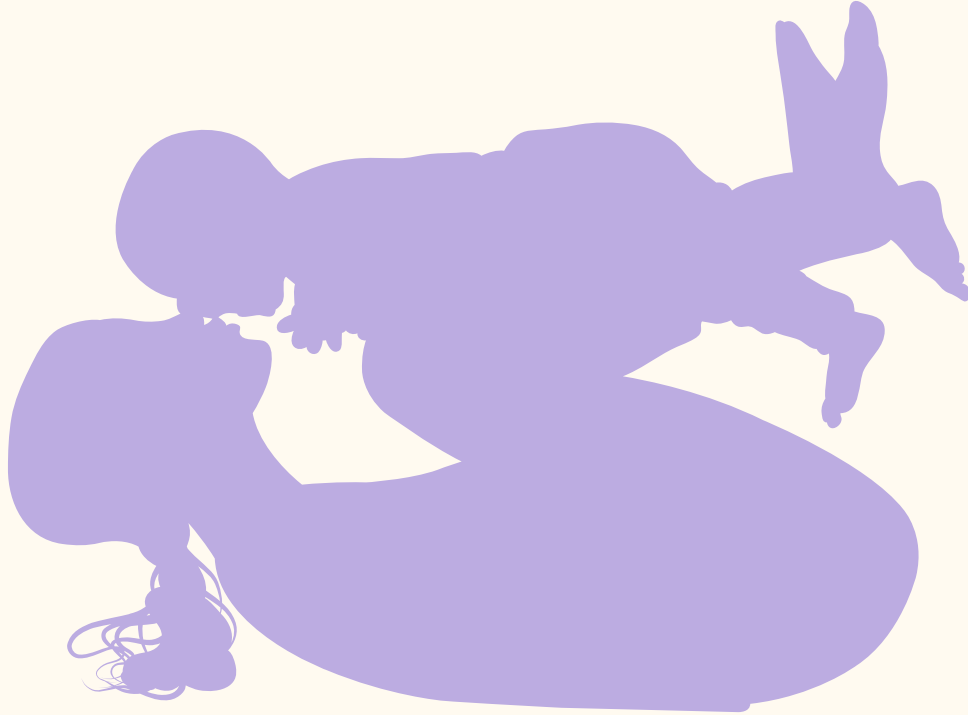




Self-Worth Worksheet

1

When you remember yourself as a child, what words come to mind? Write them in the baby shape below.

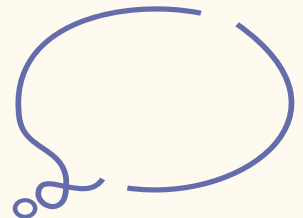
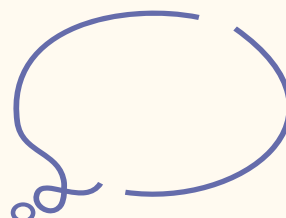
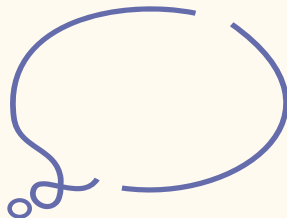
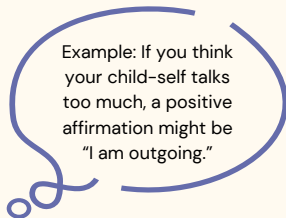


2

As you reflect on the child version of yourself, and read the words you would use to describe yourself, how do you feel? Write words to describe the feelings in the adult shape above.

3

Write three positive affirmations about your child self and repeat them every morning.



For more help to improve your relationship with yourself and your future baby, check out the Sensiboo Baby Bonding Workbook on Amazon or <https://sensi.booo>