



Affirmations & Worksheet

Over 60 Affirmations for Value & Worth



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If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to complement—not replace—professional advice and should be used at your own discretion and responsibility.



Introduction to Values & Worth Affirmations and Worksheet

These affirmations are grounded in research on unconditional positive regard (Carl Rogers), attachment theory, self-compassion science (Kristin Neff), and the neuroscience of self-concept. Each section includes exercises to help you internalize your inherent worth.



Part 1: Core Worthiness (Affirmations 1-15)

Affirmations

1. I am enough.
2. I am enough today, and I am enough on difficult days.
3. I have always been enough.
4. I will continue to be enough.
5. I am enough exactly as I am right now.
6. I am enough physically, emotionally, psychologically, intellectually, spiritually, and creatively.
7. I am valuable and my presence matters.
8. My voice matters. My story matters. My journey matters. My wisdom matters. My presence matters.
9. I am equal in worth to every other person.
10. I am enough regardless of who else is present.
11. I am whole and complete in this moment.
12. I am enough for my life exactly as I am.
13. My worth doesn't depend on what I do.
14. My worth doesn't depend on changing myself.
15. I am already enough.

Practice Worksheet

Enough-ness Exploration:

When do you most struggle to feel "enough"? (Check all that apply)

- ☐ At work or school
- ☐ In relationships
- ☐ Regarding physical appearance
- ☐ Comparing yourself to others on social media
- ☐ When making mistakes
- ☐ In creative or intellectual pursuits
- ☐ Other: _____



Choose one area above. What would believing "I am enough" change about this situation?

Wholeness in Dimensions:

Rate how "enough" you feel in each area (1=not enough, 10=completely enough):

- Physically: _____
- Emotionally: _____
- Psychologically: _____
- Intellectually: _____
- Spiritually: _____
- Creatively: _____

For your lowest rating, complete this: "I would feel more enough in this area if I believed..."

Daily Enough-ness Check:

Today, I am enough because:

1. _____
2. _____
3. _____



Part 2: Self-Regard & Recognition (Affirmations 16-31)

Affirmations

16. I am able to recognize my worth.
17. I know I am deeply worthy.
18. I know I am deeply deserving.
19. I feel connected to my sense of self.
20. I approve of myself.
21. I give myself positive attention and care.
22. I am enough. I have enough. I recognize this truth daily.
23. I am of equal value to everyone else.
24. I embrace my right to exist exactly as I am.
25. I am aware of my own preciousness.
26. I am endearing and worthy of love.
27. I know I am innately worthy simply because I exist.
28. I matter because I exist.
29. I matter as I am.
30. My story, journey, wisdom, presence, experiences, voice, and creativity all matter.
31. I matter just as I am.

Practice Worksheet

Worthiness Mirror Exercise:

Stand in front of a mirror. Look into your own eyes and say: "I am worthy just as I am."

What emotions came up?

What thoughts arose?



Try this daily for one week. Notice if it becomes easier.

Mattering Inventory:

List three ways your presence has positively impacted someone this week (even small moments):

1. _____
2. _____
3. _____

Self-Approval Practice:

What is something you're waiting for external approval on?

Write yourself the approval you're seeking:

"I approve of you for/in _____"

How does it feel to give this to yourself?



Part 3: Inherent Value (Affirmations 32-50)

Affirmations

32. I am worth taking care of.
33. I am valuable because I exist.
34. I came into existence with all the value I need.
35. My value is equal to everyone else's.
36. I hold myself in warm regard.
37. I recognize my own worth and value.
38. I see that I am enough, just as I am.
39. My value is not based on achievements or accomplishments.
40. My worth is not something I earn—it is inherent.
41. I came into existence already worthy.
42. My value is innate and unchanging.
43. I matter as I am.
44. I am worthy as I am.
45. I am valuable as I am.
46. I am deserving as I am.
47. I am precious because I exist.
48. I am a gift to this world.
49. All the value I need is already within me.
50. My value is equal to that of every other person.

Practice Worksheet

Conditional vs. Unconditional Worth:

List messages you received growing up about what makes someone valuable:

Example: "You're valuable when you get good grades"

1. _____
2. _____
3. _____



Now rewrite each as an unconditional truth:

Example: "I am valuable regardless of my grades"

1. _____
2. _____
3. _____

Achievement Audit:

List your accomplishments you're most proud of:

Now complete this: "Even if I had accomplished none of these things, I would still be..."

Self-Care as Worth:

What is one way you've neglected caring for yourself recently?

What belief about your worth might be underlying this neglect?

What is one small act of care you can do this week that affirms "I am worth taking care of"?



Part 4: Existential Worth (Affirmations 51-60)

Affirmations

- 51. I matter because I am alive.
- 52. I have value because I am breathing.
- 53. My worth is founded on the fact that I exist—nothing else.
- 54. I exist, therefore I have value.
- 55. There is nothing I need to be, do, or have to be worthy.
- 56. My worth is not something I gain or lose—it is inherent and unchanging.
- 57. I matter to the world. I matter to life itself.
- 58. My existence has meaning and purpose.
- 59. Life brought me into being, and that is enough.
- 60. I am loved and valued simply for existing.

Practice Worksheet

Existence Meditation:

Set a timer for 2 minutes. Place your hand on your heart and feel your breath. With each exhale, think: "I exist. I am enough."

What did you notice during this practice?

Worth Beyond Doing:

Imagine you couldn't "do" anything for a full week—no work, no productivity, no helping others.

Would you still have worth? _____

What makes this question difficult or easy to answer?



Baby You:

Find or imagine a photo of yourself as a baby or young child.

Did that child need to do anything to be worthy? _____

What do you see when you look at that child?

Write a message to that child affirming their worth:

Now recognize: This is still true for you today.



Part 5: Extending Worth to Others (Affirmations 61-63)

Affirmations

- 61. I allow others to be who they are.
- 62. I recognize that others are precious and worthy simply because they exist.
- 63. Others matter because they exist, and they came into being with all the worth they need.

Practice Worksheet

Worth Recognition Practice:

Think of three people in your life. For each, complete this statement:

"_____ is inherently worthy because they exist, regardless of what they do or accomplish."

- 1. _____
- 2. _____
- 3. _____

Difficult Person Exercise:

Think of someone you struggle with. Can you recognize their inherent worth, separate from their actions?

Person: _____

What makes this challenging?

Complete: "This person has inherent worth because..."



Mirror Practice:

If you can extend unconditional worth to others, can you extend it to yourself?

What gets in the way?



Integration Exercises

Week 1: Enoughness Anchoring

Choose 3-5 affirmations from Part 1. Write them on sticky notes and place them where you'll see them daily (mirror, computer, phone lock screen). Read them aloud each morning.

Week 2: Evidence Collection

Keep a "Worth Journal." Each day, write one piece of evidence that you matter, independent of achievements. Examples: "Someone smiled when they saw me," "I exist," "I was kind to myself."

Week 3: Comparison Detox

Notice when you compare yourself to others. Each time, pause and say: "My worth is inherent, not comparative."

Track: How many times did you notice comparison? _____ How did the pause practice feel? _____

Week 4: Embodiment Practice

Sit comfortably. Place both hands on your heart. Breathe deeply. With each breath, say internally: "I am enough. I am worthy. I exist, and that is enough."

Practice daily for 5 minutes. What shifted after one week?



Month-Long Challenge: Conditional Worth Tracking

Each time you catch yourself thinking your worth depends on something external, write it down:

Date	Conditional Thought	Reframe to Inherent Worth
	"I'm only good if..."	"I am worthy because..."



Deepening Questions for Reflection

1. What would change in your life if you truly believed you were inherently worthy?

2. Who taught you that worth must be earned? What would you say to them now?

3. If your worth isn't based on achievements, what is it based on?

4. How does your body feel when you affirm your inherent worth versus conditional worth?

5. What would you do differently today if you knew, beyond doubt, that you are enough?



Scientific Foundation

These affirmations draw from:

- **Unconditional Positive Regard** (Carl Rogers): The therapeutic power of being valued without conditions
- **Self-Compassion Research** (Kristin Neff): Self-kindness and common humanity reduce shame and increase resilience
- **Attachment Theory**: Secure attachment develops from consistent messages of inherent worthiness
- **Mindfulness-Based Approaches**: Present-moment awareness of worth, separate from narrative identity
- **Positive Psychology**: Intrinsic vs. extrinsic motivation and authentic self-esteem

Remember

Inherent worth is not something you build—it's something you uncover. You are not working toward being enough; you are recognizing that you always have been.

This is not positive thinking or self-deception. This is aligning with the fundamental truth: your worth as a human being is not contingent on performance, achievement, or the approval of others.

Be patient with yourself. If these affirmations feel uncomfortable or untrue, that's normal. Your nervous system may be wired to conditional worth. With gentle, consistent practice, you can rewire these patterns.

You matter. You are enough. You always have been.



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About Kidest OM

Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

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