CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Practicing Self-Validation

Self-validation builds self-worth and emotional resilience by acknowledging your feelings and experiences without relying on external approval. Use this checklist to practice self-validation.



9 steps · Print-ready A4

NAME	START	TARGET DATE

1 **Acknowledge Your Feelings**

Recognize and name your emotions without judgment.

EXAMPLE *“I feel frustrated because my expectations weren’t met.”*

2 **Avoid Self-Criticism**

Replace harsh internal dialogue with understanding and kindness.

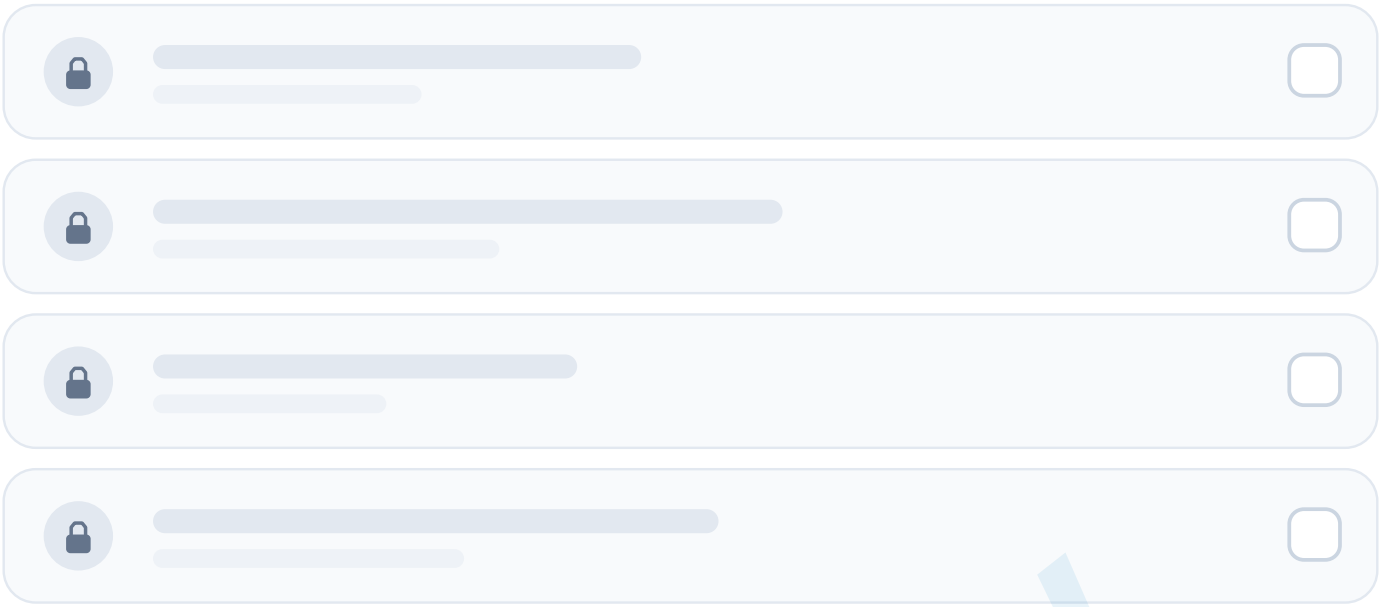
EXAMPLE *“It’s okay that I’m struggling—it doesn’t mean I’m failing.”*

3 **Validate Your Experiences**

Remind yourself that your feelings and reactions are valid.

EXAMPLE *“It’s natural to feel nervous before a big presentation.”*

PREVIEW



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