

#32 – THE SELF-RESPECT AUDIT

Five questions to reveal exactly where you're abandoning yourself – and how to return.

Self-respect isn't loud.

It's quiet, steady, and built through small, honest choices.

This tool helps you see the truths you've been stepping over...

so you can step back into yourself.

1. Where am I consistently saying “yes” when my body is saying “no”?

Self-betrayal starts with small agreements you never wanted to make.

Your thoughts: _____

2. What standards have I lowered just to keep the peace or keep someone else comfortable?

Every lowered standard leaves a crack where resentment grows.

Your thoughts: _____

3. What boundary have I been avoiding because I’m afraid of the reaction?

Avoiding a boundary costs more than enforcing one.

Your thoughts: _____

4. What truth have I been swallowing that I need to hear myself say out loud?

Your truth doesn't disappear when you silence it –

it shows up as exhaustion instead.

Your thoughts: _____

5. If I loved myself the way I love others, what choice would I make next?

This is the highest form of self-respect.

And it's already inside you.

Your thoughts: _____

FINAL REMINDER:

Self-respect is not something you earn —
it's something you practice.

And every small practice adds up to a life you won't have to apologize for.