



PARENT INITIATED. EXPERT VALIDATED.

- Curriculum developed collaboratively by educators, doctors, counselors, trauma survivors, community student leaders, and more.
- Video-based: modern and engaging.
- Includes student reflection and journaling, as well as peer sharing.
- Turn-key: no prep for teachers.
- Surveys provide measurable outcomes and proof-of-performance data.
- Includes parent-child at-home content.
- Meets and exceeds the *Positive Character Traits Education* criteria required of public schools by the state of Texas.
- Content is relatable and applicable across diverse regions and demographics.
- Free of political agendas and controversial topics.

Based on cognitive behavioral therapy, I AM WORTHY instills 21 vital, universal affirmations:

"I am meant to be, and my life matters."

"I am worthy of love."

"I deserve to feel safe at all times."

"I am worthy of others' time and attention."

"I am worthy to speak and be heard."

"I am a caring, attentive listener."

"I am capable of self-control."

"I am capable of making wise choices."

"I am worthy of healthy affection."

"I am meant to feel and express emotion."

"I am intelligent and capable of learning."

"I am a capable, determined problem solver."

"I am worthy of genuine friendships and community."

"I am worth being cared for in practical ways."

"I am worthy of verbal affirmation."

"I am uniquely gifted."

"I am meant to work hard and achieve."

"I take responsibility for my actions and learn from my mistakes."

"I am worth far more than my appearance or accomplishments."

"I am destined to make a positive difference in the world."

"I am compassionate and considerate of others' worth."

What sets I AM WORTHY apart?

While other programs focus on behavior modification, I AM WORTHY addresses the core issue of self-worth. As long as students' self-worth is lacking, they will struggle to make worthwhile decisions, devalue themselves, and mistreat others. But that changes when they realize "I am worthy!"

How can schools and organizations learn more about implementing I AM WORTHY?

Email laura@worthyprogram.com to schedule an online meeting and discussion.

What age groups is I AM WORTHY for?

The middle school module is beneficial for students in grades 5 through 9 and is available now. The younger and older elementary modules are in progress; creation of high school module will follow.

How much classroom time does the curriculum utilize?

The highly recommended daily program takes just eight minutes per school day; the weekly program takes 40 minutes once a week.

Can parents buy I AM WORTHY for use in the home or a homeschool setting?

Yes! Visit WorthyProgram.com.

View video samples and learn more at

WorthyProgram.com