



INNER RESOURCES WORKSHEET - DIGNITY

We recommend you take your time, go slowly and be patient with yourself, to get the best results.

1. Feel your body, take a few moments to settle in.
2. Be open to your current experience, whatever it is.
3. Bring curiosity and kindness to yourself.

What does dignity mean to me?

Can I feel the deep, strong presence of dignity within me?



Can I find and honor the essence of dignity within myself?

Take several deep breaths and be aware of your body. Allow your body to relax a bit more each time you exhale. As you keep breathing and relaxing, bring the word dignity into your awareness, and notice what happens within you.

What does dignity feel like to you?

My dignity is inviolable and sacred. My dignity cannot be canceled, denied, or negated.

As you access the presence of dignity within, what emotional waves come up, if any?



Take note and/or write in your journal all the things you are feeling in your physical, emotional, mental, and spiritual bodies. Give yourself some time to fully explore dignity for yourself and what it means to you.

Dignity is an inherent human birthright and a fundamental aspect of ourselves.

Discover for yourself what exploring dignity feels like within you. You might find great strength, courage, determination, and self-respect, among other things.

Your exploration into accessing and activating dignity within you can be a rewarding journey, one that will continue to give and give. Keep the presence of dignity within you and see what happens throughout your day.

Remember that writing down your insights can be very helpful.

