

Strength Bookmark Worksheet

A gentle tool for remembering who you are—even when you forget.

What is this?


This worksheet helps you reconnect with past strengths, moments of resilience, and glimpses of your true self when you're feeling lost in an identity spiral. Think of it as a memory prosthetic—a way to support self-trust when your brain can't retrieve it on its own.

Part 1: Reflective Prompts


Choose one or more to respond to. Write freely—there are no wrong answers.

-  *What's something I've gotten through that I wasn't sure I could?*

☐ _____☐ _____☐ _____

-  *When did I last feel proud of myself—even a little?*

☐ _____☐ _____☐ _____

-  *What's one strength someone else has seen in me that I often forget?*

☐ _____☐ _____



Part 2: My “I Remember Me” List

List micro-moments, memories, or feelings that made you feel like your real self. Add to this over time.

Moment	Why It Mattered	What It Reminds Me About Myself

Part 3: Anchor Phrase

Create a simple sentence you can return to when you feel disconnected.

Example: “I’ve come back to myself before—I can do it again.”



My Anchor Phrase:



Final Note to Self:

This worksheet is not a test. It’s a flashlight. Use it when things feel foggy. You don’t have to remember everything—you just have to start with one spark.