

PERSONAL PRIDE WORKSHEET

Identifying What Makes You Proud of Who You Are

Name: _____ Date: _____

PART 1: PRIDE INVENTORY

Instructions: Check the items below that you feel proud of about yourself. Add your own examples in the blank spaces.

Character & Values

- Being honest even when it's difficult
- Standing up for what I believe in
- Being reliable and trustworthy
- Showing kindness to others
- Having integrity in my actions
- Being respectful toward others
- Following through on commitments
- _____
- _____

Personal Growth & Resilience

- Overcoming specific challenges
- Learning from my mistakes
- Making positive changes in my life
- Developing new skills or abilities
- Continuing my education
- Maintaining sobriety/recovery
- Being open to feedback and growth
- _____
- _____

Relationships

- Being a good friend/partner/parent
- Setting healthy boundaries
- Being there for others in need
- Communicating honestly
- Working through conflicts respectfully
- Showing appreciation to important people

- Being loyal and dependable
- _____
- _____

Contributions & Work

- Helping others in my community
- Doing quality work in my job
- Volunteering my time
- Teaching or mentoring others
- Creating or building things
- Being financially responsible
- Supporting important causes
- _____
- _____

Identity & Background

- My cultural heritage or traditions
 - Languages I speak
 - Life experiences that shaped me
 - Spiritual or religious practices
 - Overcoming discrimination or hardship
 - Family history and connections
 - Community involvement
 - _____
 - _____
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PART 2: SPECIFIC PRIDE MOMENTS

Instructions: Describe 3 specific moments or situations when you felt genuinely proud of yourself. These can be big or small moments.

Moment 1:

I _____

What specifically made you proud about this moment?

I _____

Moment 2:

I _____

What specifically made you proud about this moment?

I _____

Moment 3:

I _____

What specifically made you proud about this moment?

I _____

PART 3: PRIDE PATTERNS

Instructions: Based on your responses above, answer the following questions to identify patterns in your sources of pride.

1. What values appear most often in what makes you proud?

I _____

2. Which category contains the most items you checked? What might this tell you?

I _____

3. Are your sources of pride mostly about achievements or about who you are as a person?

I _____

4. How do your sources of pride connect to what matters most to you in life?

I _____

PART 4: EXPRESSING PRIDE

Instructions: Practice expressing pride in yourself in a balanced, authentic way by completing these statements.

1. One quality I value in myself is _____ because it helps me to _____.
 2. I'm proud of how I handled _____ because it showed my _____.
 3. Something I've worked hard to develop is _____, which matters to me because _____.
 4. A way I positively impact others is _____, which reflects my value of _____.
 5. I've grown in _____, which makes me proud because _____.
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PART 5: DAILY PRIDE PRACTICE PLAN

Instructions: Choose one simple way you can acknowledge your sources of pride each day.

My daily pride practice will be:

I _____

I will do this practice (when): _____

If I forget or find it difficult, I will: _____

REMINDERS ABOUT HEALTHY PRIDE

- Authentic pride comes from recognizing your genuine efforts, values, and positive qualities
 - It's possible to feel proud without comparing yourself to others
 - Pride can coexist with humility and gratitude
 - Acknowledging your strengths helps you use them more effectively
 - Recognizing what makes you proud can guide meaningful life choices
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