

Self-Worth Worksheet

This *Self Worth* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: www.HealingthePlanetfromWithin.com

“Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her.” ~ Lao Tzu

Self-worth is a knowing that you are valuable, loveable and of inconceivable worth. It is your understanding of your strengths and personal attributes. Your self-worth recognises that you are valuable because you are YOU. There is no one else in the world like you – you are unique.

You are always 100% worthy all the time, unconditionally.

Self-worth is a CORE belief that affects your thinking, feeling and doing. This belief originates from your childhood and past experiences that teach you what you believe you desire, what you can accomplish and what you should expect.

If you don't feel you are worthy of success, worthy enough for a deep and meaningful relationship, or worthy of anything you desire... you'll find your thoughts and actions sabotaging the possibilities.

Also, your worth is not based on what someone else thinks, says or does to you. Your worth is not based on their opinion. Your worth is not based upon the problems or successes you have in life. Your worth IS – you are 100% worthy all the time, unconditionally.

Imagine for a moment you're in a room full of people. Could you line them up in order from the most worthy to the least worthy? How would you do that? How would you qualify who was most worthy? Even if you were to line people up this way, and assumed you were correct, someone else would and line them up differently according to what they believed was the most worthy qualities.

Why is it so difficult to believe that you are 100% worthy all the time, unconditionally? The information you received from your environment, as a child or through past experiences, creates thought patterns and beliefs that tell you how worthy you are or what makes you more or less worthy. But your worthiness doesn't change.

Self-worth is different than self-esteem. Self-esteem is your personal evaluations of yourself based on your actions. You feel good for developing a winning presentation at work, or feel proud of yourself for who you are and what you believe in. Self-worth exists because you do. Self-esteem changes.

What are five thoughts you have about SELF-WORTH?

What aspects or areas do you feel more worthy?

What aspects or areas do you feel less worthy?

How would you act differently if you knew you were 100% worthy all the time, unconditionally?

How would you act if you felt you were 100% worthy all the time, unconditionally?

What would you do differently if you knew and felt that you were 100% worthy all the time, unconditionally?

How to Feel and Know Your True Worth

Step 1 – Self-Awareness: Take a good long look at yourself and all your qualities. Remember to be balanced in your answers with both positives and negatives. Allow yourself to see all parts of yourself. The best way to do this is by using the JOURNALLING Personal Development Tool. Contemplate and reflect on the following questions and write down your answers. The idea is to explore every aspect of who you are – the good and bad – without judgement.

a. Who are you? List everything about you including your personality traits, personal attributes, the titles society gives you (wife/husband/partner, job title, etc.), your values and passions, what you love to do, what other people say about you, and so on. b. How do you live your life? How are you in relationships? How are you in communicating your needs? How are you at following your heart's desires? How are you at your job? In business? How are you as a parent? How are you as a family member?

Step 2 – Self-Acceptance: Choose to accept yourself and all your good qualities and strengths. Accept your weaknesses. Self-acceptance is unconditional – accept all the good and bad parts of yourself to feel the full worth of yourself.



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