

# Self-Worth Worksheet

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*“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 the realisation that you are valuable, loveable, and of incalculable worth. It is your understanding of your own personal strengths and weaknesses. Your self-worth acknowledges that you are valuable simply because you are YOU. You are the only person in the world who is exactly like you.

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

Self-worth is a fundamental belief that influences your thinking, feelings, and actions. This belief stems from your childhood and previous experiences, which taught you what you believe you want, what you can achieve, and what you should expect.

If you don't believe you are worthy of success, a deep and meaningful relationship, or anything else you desire... Your thoughts and actions will sabotage the possibilities.

Also, your worth is not determined by what others think, say, or do to you. Your worth is not determined by their opinion. Your worth is not determined by your problems or successes in life. Your worth IS - you are always and unconditionally worthy.



Consider yourself in a crowded room for a moment. Could you arrange them from most deserving to least deserving? How would you go about doing that? How would you decide who was the most deserving? Even if you lined people up this way and assumed you were correct, someone else would line them up differently based on what they thought were the most valuable qualities.

Why is it so difficult to believe that you are always and unconditionally worthy? The information you received as a child or through previous experiences creates thought patterns and beliefs that tell you how worthy you are or what makes you more or less worthy. But your worthiness remains constant.

Self-worth is not the same as self-esteem. Self-esteem refers to your personal assessments of yourself based on your actions. You feel good about yourself because you created a winning presentation at work or because you are proud of who you are and what you believe in. You have self-worth because you exist. Self-esteem evolves.

**Explore the following questions:**

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?

What else?

## **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.

I know it sounds crazy, but getting to know yourself from the simplest to the most complex issues is extremely beneficial. Spend some time getting to know yourself by answering the following questions:

1. What do you consider to be your personality's strengths?
2. What makes you happy on a daily basis?
3. What contribution has your religion/culture made to your belief system?
4. What do others say about you that is positive?

5. List five of your most important life values.

6. Are you a family person or a more independent person?

7. Do you prioritise your work over your social life?

8. Do you have any big goals and ambitions? What exactly are they?

9. On a scale of 1 to 10, how well do you communicate your needs?

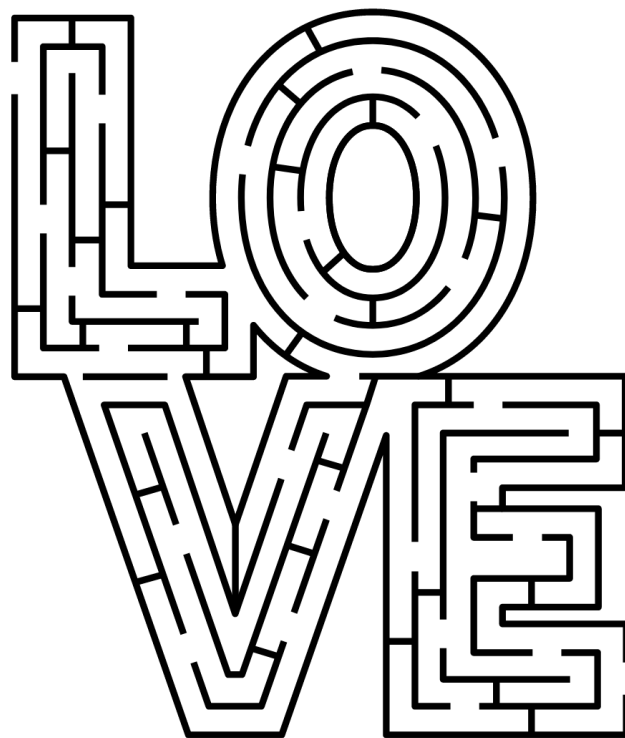
10. Do you pursue your heart's desire? What is your reasoning?

11. Do you eat meat or are you a vegetarian? What effect does this have on your social life?

12. Do you consider yourself to be creative or intellectual?

13. Are you motivated or unmotivated?

14. Are you more of an animal or a people person?



## **Step 2 – Self-Acceptance**

Self-worth is an important part of our lives, and it can be a challenge to find ways to increase it. It's often easier to focus on external successes than on how we feel about ourselves internally. However, it's important to recognize that our own feelings of self-worth can have a huge impact on our overall happiness and well-being.

There are many steps you can take to increase your self-worth, such as practicing self-compassion, focusing on positive qualities, recognizing your strengths and weaknesses, setting achievable goals for yourself, and finding activities that bring you joy. With effort and dedication, you can learn to appreciate yourself more fully and experience greater fulfillment in life.

Here are some exercises you can try each day to increase your self-worth. Tick the box as you try them out!

- Write down three things you like about yourself.
- Write down three things you did well today.
- Do an activity that brings you joy.
- Treat yourself to something special.
- Pat yourself on the back and say, "Well done!"
- Ask a friend what they see are your strengths.
- Take a step towards your dreams and goals.
- Write down three things you are grateful for today.
- Smile at yourself in the mirror and say, "I love you!"

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