

# 1. IDENTIFY AND LABEL YOUR THOUGHTS

Make a brain dump of all the thoughts you have about yourself - good or bad.  
What do you think about yourself when you feel accomplished and on top of the world?  
What do you think when you make a mistake or beat yourself up?

EXAMPLES

THAT WAS SO STUPID OF ME

HIGH SELF-WORTH  LOW SELF-WORTH

I'M NEVER GOING TO GET THIS RIGHT

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

HIGH SELF-WORTH  LOW SELF-WORTH

## 2. INCREASE HIGH-SELF WORTH MOMENTS

Identify the high self-worth thoughts that you *already* experience. Then, see if you can increase the frequency or intensity of your high-self moments by just 1%

Pick a high self-worth thought from above. Where in your life can you allow yourself to think this thought more often? When would you like to experience this feeling more?

What areas of your life do you **already** feel good about yourself in? What thoughts do you think then? (Remember: how worthy you feel comes from thoughts, not accomplishments)

How would it feel to truly believe that you are worthy of good things? How would you carry yourself? How would you behave differently?

the BUILDING SELF-WORTH WORKSHEET

What do you *not* feel worthy of in your personal life? (Think: romantic relationships, friendships, family, hobbies, side passions, etc.) How would you show up differently in your personal life if you *knew* you were worthy of those things?

What do you *not* feel worthy of in your job, career, or business? How would you show up differently in your personal life if you *knew* you were worthy of those things?

How would it feel to like yourself 1% more? How would it feel to treat yourself with 1% more kindness? What would change about the way you speak to yourself?

### 3. DECREASE LOW-SELF WORTH MOMENTS

Challenge your self-worth thoughts and come up with more empowering thoughts to work towards. See if you can decrease the frequency or intensity of the low self-worth thoughts by just 1%

EXAMPLES

THAT WAS SO STUPID OF ME

I made a mistake, but I can learn from it and do better next time.

I'M NEVER GOING TO GET THIS RIGHT

I'm learning new skills, and I can use the resources available to me to reach my goal.