Mother Gaia's Wellness
Your Guide through Change
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SELF-WORTH WORKSHEET

Knowing you are valuable, lovable, and of inconceivable worth. Personal understanding of your strengths and personal attributes. Recognizing you have value because you are a unique individual, there is no one else like you in the world. A core belief that directly affects your thinking, feeling, and doing. Originating from your childhood and past experiences.

- **Low Self-Worth:** feeling not worthy of success, meaningful relationships, or anything you desire creates thoughts and actions that sabotage your ability to accept opportunities for betterment. Finding blame in others for your lack of accomplishments. Having no desire to improve yourself, feeling you are all you are going to be. Depending on other's opinions for determining your personal value.
- **High Self-Worth:** knowing you are worthy of and deserving of everything you want and using strength of will to get it. Able to accept responsibility and understand your weaknesses. Working to improve yourself by learning and changing continually. Depending on your personal beliefs and opinions to determine your own value.

Why is it so difficult to believe that you are 100% worthy all the time, unconditionally?

Information received from childhood, past experiences, your environment, and your parents. This information compiles into a picture of yourself that you begin to believe. These beliefs and thought patterns convince you of your believed self-worth, even though your worthiness never actually changes.

Answer the following:

What are 5 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?

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

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 look at yourself and all your qualities. Be balanced in your answers with both positives and negatives. Allow yourself to see every part of yourself. The best way to do this is by using the journaling for personal development tool. Contemplate and reflect on the following questions and write your answers. Explore every aspect of who you are – good and bad – without judgement.

1. **Who are you? –** List everything about yourself (traits, attributes, titles, values, passions)

2. **How do you live your life? –** Your relationships, communicating needs, heart's desires, your job, in business, parenting, and as family member.

Step 2 – Self-Acceptance: choosing to accept yourself and all your good qualities, strengths, and weaknesses. Unconditionally accept all the parts of yourself and feel the full worth of yourself. Write your acceptance below.