

THE SELF-WORTH JOURNEY

WELCOME

There are many ways to take the Self-Worth Safari. You can work alone, with a partner or as part of a group. Perhaps you have the good fortune to work with a Self-Worth coach or facilitator (more about that later).

This workbook is intended to help you with that journey. It's created as a Word document, so that you can easily download it and amend it as you wish. But you can easily do the same in a handwritten journal or using a vision board. Each person has their own unique style.

This document is essentially a compilation of the questions from the six terrains of the Self-Worth Safari book, plus a few others added since that book was written. But please don't hesitate to add your own questions.... and to tell us about your adventure, too!

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EXERCISES FOR UNDERSTANDING SELF-WORTH:

In order to better understand the dynamics of self-worth and self-esteem in your life, I invite you to reflect on some or all of the following points, recording your answers in a journal.

1. List some things that you have done to win the approval of others (other-esteem).
2. List some things that you have done to gain a good reputation with yourself (self-esteem). What have these costs you, financially or otherwise?
3. Can you identify some events or external influences in early life that gave you a sense of shame? (For example, poverty, bullying, religious teaching, abuse, trauma, or a chaotic household. Please note that some of these issues may require therapeutic help, which is beyond the scope of this book.)
4. What did you learned by doing the self-worth quiz? Can you identify a belief that you currently hold that might be camouflaging your sense of self-worth (such as the need to sacrifice your well-being for loved ones)?
5. Do you have any recurring patterns of negative self-talk? (For example, "I'm an idiot!" or "How could anyone want me?")
6. Chart a personal life history of where/how you have been brought up on self-esteem rather than self-worth. Consider the influence of teachers, parents, stories, religion, heroes, first experiences of college and/or the workplace, and early relationships. In what key moments did you learn you needed to "prove yourself"?

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EXERCISES FOR THE TERRAIN OF THE BODY

As usual, some exercises will appeal to you more than others. Please choose at least three, and I highly recommend number 5. That mantra may be very important in the weeks ahead.

1. Look in the mirror for thirty seconds. What goes through your mind? How do you feel? Write down the phrases or feelings that come up.

2. What conditions about your appearance do you place on self-esteem? Please identify at least three. (Examples might include weight loss, appearance, style.)
3. What effort have you expended in pursuit of these objectives? What costs (time and/or money) have you incurred?
4. What could you learn to accept about yourself? Take your time with this question. The more you can deeply accept, the more you can change later on. (But please avoid the pitfall of superficial acceptance as a tactic of change. It simply doesn't work!)
5. Please choose your "because I'm worth it" mantra (or use that one). Your mantra is your rallying point when doubts and insecurities arise. As we saw with Pete, the mantra also helps articulate your intent, particularly when practicing Shift #2. Write down your mantra and place it where you can see it regularly.
6. Are there particular times when your (physical) self-worth is vulnerable? When you feel tired or disappointed? When you see beautiful or athletic people? In changing rooms or on the beach? What truth do you wish to hold onto in those vulnerable moments? Record your truth somewhere you'll see it regularly.
7. Create your physical self-worth ritual: drinking a glass of freshly squeezed orange juice, taking a warm bath or a walk, getting into the sunshine, taking a short rest or doing a meditation, anything that accompanies your mantra. What action can you take daily to express your friendship with yourself?
8. Construct a self-worth gratitude list. This is not as easy as it sounds. Most of the time, we list good things that have happened to us or things we are proud of having done. However, that is self-esteem yet again, not self-worth. Try to find the things you unconditionally like about yourself. An example might be "being kind to myself even though I broke my diet."
9. Consciously do the exercise you most enjoy as an expression of self-worth rather than as a condition of self-esteem.

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EXERCISES FOR THE TERRAIN OF RELATIONSHIPS AND FAMILY

In your journal, record your answers to the questions that follow and play with making assertions of self-worth based on insights you derive from the exercises.

1. What are the ways in which you might be avoiding self-acceptance? Write down at least five (for example, being in denial, striving to change things, focusing on something else such as work, compensation habits, blaming or judging, and so on).
2. How is self-acceptance different from self-pity? What is an example of this distinction in your life?
3. How might you link your self-esteem to your relationship status? Consider how you feel on birthdays, anniversaries, on holidays, or when you see people posting engagements on Facebook. What goes through your mind?
4. How might you outwardly reproach or blame your partner for things that, deep down, you are reproaching yourself for? Write down an example, without beating yourself up!
5. If you are single, how do you feel about that? About yourself?
6. When you next see a beautiful happy couple or person—who exemplifies everything that you long for in life—use that trigger as a reminder to send love to yourself. At first, this may feel a bit forced, even fake. But over time, it works. Note that this does not mean denying any sadness you might have; it means accepting your sadness and loving yourself nonetheless.
7. If you are grieving the loss of a special person, how is that impacting your sense of self-worth? How do you need to be kind to yourself? Could you use some support? Where can you find this?

8. Write a gratitude list, focusing on self-worth (in other words, you), not your relationship status/achievements.
9. If you were coming from a place of freedom, playfulness, and joy, what actions would you dare to take? In this terrain of relationships, what movie theater of the mind do you want to quit? What does stepping out into the sunshine mean to you?
10. Who can you talk to about these experiences?

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EXERCISES FOR THE TERRAIN OF WORK

The following exercises offer opportunities to reflect, by writing down answers to these questions in your journal, and to work with others who may support you in your self-worth journey. You may also find yourself offering the same kind of support in return.

1. How does self-worth affect you at work? Where has it held you back? When has self-worth helped you?
2. In which modes do you tend to get stuck? Review the table on page 113 to consider the possibilities.
3. Choose something you would like to change about your work. If you were absolutely convinced of your value and were not seeking to prove anything to anyone, including yourself, what difference might this make to how you tackle this challenge?
4. Why do you want to make this change (in Q3)? Are you trying to prove something to yourself? If so, what?
5. If you were free of this imperative, how might that influence your objective?
6. If you work in sales or business development, how could you adapt your approach to be more useful? Think about your website, client-review meetings, and proposals, as well as first meetings with prospects. Who might be partners in that quest?
7. Is there a difficult boss or client in your life? How do they represent an opportunity to believe in yourself, to deepen the roots of self-worth?
8. What drives you: purpose, meaning, both? Something else?
9. What would you do if you were not afraid? If you were to be more courageous in your choice of career direction, what would you choose?
10. Ask someone to introduce you to an imaginary ideal customer or employer. How would they describe you? Notice your gut reactions to their description.
11. Who can support you as you work your way through these questions?
12. Can you incorporate ten-minute breaks into your day, when you can just be with you?

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EXERCISES FOR THE TERRAIN OF MONEY AND STATUS

Many of the following exercises involve reflection, and I invite you to record your insights in your journal. Some items below ask for you to shift your money and status habits of thought.

1. What are your imperatives? List at least five, ranging from lifestyle choices to achievements or personal-development aspirations, such as education.
2. Why are your imperatives important to you? What expectation of yourself is driving them?
3. In what areas of your life are you practicing Have, Do, Be? Consider not just material “haves” such as money but also education, relationship status, time, energy, and lifestyle.

4. Why are you waiting for these conditions to be satisfied?
5. Choose an item of spending that you can change. Please don't make this another "should": on the contrary, try to choose something than you "could" do relatively easily, perhaps to shop in a different store or to drop a subscription that you are not using anyway.
6. Review your needs. What are they? Which are needs and which are wants? Which core needs are met, and which are not?
7. Where might you have more freedom in your life, if you were less concerned with proving things to yourself?
8. Do you sometimes sink into a state of powerlessness about money? If so, how can you be compassionate toward yourself at these times?
9. Write your money story, in 100–200 words. Is it a story of survival or of being a victim of circumstance? Is it a story written in the past or in the future tense? What does this tell you?
10. Apart from money or possessions, what else constitutes "status" for you? Educational qualifications? Style? Accent? Achievement? How might these judgments—often applied to others—be subtly ruling your own self-worth?

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EXERCISES FOR THE TERRAIN OF FRIENDSHIP

While a few of the following exercises are reflective, many ask you to develop self-worth in practice.

1. How do you feel about social occasions such as birthday parties, after-work events, or family dinners? How does this link to your self-worth?
2. What judgments do you most frequently make about others (for example, they're loud, uncultured, boring, inauthentic, weird, and so on)? How might these judgments be directly or indirectly linked to your own feelings of self-worth?
3. Reviewing the list of Friendship Saboteurs earlier in this chapter, which ones do you recognize? Any others? For a further checklist, together with more about the behaviors that often unwittingly sabotage friendship, see the Resources page of SelfWorthAcademy.com.
4. List your closest friends. How do they support your selfworth? How do you support theirs?
5. Choose a forthcoming social occasion (or family event) and consciously go there with an attitude of "being interested" (versus trying to be interesting or being tuned out). What difference does that make to your experience of the event?
6. When you keep in touch with others, do you do so when you have something interesting to tell them or when you are genuinely interested in how they are?
7. Do you enjoy your solitude? Or are you lonely? No wrong answers. Is there any self-reproach (or self-blaming) that you could usefully drop?
8. Who can you talk to about any issues of loneliness? Ideally, choose someone who is not affected, so you may wish to avoid having this discussion with siblings or family, at least for now. The objective is to explore your feelings, not that you feel better by obligating anyone else.
9. What boundaries might you need to set? See more on boundaries in chapter 14.
10. From the basis of self-worth, you know you are already okay. On that basis, what actions around friendship, if any, do you want to take?

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EXERCISES FOR THE TERRAIN OF ENVIRONMENT AND LEISURE

1. How do you feel about going to the gym? Or running or yoga, whatever your "must get to . . ." activity is. Is it a true source of pleasure for you?

2. Write your own list of ten to twenty pleasures, ideally those in which you can indulge regularly.
3. Make a self-worth playlist of music that makes your heart sing and that reinforces an unconditional relationship with yourself.
4. What gets in the way of enjoying your job? Could you have more pleasure at work, even if your present work is not ideal?
5. What minor changes could you make to your daily environment that would bring you joy and remind you of who you are?
6. What would be a useful mantra to support you making these changes as an expression of self-worth?
7. Where do you experience beauty in your life?
8. When you walk through your door upon coming home, what is the first thought that goes through your head? What does that tell you about your self-worth?

THE SELF-WORTH CHECK-IN

Your self-worth Safari may be coming to a close, but the adventure of a new friendship with yourself is just beginning!

Perhaps you can now do the Self-Worth Stocktake again, as a celebration of the journey you have made.

SUPPORTING OTHER PEOPLE

During the course of your self-worth safari, you have probably noticed how many people are still obsessed with proving themselves: striving to achieve and maintain a certain reputation with themselves. It's hard work... and often a waste of energy, too.

If you would like to support others with their journey and become a Self-Worth Facilitator, we would love to hear from you. Please email John@SelfWorthAcademy.com