

Unconditional Individual Worth - Personal Thoughts and Beliefs

Our own unique thoughts, feelings and behaviours are personal characteristics that no one else can possess in exactly the same way as we do. It is for this reason that all humans have individual worth. **Where does your individual internal worth come from?**

List your Roles in Life:

(such as being a parent, child, sibling, student, co-worker, boss, friend, bill payer, house manager)

List your life goals:

(for example to make dean’s list, raise happy and healthy children, be a good spouse, become part of management at work, contribute to community through volunteer)

Describe your innate abilities or talents:

(you will notices these from your hobbies and the activities that you excel at – good people skills, a positive attitude, good at organizing, patient with people, making people laugh)

I feel worthwhile when I _____

I'm competent and successful in my _____

I'm happiest when _____

I'm strongest when _____

My friends and relatives appreciate me for my _____

I like myself because I'm _____

I feel fulfilled and confident when _____

Adapted from The Self-Esteem Workbook(2001) G. Schiraldi and What is Your Self Worth (2009) Cheryl Saban