

SELF-WORTH

Before you start: Log into your Google account, click “File” > “Make a Copy” in order to save an editable version of this to your account.

WEEK 10 DAY 2 - SELF-WORTH

(Once you’ve made a copy, type into the blank boxes below to fill in the workbook)

What does ‘choosing myself’ mean to me?

What would this look like/what would I do next if I was truly choosing myself?

Did you feel any resistance to that question? If so, what do you think that’s about?

Based on the belief you are worth it, based on choosing yourself, what’s something you can do for yourself?

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You can use one of the behaviours/actions you observed in the last few days as a starting point.

What's the first step you're going to take towards doing that?