

Questions + Homework Session 4.

Q1. On a scale 0-10, how much do you value yourself?

On a scale 0-10, how strongly do you feel in your body a belief "I'm not good enough".

Q2. Where do you compare yourself with other people?

Where do you feel you don't measure up?

How easy it is for you to stop doing anything and just chill?

Where do you ask for other people's permission or validation?

In which areas of your life do you show perfectionistic tendencies?

What do you stop yourself from doing because you feel you're not good enough?

Q3. How have you influenced people in your life so far?

What energy do you bring into this world when you're being fully yourself?

Q4. How does your unworthiness show up in your life?

What major pattern keeps repeating because you believe you're not good enough?

What do you feel when you think about this pattern?

How/where does it show in your body?

Homework: Notice changes in your habitual patterns where you used to act from "I'm not good enough". Cultivate that new awareness within yourself. Make a choice to act differently compared to before.

Q5. Now that you're anchored in your self-worth, what are you going to do differently in your life?

What changes are you willing to make in your life that will reflect your self-worth?