



Academy

EXPLORING LOVE + SELF-WORTH

1. On a scale of 1-10 (with 10 being the highest), how would you rate your level of self-worth and *why*?
2. Is your self-worth internally or externally derived or both? Please explain.
3. Look at the number you wrote above for question one. What would it take to move from where you are to the next number up? For example, if you gave yourself a 6, what would have to change in your thinking or in your life for you to give yourself a 7?

- 4. Next, what would have to change for you to give yourself a 10 in self-worth?**

- 5. Please list out all the things that you judge yourself on.**

- 6. What are 3-5 things that pull down your sense of self-worth?**

- 7. Do you ever create a hierarchy of worth in your life, thinking that some people are better than others? If yes, write out your mental hierarchy, putting the people you think are more important higher up on the page and those you think are less important lower down. Make sure you also put yourself in the hierarchy.**

8. What do the “gremlins” (negative voices) in your head like to say to you?

Why do you listen to them?

What would happen if you stopped listening to them?

Do you use the “gremlins” to motivate you? Why or why not?

What are some healthier ways you could motivate yourself instead of listening to the “gremlins?”

9. What thoughts can help build your sense of self-worth?

10. Do you want to improve your self-worth? Why or why not?

11. How would you both think of yourself differently and live your life differently if you knew you were 100% worthy of all the good the Universe wants to give you?

12. Do you think your sense of self-worth impacts the way you lead others? Why or why not?

13. Why is self-worth so important specifically to being a Freedom-Centered Leader?