

EXPLORING 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. What would you have to do differently to live like a 10?**