



HELPING OTHERS FIND SELF-WORTH

STEP 1: HELP THEM DEVELOP AN AWARENESS OF WHERE THEY ARE NOW.

Show them the chart of the characteristics of high and low self-worth and ask them how they feel about themselves in relation to the chart and why.

STEP 2: GO DEEPER.

Ask them the self-reflection questions regarding how they would rate their self-worth and why on a 1-10 scale. Go through all the questions with them and get them to think more deeply about their self-worth and where it comes from – internally or externally.

STEP 3: MAKE A PLAN.

If the individual is willing to develop their self-worth (and not all are), then help them make a plan about some leadership and personal development work they can do that will help them raise their sense of self-worth from the inside, out.

STEP 4: KEEP LOVING THEM UNCONDITIONALLY.

While it might be challenging at times, and you may have to love at a distance, keep seeing them in the perfect “10-ness” that they are and practice unconditional love. Often when people lack self-worth they aren’t always our favorite people to be around. Instead of getting angry or feeling frustrated with them, have compassion because what they very much need to feel is a deeper sense of love.