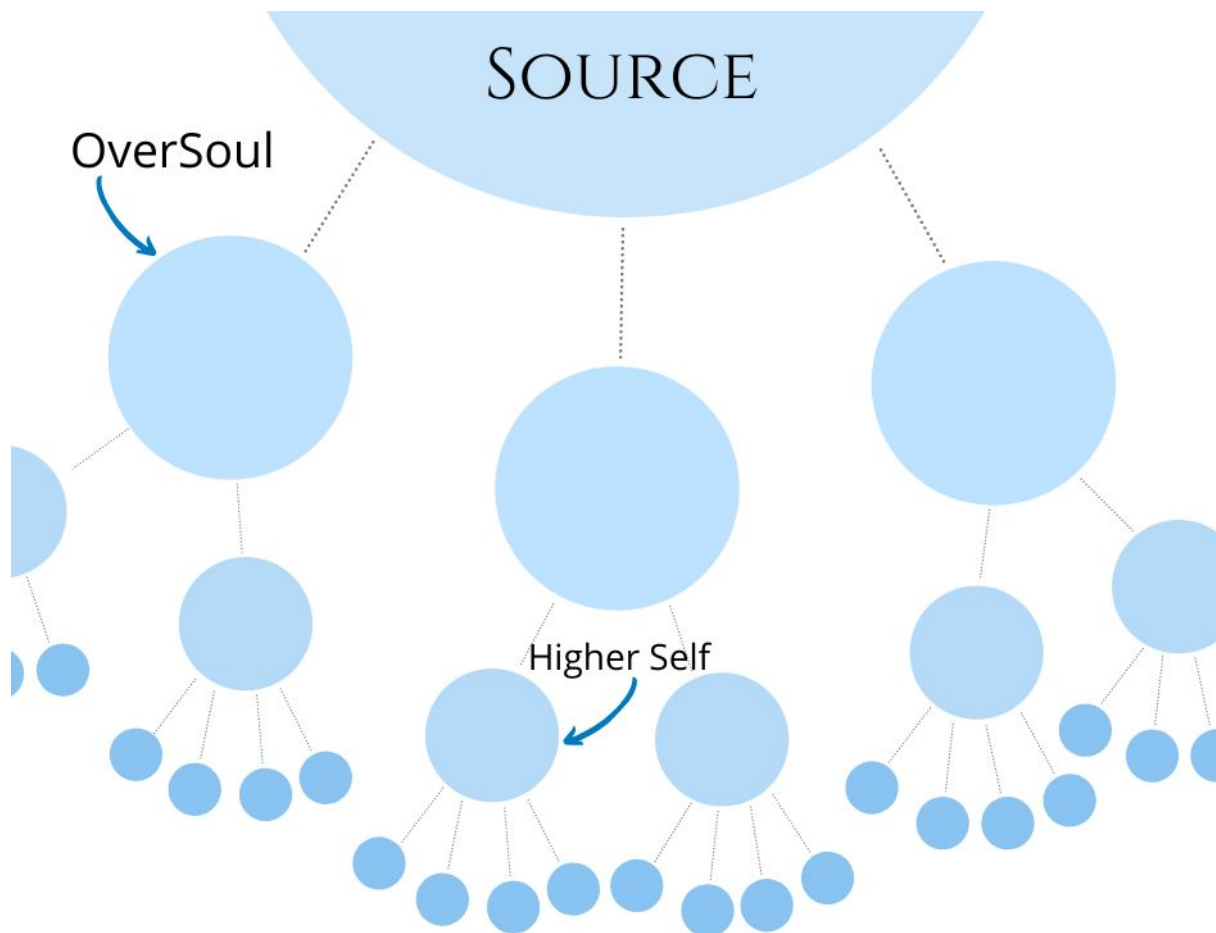


## SELF-WORTH AND THE STORIES WE TELL OURSELVES

The most common human emotional “disease” is the feeling we are not enough. That we are not valuable. This is a false truth we create for ourselves. Ancient mystics and spiritual teachings tell us that we are one with the Infinite Creator. This is one of the universal laws, the Law of Divine Oneness. And the Infinite Creator is love and light. And since we are all subdivided parts of this Infinite Creator love is our Divine nature. (Below an illustration of this idea that the Divine divides into smaller parts).





The idea is that in order for the Infinite Creator/Source/God to know itself and what it could become, it divided itself into different parts,- becoming us as individual souls.

Then when we incarnate on mother earth we enter a reality that has certain rules which includes forgetting who we are.

So some of the reasons we doubt our self-worth might be:

**1) Separateness** - Feeling separate and abandoned by the Infinite Creator

**2) Soul themes** - Having agreed to learn and master certain lessons or to have certain experiences

**3) Our human history and biology** - Experiencing fear stemming from our ancestors who lived thousands of years ago who could die if they were not part of the group.

In other words, feeling not enough is 100% normal. It is really what awakening is all about. Awakening to the deeper truth of who we really are.

### **How may we do this?**

First: acknowledge the deeper truth that you are love. Anchor yourself in this truth. KNOW that this is the truth, even though you may not feel it as truth.

Then begin to be of service to yourself, by choosing to commit to this every day of your life. Promise yourself that you will start treating yourself and your emotions with respect and honor. Make a commitment.



YOU are the most important person in your life. Your life happens through YOU. And ultimately there is really just one YOU. Being of service to yourself is being of service to the greater ALL.

### **CONTEMPLATION EXERCISES TO INCREASE SELF-WORTH**

What am I saying is not possible for me in my life?

What are the secondary gains from these beliefs and stories?  
(Secondary gains are positive advantages you gain by keeping the disempowering stories about yourself)

What are the new stories I choose to start telling myself?



What is important to me when it comes to my home/house/apartment?  
(For example: that it is tidy, that I live near the sea, that I have a garden..)

How can I meet these needs?

What did I just love to do as a child?

How can what I loved doing as a child benefit me today if I start doing it again?



How can I commit to this?

## **BOUNDARIES**

In what situations do I say yes, when I really mean no?

In what areas of my life, am I not setting healthy boundaries for myself?

In what way/situations can I begin to set healthy boundaries for myself?



## **RELATIONSHIP**

What do I need in a relationship?

What is non negotiable for me in a relationship?

What am I accepting in my relationships with my partner/friends that I actually don't accept?

To what degree do I feel I can be myself with people I hang out with?

If it is to a small degree, what is the secondary gain of hanging out with these people?



What can I do differently to create the changes I want in these relationships?

What is most important to me, that I am not rejecting others, or that I am not rejecting myself?

(If you are often rejecting yourself) - Am I willing to begin to honor myself instead?

What is it that I would love to give myself, that I am not giving myself?



What is it that I know I need to do for myself, that I am not doing?

How do I really want to be treated?

How am I treating myself?

What situations/recurring events seems to happen again and again in my life?





If I was to turn the light on myself, what is this pattern showing me about myself that I need to look at?

### **WHAT IS YOUR NORTH STAR?**

What values are the most important to me in my life that I want to navigate after?

(For instance: love, freedom, influence, passion, joy, family..)

What are my five top values in life?

1.

2.

3.

4.

5.



## POWER STATEMENTS

*My emotions are important to me*

*I honor how I feel*

*I allow myself to have needs*

*I allow myself to express my needs*

*I allow myself to choose what I want*

*No matter what I do or have done, I am loved*

*“You have been criticizing yourself for years,  
and it hasn't worked. Try approving of  
yourself and see what happens.”*

— Louise L. Hay