You have the power!

The

SELF-WORTH PROTECTION PROGRAM

The Coaching Collective.

the

SELF-WORTH PROTECTION

worksheet

WELCOME

This worksheet is designed to help you identify and eliminate patterns that harm your self-worth.

It is important to remember that everyone has their own unique set of behaviors and habits, so it is important to be mindful of what works best for you.

This worksheet will guide you through a series of steps and exercises to help you identify and eliminate habits that harm your self-worth. Read through each section carefully and answer the questions as honestly and thoughtfully as possible.

Let's get started

The Coaching Collective.

STEP 1

IDENTIFYING HABITS THAT HARM YOUR SELF-WORTH

Think about the habits and behaviors that you engage in daily. Are there any that might be contributing to a negative sense of self-worth?

EXAMPLES

Habits that may be contributing to a negative sense of self-worth:

- Comparing yourself to others
- Putting yourself down
- Engaging in negative self-talk
- Avoiding difficult conversations
- Making decisions based on fear
- Not taking risks
- Not setting boundaries

Take some time to reflect on your own habits and behaviors and identify any that you think might be contributing to a negative sense of self-worth.

STEP 2

UNDERSTANDING THE IMPACT OF YOUR HABITS

Now that you have identified some of the habits that may be contributing to a negative sense of self-worth, it is important to understand the impact they are having on your life. Take some time to reflect on the impact of each of the habits you identified in step

How do they make you feel?
How do they affect your relationships, career, and overall well-being?

STEP 3

DEVELOPING STRATEGIES TO OVERCOME YOUR HABITS

Now that you have identified the habits that are harming your self-worth and you have a better understanding of their impact, it is time to develop strategies to overcome them.

YOUR HABITS

Think about the habits you identified in step 1 and develop some strategies to help you overcome them. Here are some examples of strategies you can use:

- Practicing positive self-talk
- Setting realistic goals
- Challenging negative thoughts
- Practicing mindfulness
- Seeking support from friends and family
- Seeking professional help

YOUR HABITS

STEP 4

TAKING ACTION

Now that you have identified the habits that are harming your self-worth and developed strategies to overcome them, it is time to take action.

Think about the strategies you developed in step 3 and decide which ones you will focus on first. Make a plan of action and set some realistic goals for yourself.

BRAIN DUMP	HABIT FOR ACTION
	HABIT FOR ACTION
	HABIT FOR ACTION
	HABIT FOR ACTION

the

SELF-WORTH PROTECTION

program

CONGRATULATIONS

You have completed this worksheet and taken an important step in improving your self-worth.

Remember, it is important to be patient with yourself and to take small steps toward your goals. If you find yourself struggling, don't hesitate to reach out for help and support.

MEET THE COACH

Candice Martin

Contact me for further assistance and advice!
You have the power to change your life!