

YOUR WORTH

The complete, definitive
Online course on how worthy
& enough you already are

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Part

Who or what do you measure yourself against?

You maybe find yourself looking at the people around you, or online and comparing yourself to them - how does that look for you?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

Another way we unconsciously measure our worth is
with our self made 'shoulds' -

"I should be settled at this age"

"I should be better with money"

"I should be going to the gym"

What are your personal "shoulds?" and where did they come from?

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Look back over your answers to both questions above, and ask yourself -

Am I measuring myself in fairness?

For example - measuring yourself against any one person online would include taking into account that persons entire life, and not just their instagram feed images - essentially their life highlights.

[illegible]

[illegible]

What are your should not's? the things from your past that you feel effect your worth?

ie - "I dont feel worthy because I had kids so young/
so late"

"I am not worthy of a loving relationship because I got it so wrong the last time"

[illegible]

Free Writing

What makes you feel or believe you are unworthy, or 'less than' in some way?

Maybe for you it is not feeling confident in some way, or feeling you don't 'do' enough in some way - really dig in to what it is that makes you feel unworthy in any way and journal it out fully.