

SELF-WORTH INVENTORY



*Understand what self-worth is and how it is developed.
Identify your current self-worth levels in five critical areas.
Learn about strategies to continuously increase your level of
confidence and self-worth.*

Name of Participant:
Sample Report
Date of Assessment:
Jan 01, 2018

by Everett T. Robinson, M.A. and Ken Keis, Ph.D.



What is the Self-Worth Inventory?

The Self-Worth Inventory (SWI) is a professionally developed learning and communication instrument.

We all have various levels of self-worth. In the past, discussion about a person's self-worth was taboo or certainly not encouraged. The SWI is a simple yet powerful process to help measure your levels of self-worth in specific areas of your life. The SWI does not create self-worth; it confirms what is already true.

As you engage life, your levels of self-worth highly influence the results you accomplish every single day. This self-awareness and educational tool will assist you to gain a deeper understanding of your perception of your self-worth in five important areas. The knowledge you gain from this assessment will enable you to plan for increased confidence and assurance.

Most of the research suggests that our self-worth is in constant flux, changing in response to the many dynamics that present themselves in our lives. We never achieve high self-worth permanently; we are always actively re-establishing it during our entire lives. We see this fluctuation of self-worth in individuals who are laid off or fired from a long-term position or when personal relationships fail. In numerous cases, seemingly high-self-worth individuals fall apart.

It is possible to reduce the impact that various events could have on an individual's self-worth levels, if he or she understands the situation and has specific approaches for maintaining and increasing self-worth levels.

That is why many individuals and organizations use CRG's Self-Worth Inventory on a regular and planned basis. We recommend you consider completing the SWI every 1 to 2 years to track and benchmark your self-worth levels. It also can assist you or your organization to establish the impact on self-worth after significant changes or interventions have occurred.

The SWI provides practical information to assist you and others to increase and develop self-worth. The exercises in this inventory have been designed so that participants can systematically examine fundamental levels of self-worth for the purpose of self-learning and group discussion.



The SWI is only one part of a holistic personal or professional development plan. We acknowledge the SWI is a great place to start and that other self-worth elements not represented in this instrument can and will be important to you.

Use the SWI with other CRG resources to assist you to be pro-active in your personal and professional development. Examples include The Quest For Purpose, Personal Style Indicator, Values Preference Indicator, and the Stress Indicator and Health Planner.

Special Note

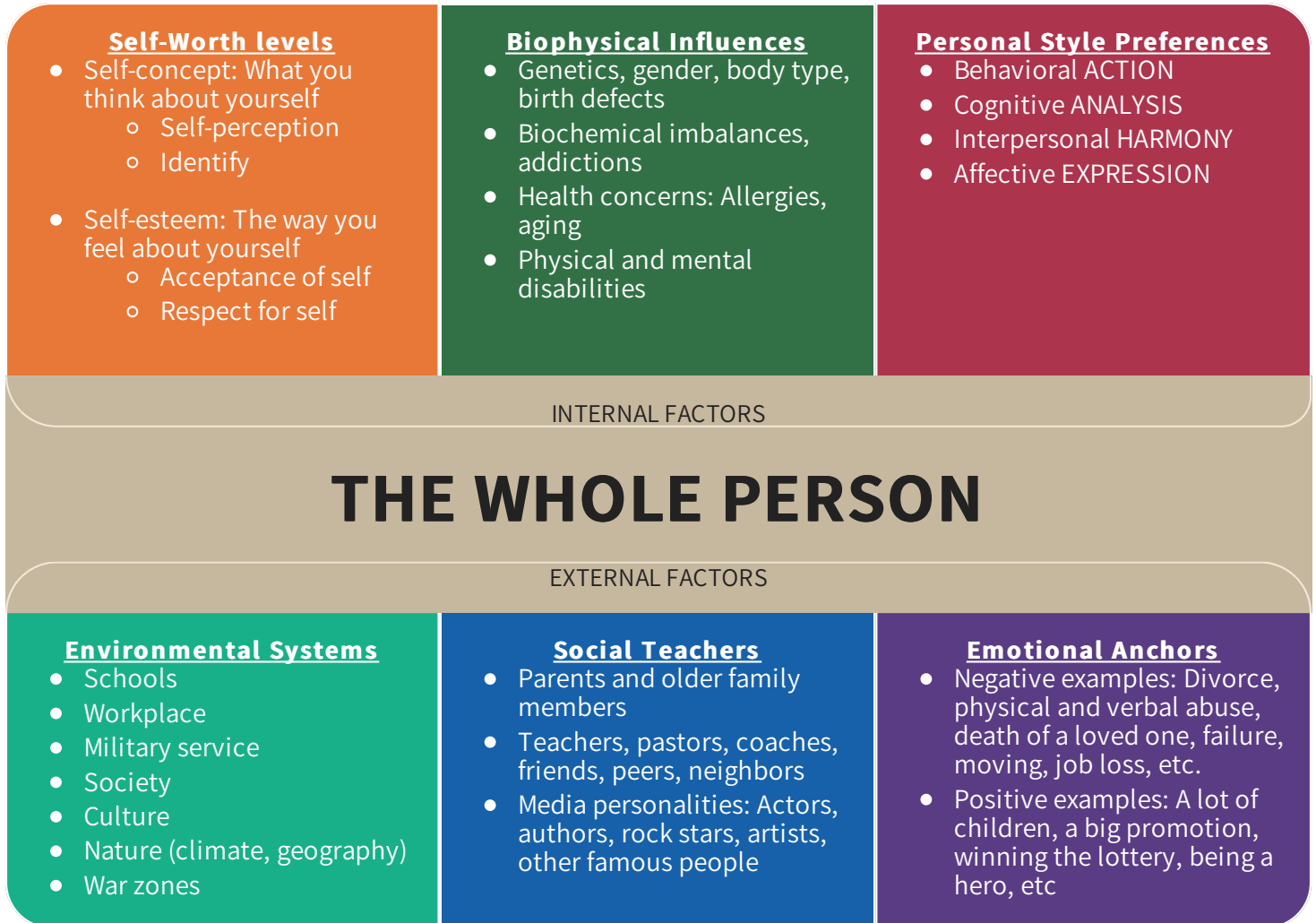
Although the Self-Worth Inventory is well grounded in accepted research and development principles, it should not be used as a substitute for treatment for medical conditions such as depression. In the case of any suspected illness, you should see a medical professional.

Understanding Self-Worth

Self-Worth is only one part of your personality. We must acknowledge that human beings are more complex. Even though it is an important part of your personality, your self-worth represents only one facet of you.

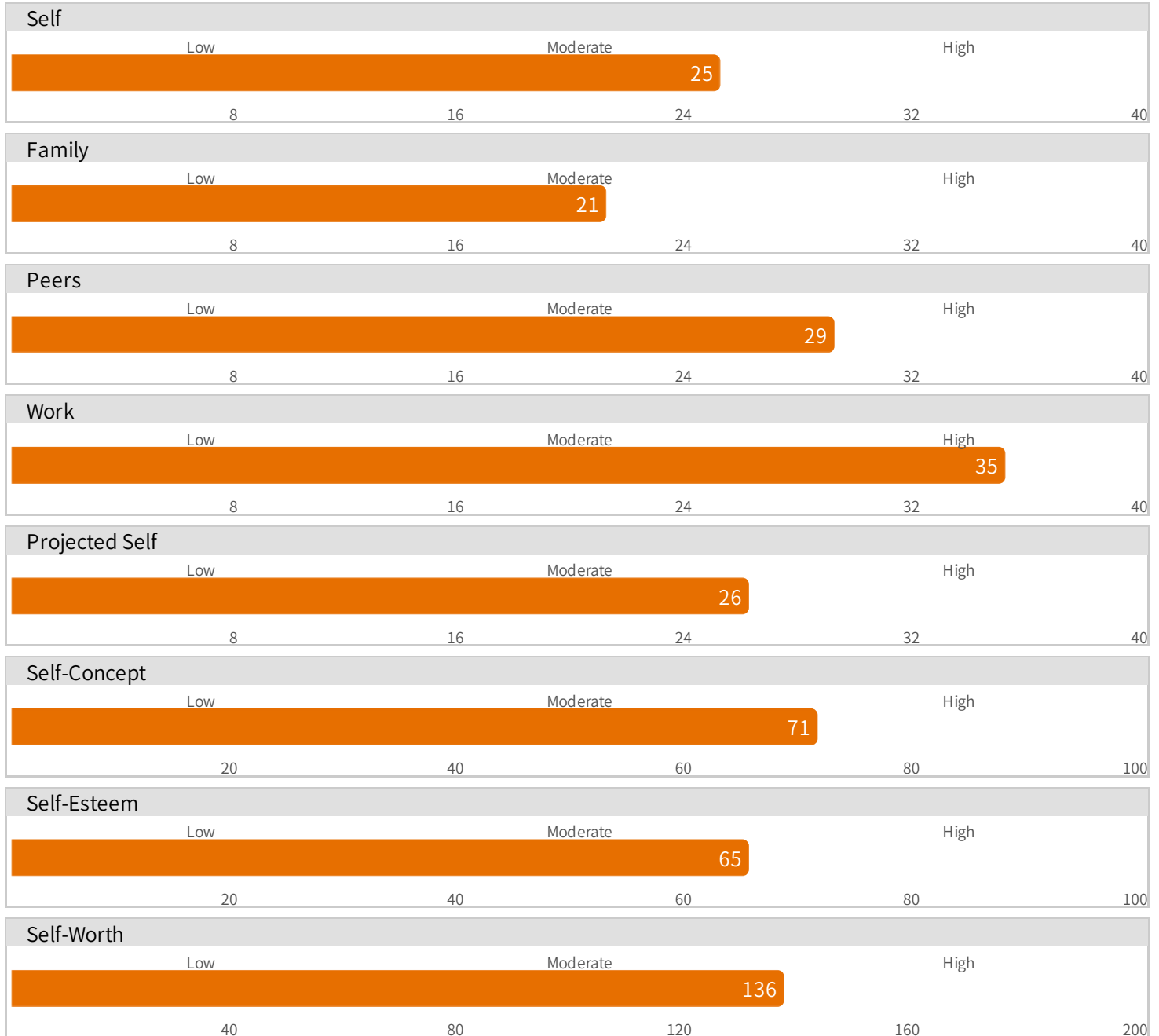
To simplify and explain this complexity, CRG created the Personality Development Factors Model. (See illustration below.) All these Factors at various levels have and are contributing to your Personality Development. Each factor is self-evident, except perhaps Emotional Anchors, where a past experience of a positive or negative nature stirs an emotional reaction within.

To learn more about the Personality Development Factors Model, buy the book, *Why Aren't You More Like Me?* available from CRG.



Interpretation of Your Scores

This page provides an overview of your self-assessment of your Self-Worth levels in each section, as well as your Self-Concept, Self-Esteem, and overall Self-Worth score.



Interpretation

The Self-Worth Inventory (SWI) is a professionally developed learning and communication instrument.

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As you engage life, your levels of self-worth highly influence the results you accomplish every single day. This self-awareness and educational tool will assist you to gain a deeper understanding of your perception of your self-worth in five important areas. The knowledge you gain from this assessment will enable you to plan for increased confidence and assurance.

What Self Worth Is

Self-worth is the part of the human personality that determines personal value and importance. It is the area of our thinking that evaluates our behavior, appearance, feelings, thoughts, and abilities. It outlines both the level of appreciation we have for ourselves and the way we feel about our inherent worth—what we believe we need to be or do to have value as a person.

There is debate in the psychological community about the degree of impact our levels of self-worth have in our life and the specific strategies that best assist us to improve our self-worth. But the majority of research overwhelmingly supports the opinion that there are strong overall benefits to having high self-worth in our lives. Self-worth is not only a source of motivation and personal energy to engage life, it reveals areas of psychological vulnerability.

Nathaniel Branden, Ph.D., researcher and author of *Our Urgent Need for Self-Esteem*, sums up our thoughts in this quote:

Self-worth is the experience of being competent to cope with the basic challenges of life and of being worthy of happiness. It consists of two components:

- Self-Efficacy: Confidence in our ability to think, learn, choose, and make appropriate decisions; and
- Self-Respect: Confidence in our right to be happy; and in the belief that achievement, success, friendship, respect, love, and fulfillment are appropriate to us.

The basic challenges of life include such fundamentals as being able to earn a living and take independent care of oneself in the world; being competent in human relationships, so that our interactions with others are, more often than not, mutually satisfying; and having the resilience that allows one to bounce back from adversity and persevere in one's aspirations.

To say that self-worth is a basic human need is to say that it is essential to normal and healthy development. It has survival value. Lacking positive self-worth, psychological growth is stunted. Positive self-worth operates, in effect, as providing resistance, strength, and a capacity for regeneration. When self-worth is low, our resilience in the face of life's problems is diminished. We tend to be more influenced by the desire to avoid pain than to experience joy; negatives have more power over us than positives. If we do not believe in ourselves—neither in our efficacy nor in our goodness (and lovability)—the world is a frightening place.



What Self Worth Is Not

Many individuals and even professionals misunderstand the links between self-worth levels and certain types of behaviors.

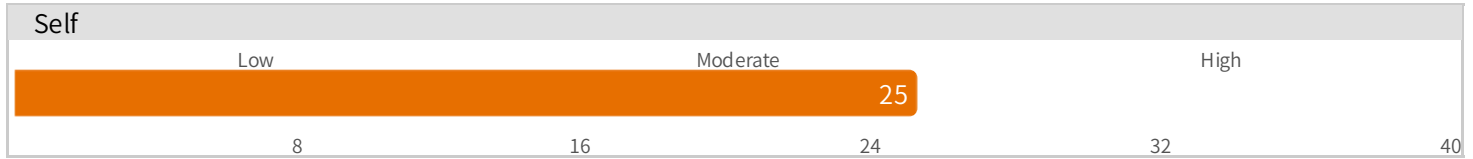
1. Many studies have tried to link adolescent, delinquent, or criminal behavior to lower self-worth levels but most research does not support this assumption. The studies reveal, however, that the source of self-worth for those who are delinquent is different from those who are not. Delinquents look to peers for social guidance and acceptance; those who did not participate in risky behavior got their identity through strong parent-child relationships.
2. Some have tried to link low self-worth in adolescents to increased risky behavior, but many times the opposite holds true. The reason is that low self-worth individuals withdraw and are intimidated by unconventional or risky behavior.
3. Self-worth is not directly related to and does not establish or measure your values, interests, IQ, intelligence, or talents but, when your life does not embrace or acknowledge those important factors, your self-worth can be reduced as a result.
4. Factors such as ethnicity or race, social background, and gender were only minor contributors to an individual's self-worth levels. According to a UK research team, being the object of prejudice does not damage self-worth.



Evaluating and Understanding Your Self-Worth Scores

Below are your scores for each of the corresponding sections. Read the summary for each section, and document any insights that could help you increase your self-worth.

Section One: Self

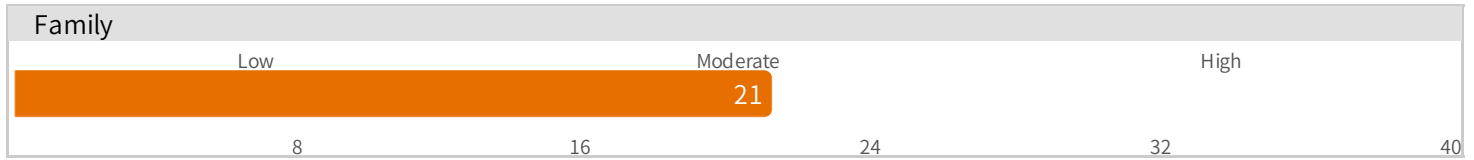


Self	
3	1. I am an interesting person.
2	2. I forgive myself when I fail.
4	3. I like the way I am currently living.
4	4. I enjoy my life.
2	5. I laugh at my own mistakes.
4	6. I feel good about my abilities.
2	7. I think I am physically attractive.
4	8. I feel proud of who I am.

Your relationship with yourself is extremely important in the process of increasing self-worth. You must learn how to view yourself in an accepting and loving manner if you are to improve your level of self-worth. The eight statements in this section were designed to measure both what you think and how you feel about yourself. A high score would indicate you think you are okay and that you feel satisfied with who you are. A low score would suggest you may not have a very high opinion of yourself and probably do not feel good about who you are as an individual.

Notes

Section Two: Family

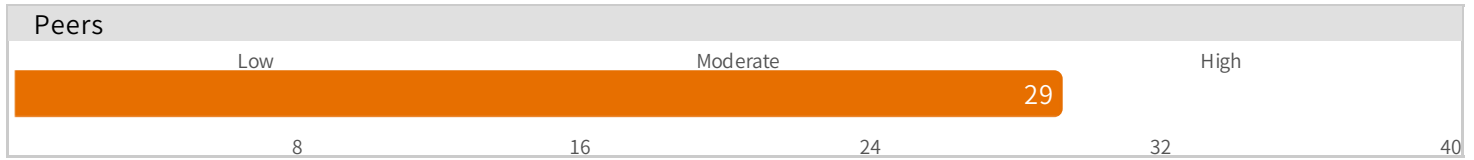


Family	
3	9. My parents showed me love as a child.
2	10. I feel secure around my immediate family.
5	11. I am helpful to family members.
2	12. I hold no resentments toward my parents.
2	13. My parents gave me positive encouragement.
1	14. I'm not afraid to ask family members what they think of me.
3	15. My siblings like me. (If you are an only child, project what your siblings would think of you, if you had them.)
3	16. I feel good about growing up in my family.

These statements represent your thoughts and feelings about how your family of origin treated you. A low score in this category would suggest you think others in your family did not value you as a person. If this is true, you might have strong negative feelings such as sadness and bitterness toward them in this period of your life. A high score would indicate just the opposite—that you felt cared for and respected by your family and that you have strong positive memories and feelings toward them.

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Section Three: Peers

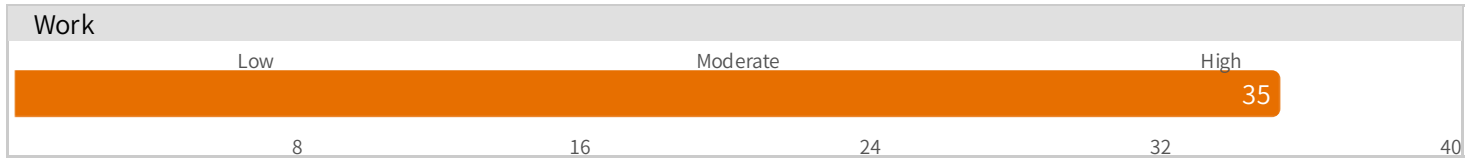


Peers	
4	17. Others see me as being capable.
4	18. I feel comfortable talking with others.
3	19. My friends really care about me.
4	20. I feel good about my social skills.
5	21. I deserve to be trusted by others.
3	22. I am not afraid to tell others who I am.
4	23. I believe I am interesting for others to engage.
2	24. When significant others don't do what I ask of them, I still feel accepted and worthwhile.

These statements help you gain an understanding of how you think and feel about yourself when interacting with others. A high score for this section reflects positive thoughts and confidence about how you interact interpersonally with others. Perhaps much of the affirmation you have received as an individual came from close friends. A low score would suggest you think you have difficulties interacting with people and that you feel uncomfortable getting close to others. That could indicate you have been deeply hurt and rejected by people other than family members.

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Section Four: Work

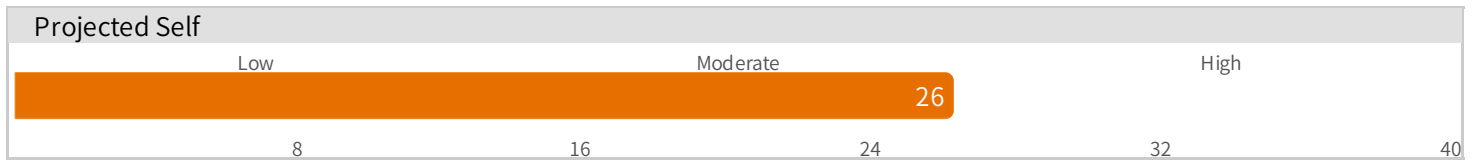


Work	
5	25. I think I am capable of accomplishing many tasks.
4	26. I feel comfortable working with others.
4	27. I think I can be successful if I work hard.
3	28. I am excited about my work.
5	29. I know I have many valuable work-related skills.
4	30. I feel important because co-workers listen to me.
5	31. I am an excellent worker.
5	32. I feel optimistic when working.

These statements measure what you think and how you feel about yourself as a worker. A high score would indicate you have confidence in yourself when working and that you think you are a capable worker. It reveals you have had positive experiences as an employee, student, or volunteer. A low score would indicate a poor self-image as a paid or unpaid contributor and that you lack confidence in your skills. It could also imply you have had difficulties with various responsibilities and that you view these experiences as unpleasant.

Notes

Section Five: Projected Self



Projected Self	
2	33. The people I care about value my opinions.
3	34. My family accepts me.
4	35. My friends would say I am successful.
3	36. Colleagues like working with me.
2	37. Others find me appealing.
4	38. My family has confidence in me.
4	39. People to whom I am close respect me.
4	40. Past co-workers would say I did a first-rate job.

Statements for this section capture how you think others tend to perceive you. This score gives you an indication of how you project your sense of self-value onto others. A low total implies you believe others do not value you and that they have a negative opinion of you as a person, even though they might not show it when you are interacting with them. A high score suggests you think others perceive you as worthwhile and would rate you higher in value than you might rate yourself.

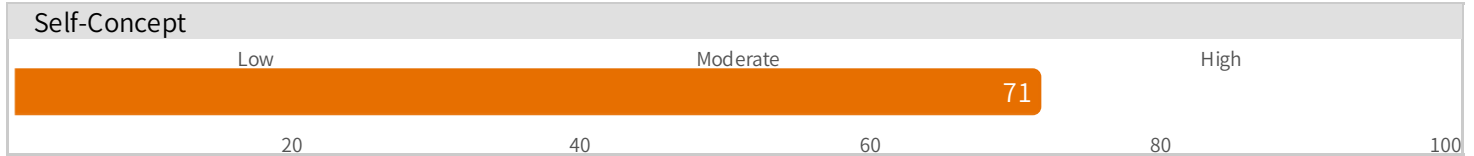
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Self-Worth is the measure of the overall evaluation a person makes about the self. It is the deepest level of relating or intimacy that individuals can have with themselves.

Self-Concept and Self-Esteem are two sides of the same coin. The coin is called Self-Worth. Both sides of the Self-Worth coin are equally important in understanding how personality and behavior are determined and changed. They strongly influence your personality and your behavior patterns.

Self-Concept reflects what you think about your self; it is essential to Self-Worth development because it directly affects all of your decision making. Self-Esteem is crucial because it influences how well you like and respect your self.

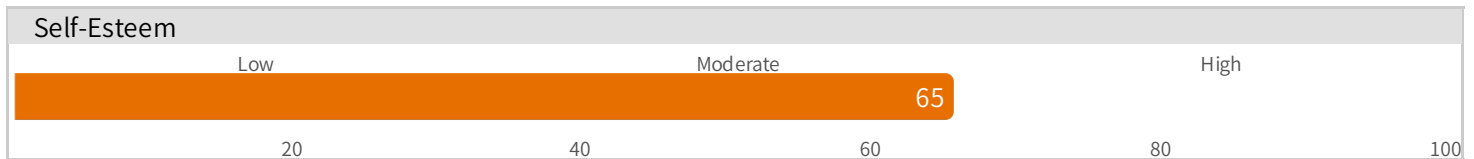
Self-Concept



Your self-concept includes all the thoughts you have about yourself. Self-concept is the main basis for individual identity. It reflects who you think you are. It is often distorted by what others say about you, especially when self-worth is already low. A high score would indicate that you have fairly positive thoughts about yourself and are less likely to blindly believe what others say about you. A low score indicates you are self-critical, worry too much about others' opinions of you, and tend to lack hope.

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Self-Esteem



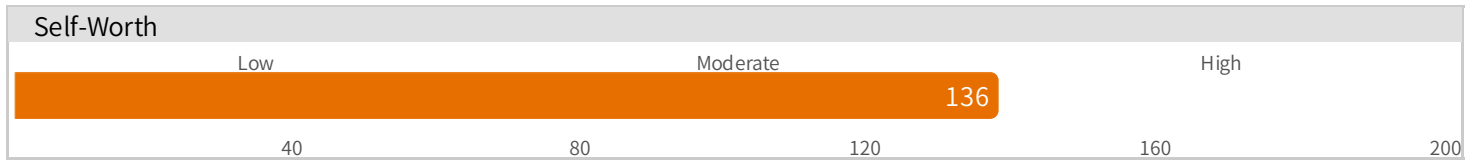
Your self-esteem is determined by all of the emotions you feel toward yourself. Such feelings are emotional reactions to the thought patterns that occur within you, the same thought patterns that make up your self-concept. Your self-esteem level reflects just how much you like yourself as a person and is a strong indication of how good a friend you are to yourself. A major part of self-esteem is made up of your self-respect and self-acceptance. A high score would indicate you are accepting toward yourself and have a good level of self-respect. A low score would show you do not feel comfortable with who you are. It indicates you are not very friendly toward yourself and do not give yourself much credit.

Notes

Your Overall Score

High self-worth can never be given to a person by another person or by society. It must be sought and earned by the individual for him or her self.

Self-Worth



For the purposes of the SWI, your overall self-worth score is made up from the first four sections of the response sheet. Even though you already have reviewed your previous sections, your overall score helps you gain greater perspective to establish whether you have an overall low or high self-worth level. In the next section, we will outline specific steps and strategies you can consider to increase your self-worth in any or all of your self-worth sections.

Notes

The Benefits of High Self-Worth and the Consequences of Low Self-Worth

Does it really matter if your sense of personal value is high or low? The answer is absolutely Yes! Research has shown that high self-worth relates to many positive qualities of mental health, life success, and happiness. On the other hand, low self-worth undermines all areas of human interaction.

First, self-worth is important to normal psychological development. To adequately cope with the challenges of growing and developing, people need to believe they have the capacity to achieve what they need and want and that they deserve happiness and joy in life. If they lack belief in either area, they still may be productive in an external sense, but they are probably less effective and creative than they would be if they possessed high self-worth.

The effects of self-worth are also seen in career planning and decision-making. For people to make a non-traditional career choice or go against family desires or pressures, they must strongly believe in their ability to make appropriate plans and decisions even though others disagree with them.

Current management literature outlines the type of people who will be successful in our information/entrepreneurial society. That includes but is not limited to individuals who can make independent decisions, take risks, vigorously pursue new ideas, and act on their own initiative. Those are character traits of people with high self-worth—when they are confident enough to act on them.



General Insights Revealed from Research about the Importance and Effects of Self-Worth in Youth and Adults

- The family is a strong force in the development of self-worth. The early years are particularly important in establishing an “authentic and abiding self-worth” in a person.
- High self-worth in parents is crucial to their ability to nurture self-worth and personal effectiveness in their children and others.
- School and work environments play an important role in the development of the self-worth of individuals. Schools that target self-worth as a major focus appear to be more successful academically and in the development of self-worth among their students.
- Self-worth and achievement may be either the cause or the effect of each other, depending upon the person and the particular situation in which he or she is functioning.
- Young girls who possess positive self-worth are less likely to become pregnant as teenagers.
- Adult individuals with high self-worth are less likely to engage in destructive and self-destructive behaviors, including child abuse, alcohol and drug abuse, violence, and crime.
- The most important influences of self-worth in children are parents and their parenting style. This was confirmed by a review of the available research conducted by the London School of Economics.
- With children, the key qualities to developing higher self-esteem appear to be approval and acceptance.
- One of the most damaging things that parents can do to their children is abuse them, physically or sexually. Family conflict and family breakdown (divorce) are also sources of significant damage.

Those with Low Self-Worth...

- have more emotional problems;
- attain lower earnings;
- have an increased risk factor for eating disorders;
- are more judgmental and critical of self and others;
- contribute to racial prejudice;
- will mistreat family members, specifically children, more frequently;
- expect to be rejected;
- perform poorly when being watched;
- take criticism defensively;
- achieve less academically;
- are less comfortable socially;
- suffer more stress-related illness;
- have an increased risk factor for suicide;
- will display less self-respect;
- are not as open with personal information;
- are more resistant to change.

Those with High Self-Worth...

- are less depressed;
- are happier;
- are healthier, with an increased immune system;
- think better of others;
- evaluate their own performance more positively;
- work hard for people with higher standards;
- influence others more often;
- are more persistent at difficult tasks;
- act more assertively overall;
- are less prone to addictions;
- are more willing to admit personal faults;
- take more personal responsibility;
- recover faster from disappointments or failures;
- are more likely to create a life that reflects their values;
- are more open and able to embrace change;
- have more personal flexibility.

It is obvious from looking at the above findings that individuals with low self-worth have a social, educational, and physical disadvantage when compared with people who possess high self-worth. The good news? Not only is increasing self-worth recommended, it is possible.

How do people who want to increase their level of self-worth do so? Where would they start? On the following pages are strategies for you to consider to help you increase and maintain high self-worth. We encourage you to engage and implement as many tactics as you can.

Strategies for Increasing and Developing Your Self-Worth

Instructions

On the following pages are several strategies that can boost your self-worth and confidence levels. Although each item listed can have a positive effect on its own, true self-worth comes from having the whole package. The best results will come from considering every strategy—while making sure you keep the transition and changes at a manageable level. Don't beat yourself up for going too fast or too slow. Choose a pace where you are challenged but not overwhelmed.

1. Take Responsibility for Your Life

Stop playing the victim. Self-pity, poor-me attitudes, and singing-the-blues parties will not get your needs met. Certain psychological doctrines have damaged our society by helping erode personal responsibility. People need to own up to the messes they make and be accountable for their actions. The fact is that you or others will not change if you do not take 100% responsibility for your life. Stop blaming circumstances or others for your condition. By not taking responsibility, you will project an image of hopelessness to others and drive them away from you. Many individuals who have low self-worth believe that if they look and act desperate enough, someone will come to rescue them from their suffering. This seldom happens. What will occur is that others will get angry and criticize you for acting that way. They will



want to avoid you when you are acting in a negative way because your actions will drain them. If you take charge of your self-image, you can change the way others perceive you. Liberating yourself is an excellent way to start developing the trust you need (in self and with others) to believe in yourself as you increase your self-worth.

2. Make Sure You Are Living on Purpose

Individuals without purpose or direction in life can have greater challenges with their self-worth. Why? They have nothing to anchor their life or direct their passions. The argument can be made that the reason certain individuals don't have a purpose is because they do not believe they are worthy. On the other hand, until you have some type of purpose, it will be more difficult to increase your self-worth. One of the best resources to help you clarify your purpose is the CRG book *The Quest For Purpose, A Self-Discovery Process To Find it And Live It*©. Regardless of the process you use to confirm your primary purpose and passions, having a process is critical to your long-term self-worth levels. If you are completely unaware of what your purpose might be, don't let that continue to hold you back. Instead, make discovering your purpose your new goal. For best results, use a calm yet determined approach.

3. Know Yourself

It is extremely beneficial to know your primary preferences, such as your personal style and core values. That is critical to increasing your confidence. Many individuals go through life without any appreciation of their personal style and its related strengths, weaknesses, and orientation toward others and the implications that their style has as they engage each area of their life. This knowledge also can help you be aware of the different style needs of others in your relationship circle. To identify and learn more about your specific personal style, complete CRG's Personal Style Indicator and read the support book *Why Aren't You More Like Me?* Not knowing what you really value can cause you to be indecisive and to lower your self-worth. You have unique needs as a person. When those needs are consistently satisfied, your self-worth goes up. Of course, the opposite is true. To help you identify your core values and related needs, we suggest you complete CRG's Values Preference Indicator. That will give you the framework and confidence to make values-based decisions. It is almost impossible to maintain strong self-worth if you don't know your main needs and you don't have development strategies for fulfilling them.

4. Play to Your Strengths and Interests

The self-help movement would like us to believe that each one of us can succeed at any time with anything. The truth is that you are born with specific talents and gifts and you can further develop them throughout your lifetime. Nothing will lower self-worth faster than continually engaging in behavior that is contrary to your natural preferences. The notion that we must correct all our weaknesses is highly overrated. We certainly must be aware of our weaknesses and address them as best we can, but it is very difficult to do more than that. When we place our focus on overcoming our weaknesses, we struggle to stay positive and motivated. You need to play to your strengths. Give yourself permission to do mostly what you enjoy. Implementing this strategy might require you to relinquish responsibility for tasks for which you are highly skilled but that you do not like. You can then move toward duties that better reflect your strengths and interests. We are not suggesting that you blindly quit your job. Over time, with careful planning, you can intentionally design an environment that plays to your strengths.



5. Your Health and Wellness Levels Can Influence Your Self-Worth

More and more research is linking our overall health and wellness to our levels of confidence and self-worth. Several years ago, one of the authors of this assessment was misdiagnosed with “depression.” His condition contributed to low self-worth and confidence levels. It was later discovered that the author had hypoglycemia—low blood sugar—that produced extreme mood swings and fluctuating levels of self-confidence within hours. A business partner who was treated for depression was actually suffering from an extreme case of sleep apnea. When his sleep disorder was addressed, he no longer required treatment for depression because lack of rest was the cause of his problem. There is strong evidence that a high percentage of the population is sleep deprived and living a sedentary lifestyle. Both those conditions can diminish self-worth levels. When we are tired or we lack energy, our courage and ability to deal with our life circumstances decreases. Without regular exercise, we lower the biochemical production of adrenaline, serotonin, and dopamine in our body, which endangers our ability to engage and cope with what life throws at us. To help you assess your overall wellness practices and see how they might be influencing your self-worth levels, please complete CRG’s Stress Indicator and Health Planner.

Note

Chronic depression is not the same as low self-worth. Depression should never be ignored. Anyone who thinks he or she might be chronically depressed should immediately seek help from appropriate medical professionals.

6. Seek Help from Competent Professionals

A physical condition can hinder your enjoyment, fulfillment, or engagement in life. That is also true for your emotional and mental state. Because people’s well-being is so linked to their levels of self-worth, many organizations’ Employee Assistance Programs now include confidential options for seeking professional help. These professionals are specifically trained to assist individuals with various situations—from past hurts, unbroken addictions, deep bitterness, or any other block to recovery. Talking with counselors, teachers, doctors, clergy, and other helping professionals—in addition to reading articles and books on self-worth development—can provide you with valuable information and support. While it can be intimidating to admit you need help, the benefits far outweigh your continuing to suffer with unresolved stuff—your stuff.



7. Develop Self-Respect and Assertiveness

Limit or eliminate relationships with negative individuals who mistreat you. Being around and interacting with these types will only reinforce your sense of failure. Do not let yourself be a target for other people's criticism, even if you think they are right in what they say about you. It might require courage on your part to end a long-term friendship/relationship or leave a work environment that is not supportive, but it is necessary for your self-worth levels.

Discontinue behaviors that make you feel guilty or ashamed of yourself. Telling yourself that these behaviors are acceptable when they are not will only lower your self-respect. To be self-assertive is to honor your wants and needs and look for appropriate forms of expression for them. Make sure you are living your values—not someone else's values. Standing up for your own convictions, feelings, and interests is crucial to building your confidence.

8. Forgive Yourself and Others for Past Mistakes and Failures

Bitterness and non-forgiveness to self and others have no constructive value or benefit. We all have met people who have lived an embittered life—and they look it. If you harbor resentment toward someone, the only person your bad feelings are harming is you—they drain your energy, increase your stress, reduce your immunity, and decrease your confidence and self-worth. Regardless of the offense or situation, you must forgive the person and move on. That does not mean you accept or approve of inappropriate behavior from others, but forgiving will release you emotionally so you can fully engage life with increased self-worth. It is also essential that you forgive yourself for past mistakes. While it's good that you take responsibility when you mess up, continually rejecting yourself and dwelling on past failures will only feed your sense of futility. If you make a mistake, do what is necessary to correct it, let it go, then focus on what you can and will do. Unless you have created a time machine, it is impossible to change what has occurred but you do have the option of making a difference, from this point on.



9. Stop the Self-Centered Syndrome: It's All About Me

In the past, our society valued community, which served as a natural support group during life's trials. Because we did not overly protect our children, they were able to develop the ability to deal with difficult situations without being completely paralyzed or feeling helpless.

Recent research has shown increased levels of depression and low self-worth, especially in our adolescent population. Major contributing factors are the Me Generation, obsession with self, and protective parents who have created fragile, spoiled, and bratty children who are now becoming adults.

When people expect the world to revolve around them, their link to the community is lost. They are alone with their challenges and failures. They take failure as a personal affront and develop an attitude of helplessness.

Another problem with the Me syndrome is that if a person believes that everything and everyone must consent to his or her needs, how does this individual respond when he or she wants does not happen? Obviously, not well.



10. Volunteer and Give Freely to Others

It has been proven through research that volunteering—giving your time to others—improves your self-worth and happiness. In fact, during a recent 20/20 investigative report, doctors confirmed that the physical and biochemical response in our bodies when we volunteer is similar to the rush created by cocaine.

One of the quickest ways to remove yourself from your personal pity party is to serve others less fortunate than you are.

We suggest you find a worthy cause or organization for which you have passion—where you can engage your skills and talents. It really does not matter what you give or whom you serve, only that you do it. If you have never given any of your talents or resources to others, think about where you can serve right now.

11. Develop Your Spiritual Life

Helplessness comes from feeling there is no hope beyond the current condition. Many people with low self-worth feel a deep sense of loneliness; they believe it is their fate in life to suffer.

Nothing could be further from the truth. Spirituality offers the hope that each one of us can be loved and accepted.

Research has confirmed that people with spiritual roots and convictions are generally calmer, happier, and more grounded about their purpose in life. That is why there is a spiritual component to all 12 Step Programs around the globe. By acknowledging their traumas and shortcomings to God, and by asking Him to intervene in their lives, many people claim to have experienced a new sense of personal value and meaning.

12. Learn about Optimistic and Unlearn Pessimistic Habits

Every day, each of us will experience many similar events, but the way we each respond or react to seemingly identical events can be quite different. The high-self-worth individual is linked to optimistic habits; the low-self-worth person will perpetuate his or her condition by activating pessimistic habits.

This is not about reciting positive statements to yourself. What you think when you fail is crucial.

Optimistic people don't beat themselves up, feel sorry for themselves, or project the failure (whatever is it) into the future. They also refuse to accept that their plight is permanent.

Pessimists do the opposite. They feel sorry for themselves. Pessimists believe the failures will continue and will spill into every other part of their life.

Optimistic individuals take credit for and own their successes, whereas pessimistic individuals discount their contributions. This is different than arrogance and humility. Having optimism and high self-worth means you accept thanks and you feel worthy of the accomplishments you have obtained legitimately.

In his book *Learned Optimism*, Dr. Martin Seligman outlines the exact language and habits that create either optimistic or pessimistic habits. The great news is that optimistic habits can be taught and learned.





Designing Your Plan to Increase Your Self-Worth

How do people who want to increase their level of self-worth do so? Where would they start? On the following pages are strategies for you to consider to help you increase and maintain high self-worth. We encourage you to engage and implement as many tactics as you can.

What are your top 3 areas of development and improvement in each of the five sections?	What specific action steps or strategies do you plan to take to increase your self-worth in each of these areas?
SECTION ONE Self <div data-bbox="115 548 802 667"></div>	Specific Action Steps or Strategies <div data-bbox="836 548 1528 667"></div>
SECTION TWO Family <div data-bbox="115 766 802 886"></div>	Specific Action Steps or Strategies <div data-bbox="836 766 1528 886"></div>
SECTION THREE Peers <div data-bbox="115 984 802 1104"></div>	Specific Action Steps or Strategies <div data-bbox="836 984 1528 1104"></div>
SECTION FOUR Work <div data-bbox="115 1203 802 1323"></div>	Specific Action Steps or Strategies <div data-bbox="836 1203 1528 1323"></div>
SECTION FIVE Projected Self <div data-bbox="115 1421 802 1541"></div>	Specific Action Steps or Strategies <div data-bbox="836 1421 1528 1541"></div>