

## 10 Questions For Building Self-Worth

- 1. Inherent Value: Do you believe that your worth is intrinsic and not tied to external factors?** *Every individual is born with inherent value and worth, irrespective of their achievements, failures, or external circumstances.*
- 2. Comparison Trap: How often do you compare yourself to others, and how does it affect your perception of your self-worth?** *Comparing oneself to others often diminishes feelings of self-worth. It's essential to remember that everyone's journey is unique.*
- 3. External Validation: To what extent do you seek validation from external sources, and how does this influence your sense of self-value?** *Seeking validation from external sources, like social media or peer approval, can be fleeting. True self-worth comes from within.*
- 4. Growth Mindset: Are you open to viewing challenges as opportunities for growth, and how can embracing a growth mindset enhance your self-worth?** *Embracing a growth mindset, which views challenges as opportunities for growth, can bolster self-worth by emphasizing personal development over perfection.*
- 5. Self-Talk: What is the nature of your internal dialogue? How can you replace negative self-talk with more positive affirmations?** *The way we talk to ourselves significantly impacts our self-worth. Replacing negative self-talk with affirmations can nurture a positive self-image.*
- 6. Life Experiences: How have your past successes and failures shaped your current perception of your worth?** *Both successes and failures contribute to our sense of self-worth. It's essential to find value in the lessons learned from every experience.*
- 7. Boundaries: Do you have clear personal boundaries in place, and how do they reflect your self-worth?** *Establishing and maintaining personal boundaries showcases respect for oneself and one's worth, ensuring that others treat us with the same respect.*
- 8. Self-Care: How often do I prioritize self-care, and what does it say about how I value myself?** *Prioritizing self-care, both mentally and physically, reinforces the importance of valuing oneself.*
- 9. Purpose and Meaning: Have I identified what brings meaning to my life, and how does it relate to my sense of self-worth?** *Discovering and pursuing what brings meaning to one's life can anchor feelings of self-worth and purpose.*
- 10. Community and Relationships: How do the relationships and communities I'm part of influence or reflect my understanding of my own value?** *Surrounding oneself with supportive and affirming relationships can serve as a mirror, reflecting our value and worth back to us.*