

# BUILDING YOUR SELF-WORTH THROUGH GETTING INTO ALIGNMENT AND TAKING 'VALUED-ACTION'.

## 1. Values

What are the top five values that you would like to live your life by?

Look at the values-sorting sheet and select your top five values.

- 1. ....
- 2. ....
- 3. ....
- 4. ....
- 5. ....

In what ways can you put these values into action?

- .....
- .....
- .....

## 2. Signature Strengths

Complete the on-line quiz and then write down your top five signature strengths.

- 1.
- 2.
- 3.
- 4.
- 5.

## 3. Role-Models

Be inspired by others by others rather than comparing yourself to others.

Make a list of three people who really inspire you and list the qualities you admire about them:

Name	Qualities
1. ....	.....
2. ....	.....
3. ....	.....

Identify how you also have these qualities

## 4. Mindfulness and Transcending negativity

When you make a mistake or find yourself feeling frustrated with your efforts, or your search for perfection, try to see notions of perfection as false-concepts that are unattainable. Instead see the courage and honour in doing your best, not giving up, dedicating your efforts to others, etc so that you can see mistakes as temporary setbacks rather than failures or faults in yourself.

## 5. Confidence

Confidence is a trick. If you decide to be confident, you can be confident! It's s state of mind rather than a reflection of accomplishment. In fact some very incompetent people can be very confident! To take action on your goals, you need clarity about what you need to do in order to reach your goals. This usually means drawing upon certain skills. The more you practice these skills, you'll find that you are confident.

By being in alignment with your values and beliefs, you are taking 'valued-action', which means that you have strong self esteem because you like and approve of who you are being. This in turn builds self-belief because you feel that you are on a mission! Do you ever stop to wonder if Mother Theresa had good self-esteem? It's good to like yourself but better to love your purpose and passions in life!