

WORTHY

Supercharge Your Self-Worth



INVEST IN YOU

CONTENTS

Introduction	Page 3
Inner Critic	Page 4
Inner Coach	Page 9
Think - Feel - Act	Page 13
Limiting Beliefs	Page 18
You are not your thoughts	Page 22
Self-sabotage	Page 24
Inner Worth	Page 27
Integration	Page 28
Find your voice	Page 29
Trust Yourself	Page 32
Be Mindful	Page 36
Warm Fuzzies	Page 37
Shower Scan	Page 38
Life Maps	Page 39
Social Cleanse	Page 41
Assertiveness Challenge	Page 42
Affirmations	Page 43
Love & Forgiveness	Page 45
Positive Qualities	Page 46
Journal Prompts	Page 47
Last Words	Page 50

INTRODUCTION



HI, I'M BECKS! 
WELCOME, I'M SO GLAD
 YOU'RE HERE

Hi lovely human!

Welcome to 'Worthy'.

In the 2 workshops and 2 weeks following we are going to dive in to some wonderful topics and tools to boost your self-worth.

In workshop 1 we will be exploring concepts covered in pages 4 - 21

In workshop 2 we will be exploring concepts covered in pages 22 - 31

In the 2 weeks following you will have an email every second day covering a new tool or strategy to explore. These are covered from page 32 - 44. You will also have a video that accompanies each tool, diving a little deeper and offering further insights and explanation.

At the end of this book from page 45 - 47 you will find some journal prompts to continue your growth and learning long after this programme ends.

While it will be tempting to hoon ahead I recommend you only read and work on what we are currently up to. I.e. Don't go past page 18 until we are finished workshop 1 and on to workshop 2 and so on.

I can't wait to explore the transformative content ahead with you!



INNER CRITIC

WHAT IS AN INNER CRITIC?

Your inner critic is that little nagging voice you hear that make critical comments about your appearance, makes you doubt your abilities, encourages you to engage in unhealthy coping mechanisms and then berates you for your 'bad habits'. It's every harsh thought you have about yourself.

You can think of it as the little devil that sits on your shoulder...

WHERE DOES THE INNER CRITIC COME FROM?

The important thing to know is that your inner critic *is not you and it is not true!*

The inner critic usually begins to develop in our early childhood years. It begins as the critical words of your teachers, the scathing taunts of a bully, societal views at large (i.e., "children should be obedient and quiet"; "A woman should do all the work at home", "boys don't cry"), harsh remarks a parent makes to you or... Get this... The critical remarks a parent makes about *themselves*. Yes, we can even develop our inner critic by internalising the damaging narratives of our caregivers. These criticisms heard throughout our younger years, builds and snowballs overtime. Eventually, we internalise these narratives and the critical voice of others morphs to sound exactly like our own.



WHAT DOES THE INNER CRITIC DO?

This inner critic chips away at our confidence, our self-esteem and our self-worth. Not only this, the inner critic can be very sneaky. It may sometimes present to you as though it is trying to help. Perhaps encouraging you into unhealthy behaviours, habits and coping mechanisms and then turning right back around on you and berating you for the very behaviours it just encouraged. Here's an example:



You've had a rough day. You're thinking to yourself "Man today was awful, I was so bad in that meeting, everyone there must think I'm a total idiot" (You can see the inner critic at work here, filling you with self-doubt about your performance etc)

Here is where the I.C changes tact... Now you will hear this "It's been tough, I deserve a wine...Go on. I'll just have one glass."

So you open a bottle and pour a glass...

Now the inner critic starts up again "Go on, have another glass. And then another..."

So you do.

And now what does the I.C. do? Turns on you:

"I'm a loser! I have ZERO self-restraint. I'm going to grow up to be an alcoholic just like my mother. I should be ashamed of myself. I can't cope with anything."

Now you're feeling even worse than you were to begin with. Your inner critic baited you into your unhelpful coping mechanism and then used it as an opportunity to compound your self-criticism and shame.

HOW WILL I SPOT MY INNER CRITIC?

You may first begin to notice your inner critic at work by paying attention to your emotions. When you notice shame, anxiety, insecurity etc then pay attention to your thoughts.

- What are you thinking in this moment?

You may just notice an unhelpful, critical internal narrative.

WHAT CAN I DO ABOUT MY INNER CRITIC?

A good place to start is to write out your inner critic thoughts and then change them from "I" statements to "you" statements.

Here are some examples:

I statement:

"Nobody likes me"

"I'm a loser"

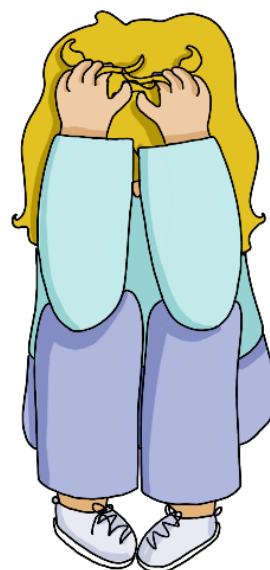
You statement:

"Nobody likes you"

"You're a loser"

Boy is that confronting... And that's the point. Changing your I.C into you statements helps you to see it as a foreign and alien point of view. It creates distance between YOU and the thought and also helps you to see how harsh it really is.

You would NEVER speak to a friend this way... and yet you tolerate it from yourself.



PROTECTION PART

Another way to frame your inner critic is to think of it as a protection part. A little part of you that is trying to point out threats and keep you safe and contained to your comfort zone. Sometimes our protection part comes about for good reason - and it may have helped get us through a hard or traumatic time in our lives. We can acknowledge this when it pops up, thank it for its past service and then act in ways that are not in following with the ways this part wants us to act.

WHAT'S THE NEXT STEP?

It's a powerful step just learning to spot your inner critic and know that it is not you and it is not true.

But, let's go a little further. Let's challenge and push back against that unhelpful narrative.

When you notice an I.C thought, use these questions to help you challenge it:

Challenge questions

- Is this really true?
- Where has this thought possibly come from? i.e., where have I heard this before? Who has said this to me or about themselves? Etc
- What is some evidence that this is NOT true?
- If my friend had this thought, what would I say to them?
- What is another way to view this?



Now: Come up with a more **balanced**, **compassionate** and **realistic** thought to put in place of the I.C thought. Aim to use facts and gratitude where you're finding it hard to rewrite something you consider as 'negative'.

Here are some examples to help you out:

Inner critic thought:

I'm so useless

I'm fat and frumpy

I have no idea what I'm doing with my life

I hate my flabby stomach

New thought:

There are so many things I am good at, I'm a great baker, friend, listener and I'm good at math. I'm working on the things that I'm not so good at. (Balanced/compassionate)

My current weight is 80kg and I would like to wear more colour. (Factual)

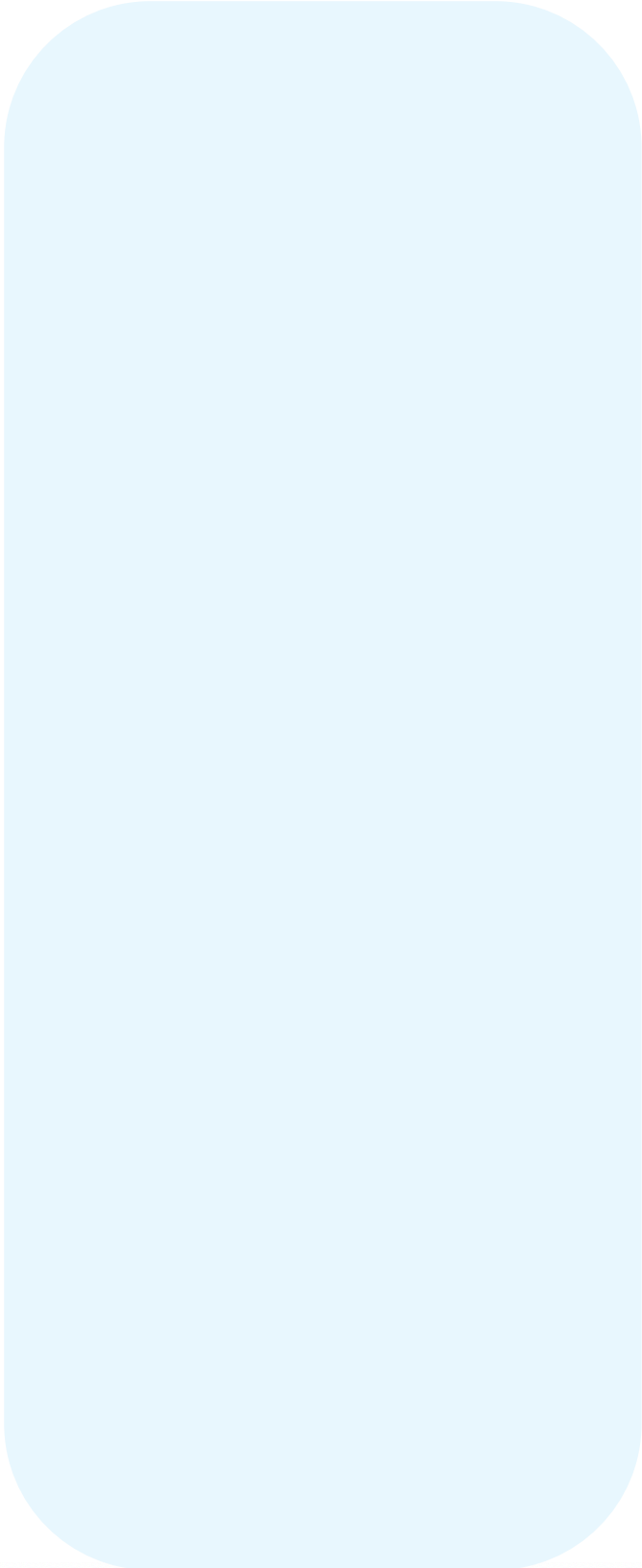
I am exploring my interests & passions on my own timeline (compassionate)

I am grateful to my belly for carry my baby/ digesting food for me (gratitude)

Use this section to jot down the most common inner critic thoughts that you notice. Over the last week or 2, think of times you felt low, unworthy or were hard on yourself and then try to remember some of the things you were saying to yourself at the time.

Write your inner critic thought here:

Write your reframe here:



INNER COACH

Another way to challenge your inner critic is to imagine you also have an inner coach. A little angel on your shoulder cheering you on, showering you with self-compassion and helping you to see a more balanced and realistic view of yourself.

To really externalise and help you bring this inner coach to life, take some space here to either describe what your inner critic might be like or to draw your inner critic and to write out some of the things your inner coach might say to you.

Jot some key comfort phrases your inner coach might say to you. This is your cheat sheet and your new go-to when you need some words of encouragement to give you a boost. There are some examples already there for you...

If you need help, you might like to think of your 'go-to' person when you need a boost. What kinds of things do they say to you? What are they like? Use this to help with your inner coach's description.

MY INNER COACH:

If in doubt,
ask yourself
"what
would I say
to a loved
one?"

TIME TO WRITE A 'SELF-DESCRIPTION'.

In the space below, jot keywords and bullet points that sum up how you describe and see yourself in the following areas...

PERSONALITY

LOOKS/BODY/PHYSICAL FEATURES

STRENGTHS

WEAKNESSES

JOB/TRAINING/CAREER

EDUCATION/SKILLSET

HOBBIES/TALENTS

RELATIONSHIPS

REWRITE

Now go back through your self-description above and highlight any pejorative language and descriptions that sound more like your inner-critic talking. Challenge and reframe these statements using the help of your inner coach.

Your task is to rewrite a new self-narrative below.

Re-write your self-description with all of this non-factual, harsh, pejorative language removed.

As you re-write, include factual language where appropriate, compassion throughout, gratitude where you need it, and try to include more positive language where you can.

Try to be your own 'hype-man' here and pump up the positives. What would your inner coach or best friend have to say about you?

We are aiming for a new self-description that feels **balanced, factual, realistic & compassionate**.

Here are some examples...

Old self-description

I've got pimples all over my face

I'm awkward and shy

I hate my thighs

I don't have many friends

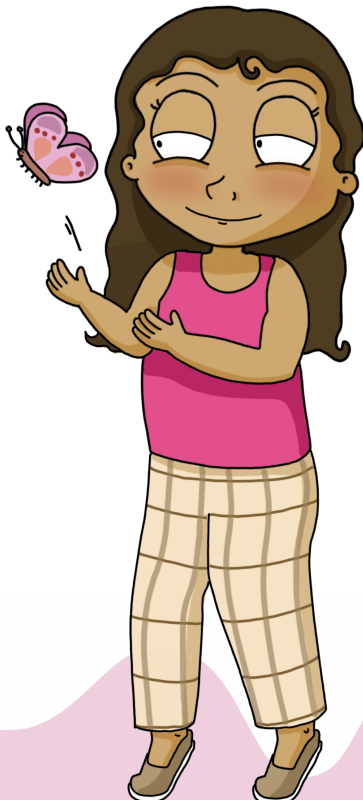
New self-description

I have some hormonal acne (factual)

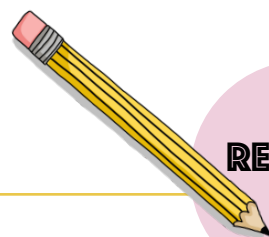
I take my time opening up to new people
(balanced & compassionate)

I am grateful to my legs for walking me around
(gratitude)

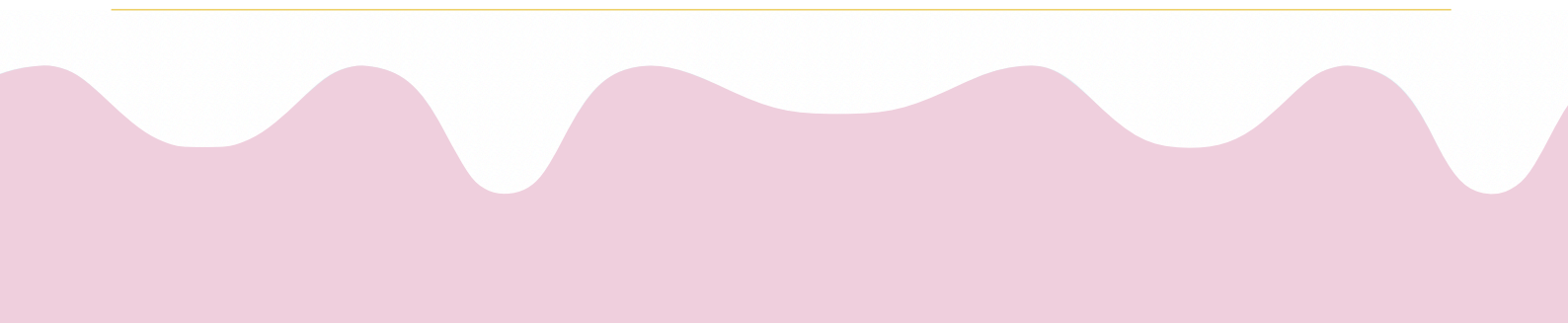
I prefer a few close and amazing friends, and
I'm a great friend myself (compassionate &
realistic)



New self-narrative:

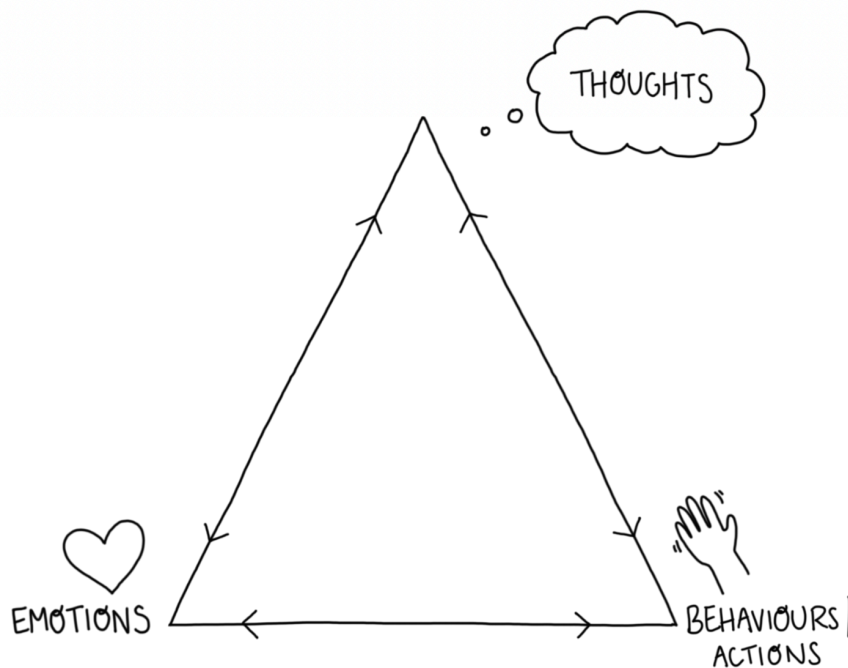


REWRITE



THINK - FEEL - ACT

Your thoughts, actions and emotions are all intertwined. Each one effects the other.



The part we truly get caught in and dwell on, and that keeps us stuck in this cycle are the tricky emotions. The insecurity, the feeling of being unworthy...

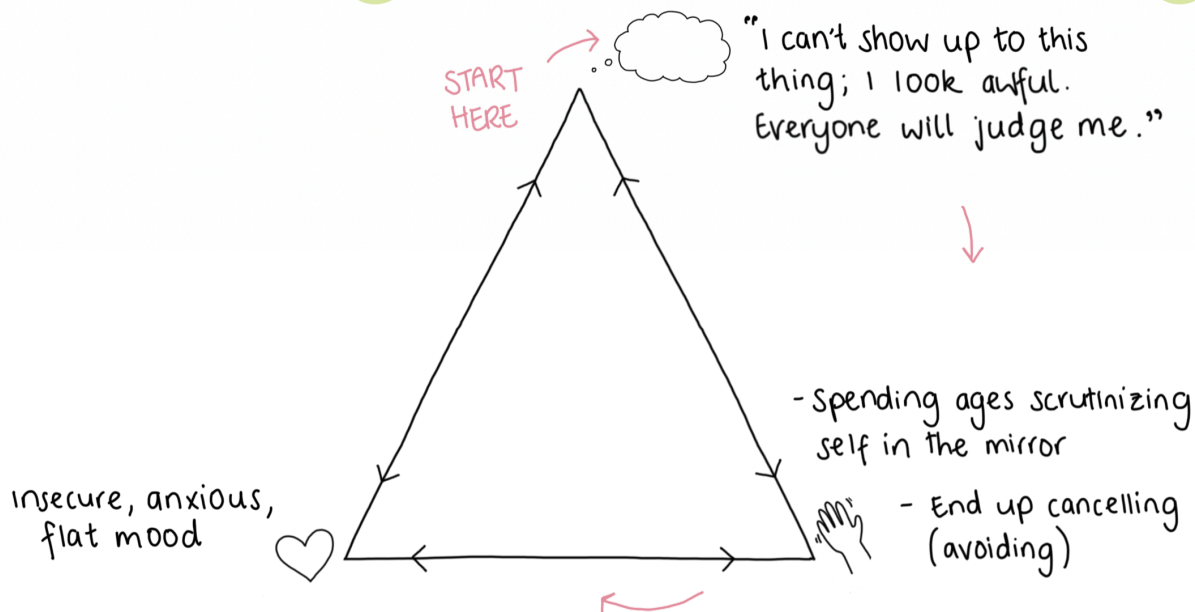
You can't 'turn off' your emotions. We know that. And you can't suddenly decide that you love yourself totally and unconditionally.

The good news is... you CAN change your actions and you can change your thoughts. So... even if you don't feel worthy and amazing, you can still choose to act in a way that a worthy person would.

This change in actions will have a flow on effect to your thoughts and feelings. Reversing the cycle.

You can also change your thoughts, or the way that you respond to your thoughts. So when you notice your inner critic at work in your mind you can choose to challenge those thoughts, not buy into them, replace them with more compassionate and helpful thoughts - this will then influence your actions and begin to shift your emotions and the way you feel about yourself.

Here is an example of this triangle, and how your thoughts and actions may influence your self-worth, when you *don't* feel good about yourself:



Can you see how the thoughts above may have influenced the actions of procrastination and avoidance? And how the combinations of those things then fed into the feelings of low self-worth?

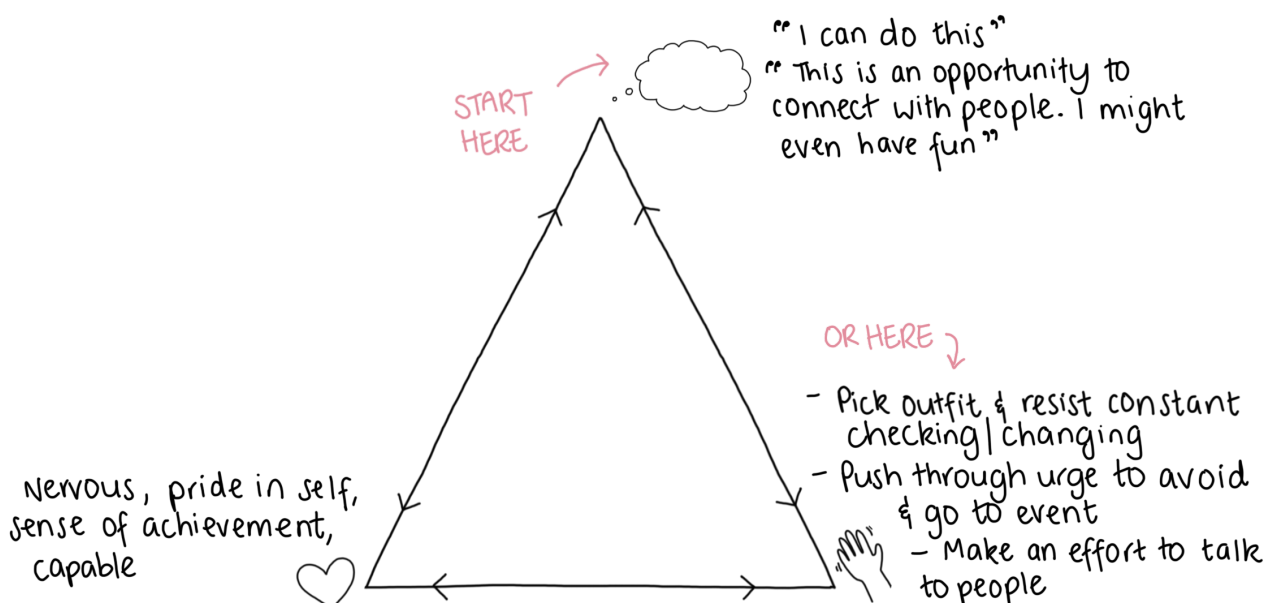
This of course becomes a vicious cycle... the more down on yourself you feel, the more you think those unhelpful thoughts and buy into the unhelpful behaviours.

The cycle goes around and around on itself.

Imagine then, that you changed some of your actions above. You challenged and changed some of your thoughts. You only need to make small and manageable shifts in these areas in order to reverse the cycle and begin to change the way you feel about yourself.

Let's look at an example where the actions are changed. Instead of procrastinating you scheduled your projects and got your work in on time, and made an effort to chat to other parents at social gatherings.

Here is an example of what might happen...



Unhelpful Thinking Styles

Catastrophising & Minimising

Blowing things out of proportion OR shrinking something to make it seem less important than it is

Jumping to Conclusions

Imagining you know what other people are thinking OR predicting what is going to happen. Lots of 'what ifs'

Emotional Reasoning

Assuming that because you feel a certain way, that whatever you are thinking must be true

Filtering

Only paying attention to certain types of evidence or focusing on the 'bad' over the good

'Should-ing'

Being critical, harsh & demanding of yourself. Saying 'I should' or 'I shouldn't' & feeling guilty or like a failure, OR 'shoulds' on others leading to frustration & resentment

Personalisation

Blaming yourself or taking responsibility for something that wasn't entirely your fault OR blaming other people for things you need to take ownership for

All or Nothing Thinking

Black & white thinking. When you view things in extremes: right or wrong, good or bad.

Labelling

Assigning labels to yourself or others, often in the form of harsh & judgemental language or name-calling

What thinking styles do you notice yourself caught in most? Use this space to reflect
Hint: You could use some of the thoughts your inner critic log from page 8

REFLECTION

CHALLENGE YOUR THOUGHTS

Here are some more questions to help you really dive deep and drill down on your inner critic\unhelpful thoughts.

Challenge Your Unhelpful Thoughts

Am I confusing this thought with a fact?

Am I over generalising?

Am I taking something too personally or taking responsibility for something I don't need to?

Am I assuming I have no control of influence to change my situation?

Am I filtering out the positive and focusing on the negative?

Am I concentrating on my weak points and ignoring my strengths?

Am I assuming that my view of things is the only one possible?

What is a more helpful, compassionate or realistic thought?

Is this a double standard? Would I say this to a friend?

Am I predicting the future or assuming I know what others are thinking?

Am I catastrophising?

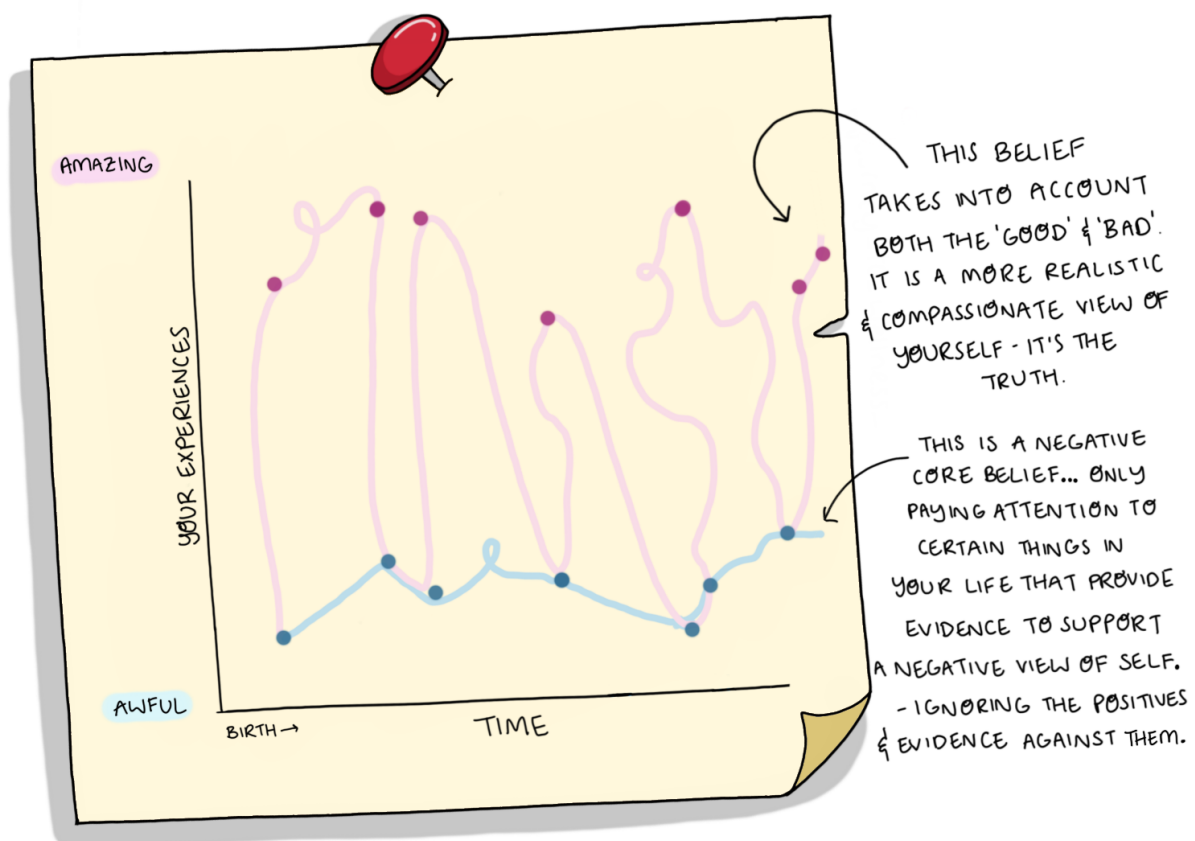
Am I ruminating on how things 'should be' instead of accepting and dealing with reality?

LIMITING BELIEFS

A core belief is a strongly held view of yourself, the world or others. Sometimes they aren't true or helpful. When your beliefs no longer serve you, it's time to let them go - these are your limiting beliefs.

But first, let's explore how they came to exist in the first place.

HOW a NEGATIVE Core BELIEF is FORMED...



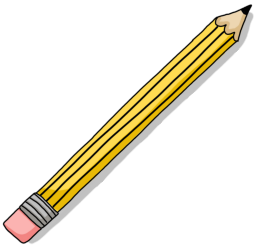
A core belief often comes to exist when you link up a series of negative and damaging life experiences over your lifetime *and* the inner critic thoughts that come with them. You join all these unhealthy thoughts and the unhelpful 'lessons' you learnt from the hard times and create a story in your mind that becomes a core belief. You use all these experiences and the fact you keep having these harsh inner critic thoughts over and over again as evidence to support the building and sustaining of the core belief.

Some examples of common core beliefs are:

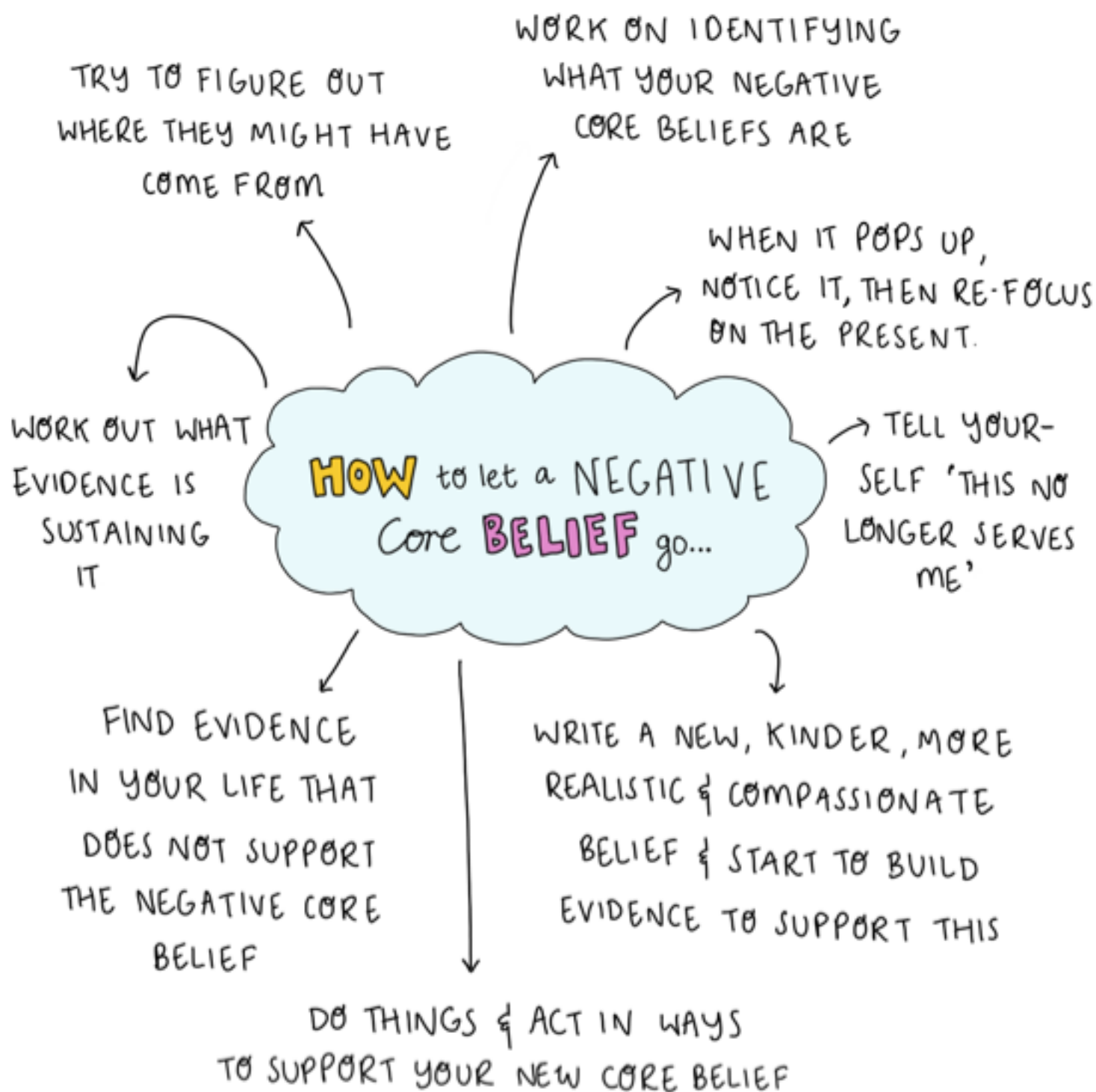
- I'm unlovable
- I'm not worthy
- I'm a failure
- I am bad
- People can't be trusted
- The world is scary and dangerous
- Everything is my fault
- I can't do anything right
- If I open up to anyone, they will hurt me
- People will reject me

Do any of
these
stand out
to you?

Some questions for you to reflect on and perhaps journal about:



- What are my core beliefs?
- Where do I think they came from?
- What events in my life have contributed to these beliefs?
- What has sustained these beliefs?



@journey-to-wellness-

CHALLENGE YOUR LIMITING BELIEFS

Write out 3 limiting beliefs you hold and then use the Challenge Questions from page 17 to come up with as many reasons as you can why this core belief is *not* true. (Try to think of specific examples and situations that disprove your core belief.)

MY LIMITING BELIEF IS...

I KNOW THIS ISN'T TRUE BECAUSE...

MY LIMITING BELIEF IS...

I KNOW THIS ISN'T TRUE BECAUSE...

MY LIMITING BELIEF IS...

I KNOW THIS ISN'T TRUE BECAUSE...

YOU ARE NOT YOUR THOUGHTS

NEW APPROACHES TO YOUR INNER CRITIC AND THE VOICE OF WORRY AND SELF-DOUBT...

Let's try out some novel new approaches to the thoughts that have you stuck in repeating patterns of self-doubt and worry.

DROP THE ROPE...

When you engage with your worries or your inner critic thoughts its a little bit like getting into a tug-of-war game with your own mind.

You push and pull back and forwards, either arguing with, trying to placate or engaging with your thoughts.

When you do this it's like you're saying the thought is worth your time and attention. That it has some merit. And while yes, your thoughts are real - not all of them are true.

When you notice a worry or your inner critic trying to engage you try this: notice and name it, then pivot your attention. Say "I see you there but I'm not playing tug of war with you today"

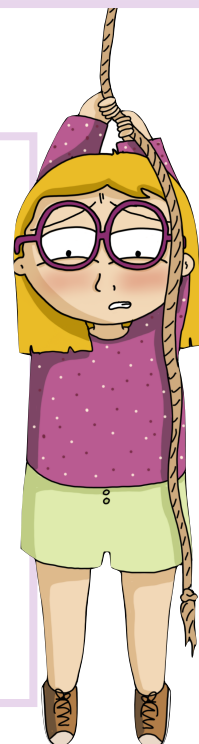
Drop the rope. These thoughts don't play fair.

MINDFUL OBSERVATION...

When you mindfully observe your thoughts you are able to create space between you and the thought.

This is all about noticing thoughts when they pop up without judging or engaging with them. Sure, you will sometimes go 'down the rabbit hole' and get lost in thoughts — that's human. But wherever you can when you notice you're lost in your unhelpful narratives just notice this and bring your mind back to the present.

You could imagine these thoughts as they appear as clouds in the sky floating past, or leaves on a stream. They appear, they are there, but we can simply watch them without trying to change them, resist them, engage with them or hurry them along.

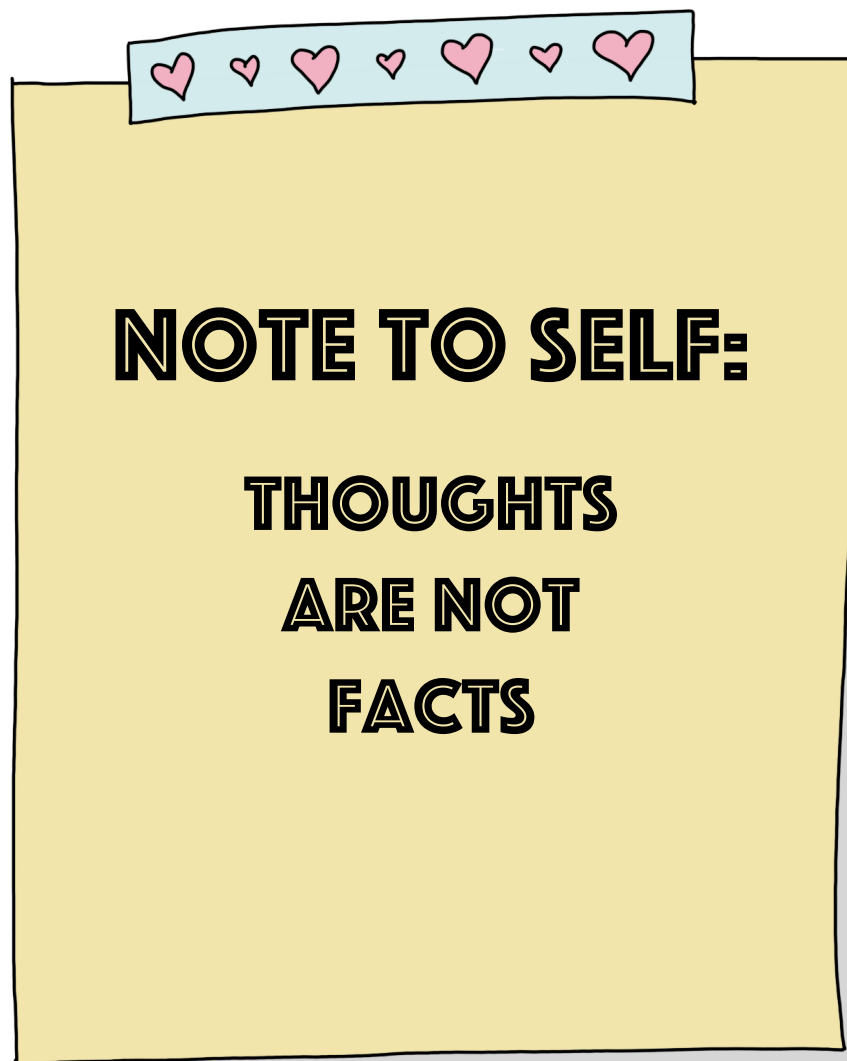


'THAT PERSON'

Name your inner critic or your worry part after 'that person' in your life. You know the one... When they talk all you want to do is roll your eyes. You don't particularly like them, but you tolerate them. And you certainly wouldn't go to them for advice.

Now each time your inner critic or worry part pipes up you can say "hey Patricia... not today!"

This is a fun way to approach your thoughts that will probably have you chuckling, if not rolling your eyes and becoming aware of not buying into these thoughts.



SELF-SABOTAGE

There are so many ways we get in our own way and sabotage our own efforts. It can seem baffling as to why we do this - why would we want to give up on the things that we know are good for us and revert back to our old unhelpful or unhealthy ways?

Lets explore some of the reasons we self-sabotage...

SELF-PROTECTION/PRESERVATION

To your brain and your nervous system change and 'newness' can feel scary. It's unfamiliar and this can trigger a threat response.

Your brain loves comfort and familiarity. Change often feels uncomfortable and it certainly feels unfamiliar.

So when you suddenly start pushing back against your inner critic, acting in ways that support and foster self-worth, and change the way you speak to yourself this can send a false alarm to a part of you that is trying to protect you by keeping you safe.

Unfortunately this is the same part of you that keeps you stuck.

Notice when you feel this pull to go back to old ways. Acknowledge that this might be a protection part of you trying to keep you in the safe comforts of familiarity.

You will have to learn to lean in to this discomfort and keep the momentum of the change.

HABIT

Your brain is capable of learning new things, right from birth all the way until you die. Anything that you have done 100 times becomes a habit, right? When something feels easy, habitual or automatic to you it's likely that this is a solid pathway formed in your brain.

Inside your brain there are billions of neurons, all talking to each other. As the neurons talk they build connections between them and the more you repeat behaviours or thoughts the stronger these connections get. So you can imagine that your habit of speaking to yourself from a place of your own credit, any self sabotaging or unhealthy behaviours etc have just become well formed pathways in your brain. You could almost imagine these as highways; easy to travel down on auto pilot without doing much thinking.

So, when you learn something new (like speaking to yourself or acting in ways that support self compassion and self love) it takes a little bit of time and practice in order to build this new pathway in your brain. If you've spent years practising being hard on yourself it makes sense that it's going to take a little bit of time and practice to treat yourself in a different way.

LIMITING BELIEFS

If you have a limiting belief like 'I'm not worthy' or 'things never work out for me' or 'I am lazy'/'I can't stick to things', and these limiting beliefs go unexamined and unchallenged, then you can imagine the impact this belief would have on you subconsciously.

When we live a life driven by limiting beliefs then our behaviours follow suit. This looks like self-sabotage; giving up on goals we set or holding ourselves back from our full potential.

These limiting beliefs can then play out in...

SELF-FULFILLING PROPHECY

If you believe that you are not worthy of love, how likely is it that you will seek love and the right places and people?

If you believe that you are lazy, how likely is it that you will be open to putting in the effort it takes to change?

If you believe that people are going to reject you, how likely is it that you will put yourself out there?

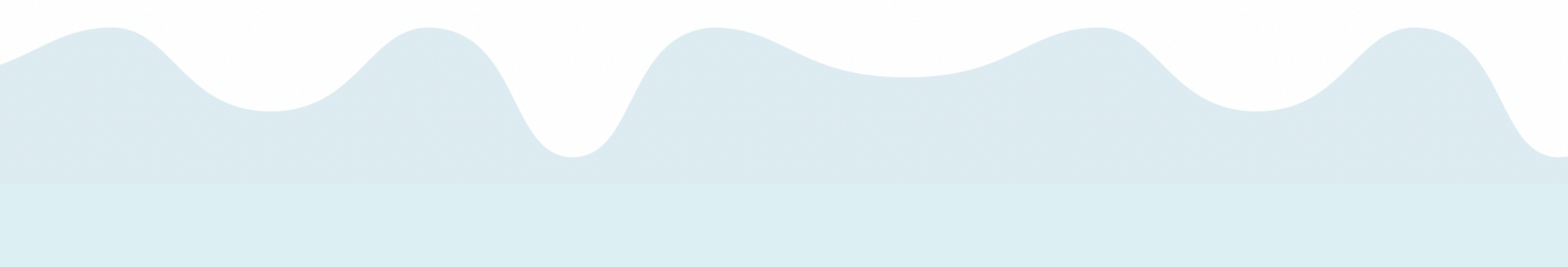
If you allow your behaviour and your thoughts to be fuelled and subconsciously influenced by your limiting beliefs then this will become a self-fulfilling prophecy. Your thoughts will be proven to be true and your limiting beliefs will be confirmed because you unconsciously be acting in ways that bring about the very reality you wish you didn't believe.

For example...

If you believe that you are not worthy of love you may enter into relationships with people that are not emotionally available to give love. You may seek out people that are wrong for you or do not treat you in the way you wish. These relationships will inevitably end and this will confirm the belief you are not worthy of love.

If you believe that you are lazy and you always give up then you are unlikely to try new things, or you may put in less effort, time and commitment. Because of this lack of effort it's unlikely that you will feel comfortable or excel at the thing that you were trying and then you may quit or give up early. This will then confirm your belief that you are lazy and you always give up.

Thankfully when we uncover our limiting beliefs we can use a self-fulfilling prophecy to our advantage. If you can challenge and change these beliefs then your new more healthy beliefs will fuel your behaviour. If you believe that you are capable then you are more likely to give things a go, to be compassionate about your failures in to use them as learning opportunities, to try new things and to commit and invest in yourself and your actions.



UNHELPFUL THINKING STYLES

Here are some examples of how unhelpful thinking styles can cause us to self-sabotage:

All or nothing thinking: You have to have a grey zone! When we think in black and white we set ourselves up to be overly harsh and to discount any successes we may have had. This type of thinking leaves us no space for error, experimenting, compassion or grace. E.g:

"If I don't meet the goal 100% then I have failed"

"If I walk 3 times this week instead of 5 then I might as well quit"

"If I'm not XX weight then I'm not worthy"

Catastrophising: We have to try not to blow things out of proportion when it comes to our judgements

"He hasn't replied - I've obviously made him mad/he's gone off me" etc

"My boss wants to talk to me so I'm obviously useless at my job"

Minimising: Don't shrink yourself or your successes

"I only walked twice, everyone else exercises 5 times a week"

"I only got into that course so they could fill the seats"

"It's just luck that I got the job"

"I don't know why they're even with me - I'm a bad friend/partner"

Labelling: Calling yourself names and using pejorative language when you describe yourself is a sticky habit and impacts your self-worth. And this includes all those self-deprecating comments you make in jest.

"I'm such an idiot"

"I'm just lazy"

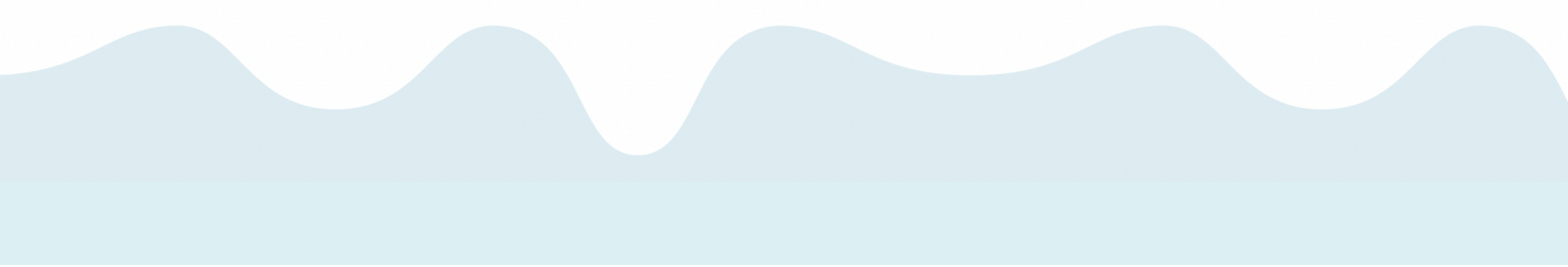
"Me and my double chins and Santa belly!"

INSTANT GRATIFICATION

We just love things instantly don't we? We want fast food, fast results, instant success and quick rewards. That's normal! But it isn't always possible when it comes to the things that really matter.

The human brain likes to seek things that give it a hit of dopamine and pleasure - and in today's world, that's things like drive through cheeseburgers, scrolling mindlessly on Instagram and bingeing Netflix. If you seek these short term rewards and hits of pleasure it's unlikely you will prioritise the long term gain.

Sometimes to make change we have to invest in short-term discomfort.



INNER WORTH

Bring someone to mind who you love and admire. Someone who you think is a worthy person. Now write about the qualities you love and value in them below.

I admire
them
because...

Their top 3 qualities:

Examples
of these
qualities
in me...

INTEGRATION

HABIT MAKERS

Integrating new beliefs and ways of being in relationship with yourself takes some time and focused intention and effort.

As we talked about on page 24 your brain needs repetition to adopt new ways of being and it needs time in order for those things to feel natural and easy.

One way you can create a new habit that sticks is to link a new behaviour/action to an existing habit. When you do this you effectively get to piggy-back onto the existing habit which is already engrained into your life and behaviour patterns. How does this work? Let me give you some examples.

Say every morning you shuffle to the kettle to make a cup of coffee (existing habit).

Say you would also like to start meditating, or doing a breathing practice, or using affirmations, or journalling... or any other tool to boost your self-worth. (new habit).

Now, instead of checking your emails or mindlessly scrolling during the time the jug is boiling and your drinking in your first cup of java for the day you do your new habit.

You link the new habit with the old.

SHORT TERM DISCOMFORT - LONG TERM GAIN

Another note on integrating new behaviours to support self-worth.

Initially it might felt uncomfortable, clunky, unnatural... it might feel like you're doing it wrong. You might want to quit (hello self-sabotage). You might dislike the uncomfortable feelings that arise and want to reflexively shut them out, numb them, run from them or resist them.

All of this is normal.

This is your reminder that change feels uncomfortable at times.

New things feel weird and clunky.

You felt like this when you first started to learn to ride a bike, right? You wondered how you would ever be able to balance without trainer wheels.

You wondered how on earth it would ever feel natural. It was so scary!

But after a time you lost the trainer wheels... you were wobbly but you were balancing on your own.

And after a while long you would jump on your bike without even a thought. Your feet would automatically find the pedals, your legs pumped into action. All of it felt like second nature.

So too will any new habit, behaviour, way of thinking and belief if you stick at it. Hang in for the short term discomfort and wobbles.

FIND YOUR VOICE

When you're not feeling very self-assured or self-confident, then it's pretty darn hard to find your voice, state your needs, speak your truth and be assertive.

It's easy to slip into a fawn response - pleasing and appeasing others, aka people pleasing.

When we don't believe in ourselves it's hard to set or hold boundaries with others, to priorities ourselves. All of this harps back to those limiting beliefs we discussed earlier.

Here is what I know to be true... here are some of your basic rights:

MY VOICE MATTERS

I HAVE THE RIGHT TO STATE MY NEEDS

I DESERVE TO HAVE MY NEEDS MET

MY WELLBEING IS A PRIORITY

I DESERVE TO BE TREATED WITH KINDNESS & RESPECT

I HAVE A RIGHT TO HAVE MY BOUNDARIES RESPECTED

MY BOUNDARIES MATTER

I DO NOT NEED TO BE LIKED BY EVERYONE

IT IS NOT MY JOB TO FIX OTHERS

**MY FEELINGS ARE MY RESPONSIBILITY. OTHERS FEELINGS ARE THEIR
RESPONSIBILITY.**

Lets explore some of the ways we can find our voice...

ASSERTIVENESS

Assertiveness is not aggression. You are allowed to speak and state your wants, feelings, boundaries and needs.

Assertiveness can be a tricky thing for so many reasons; maybe you were never modelled it. Maybe you were modelling the opposite.

Assertiveness looks like saying what you want and need.

Assertiveness means saying no to some things in order for you to say yes to others.

Assertiveness looks like saying no without 1000 sorries or overexploiting yourself.

Assertiveness sounds like letting it be known when you are uncomfortable or not okay with something.

Assertiveness looks like protecting your time and energy.

Assertiveness means using your voice.

Assertiveness means using your body or moving your body.

Assertiveness looks like not saying anything sometimes.

Assertiveness means sticking to your guns and following through.

WHY IS IT SO HARD?

To answer this question I'm going to ask you some questions. The answers will help you unpack and explore.

WHAT DID I LEARN ABOUT ASSERTIVENESS GROWING UP?

HOW WAS ASSERTIVENESS MODELLED (OR NOT MODELLED) TO ME?

WHAT PLACE DOES THE IDEA OF FEAR HAVE IN ASSERTIVENESS FOR ME? DO I FEAR JUDGEMENT? DO I FEAR REJECTION?

IF I HAD NO FEAR & COULD BE ASSERTIVE, HOW WOULD MY LIFE BE DIFFERENT?

HOW COULD I BE MORE ASSERTIVE? WHAT AREA(S) OF MY LIFE COULD I EXPERIMENT WITH SPEAKING MY TRUTH MORE?

TRUST YOURSELF

DON'T OUTSOURCE YOUR SELF-WORTH

Often we allow others to dictate how we see ourselves - it's hard not to.

If you think back to some of the harsh or negative comments people have made to you/about you, no doubt you have a few that stick, right?

The time someone told you you'd never make it in that career.

The time someone said you were ugly.

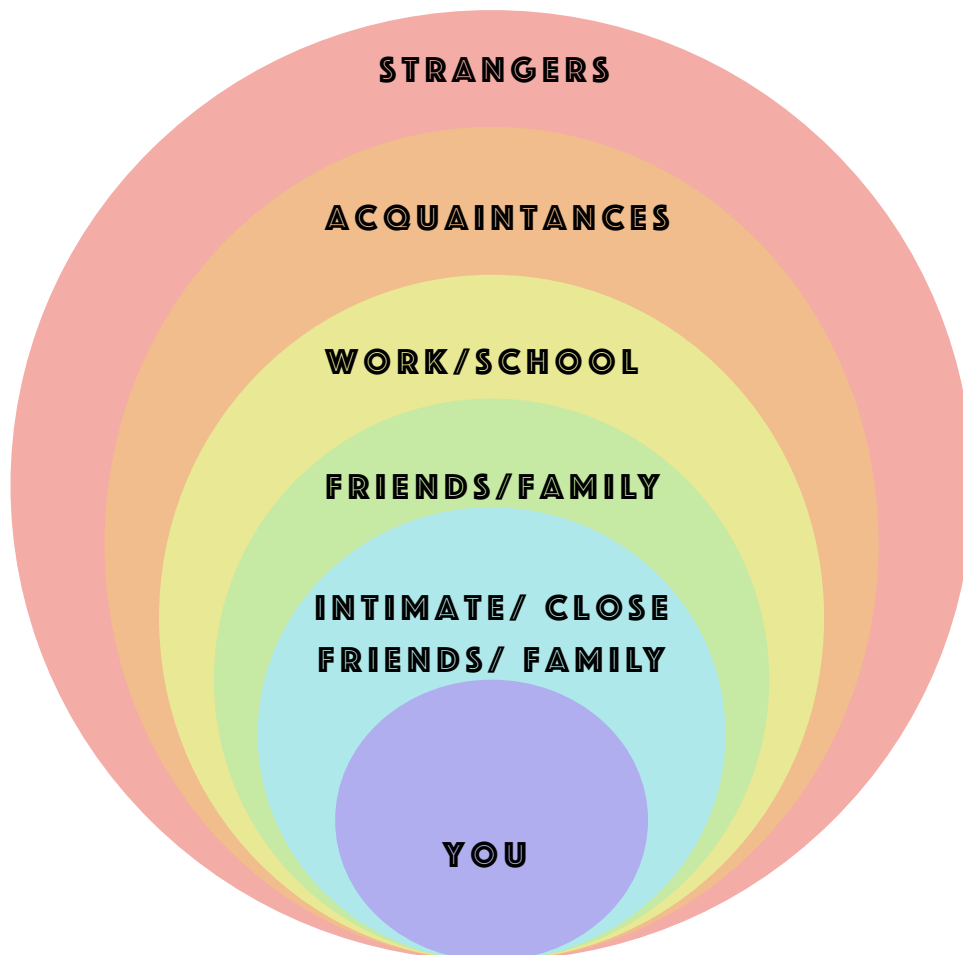
The time your boss said you were too sensitive.

Whatever it is... It sticks and it sways the way we see ourselves.

Here's an idea - what if we stopped outsourcing our sense of self-worth?

What if we became really clear about whose opinion we allowed to count and to matter?

Look at this...



If you think about those things you've held onto that people have dumped on you - quite often they are from people outside of the circles that matter the most.

We can't allow the judgements of people who are not qualified to speak on us and our characters influence the way we define ourselves, our lives and our futures.

The teacher that told you you'd never succeed is not in a circle to be allowed any authority to speak on you.

The high school bully who made you feel small didn't know the real you.

That awful ex-partner who didn't honour your needs should never have been allowed an opinion on your character.

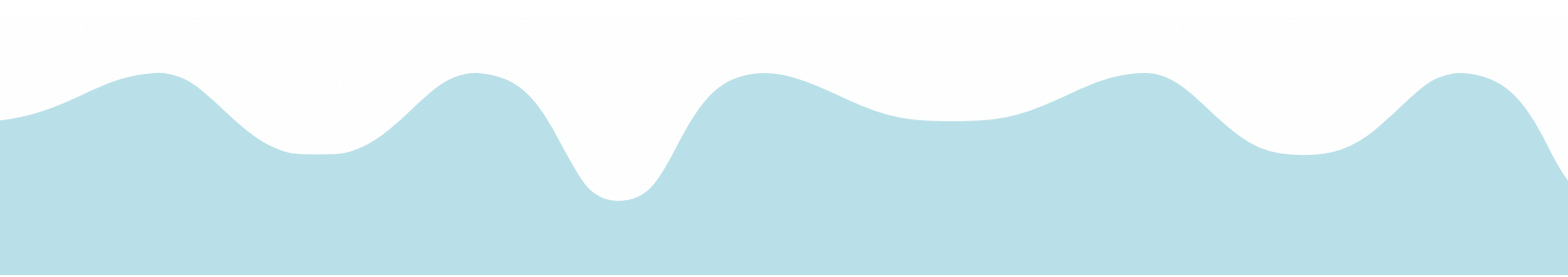
Yes - their words have hurt and impacted you. This is true. This is not to invalidate the pain caused. This example is to allow you a framework going forward.

Now whenever anyone has something to say to you, or about you, or offers you advice you can ask yourself:

- What circle does this person sit in?
- Does their advice matter or apply to me?
- Do they really know me?
- Are they in a position to have an opinion?
- Do I need to value or take on their advice?

The people you can lean on and trust the most are in your inner circles. It's up to you who you allow to occupy that space.

And just because someone is in your family does not grant them access or a right to access your inner circle.

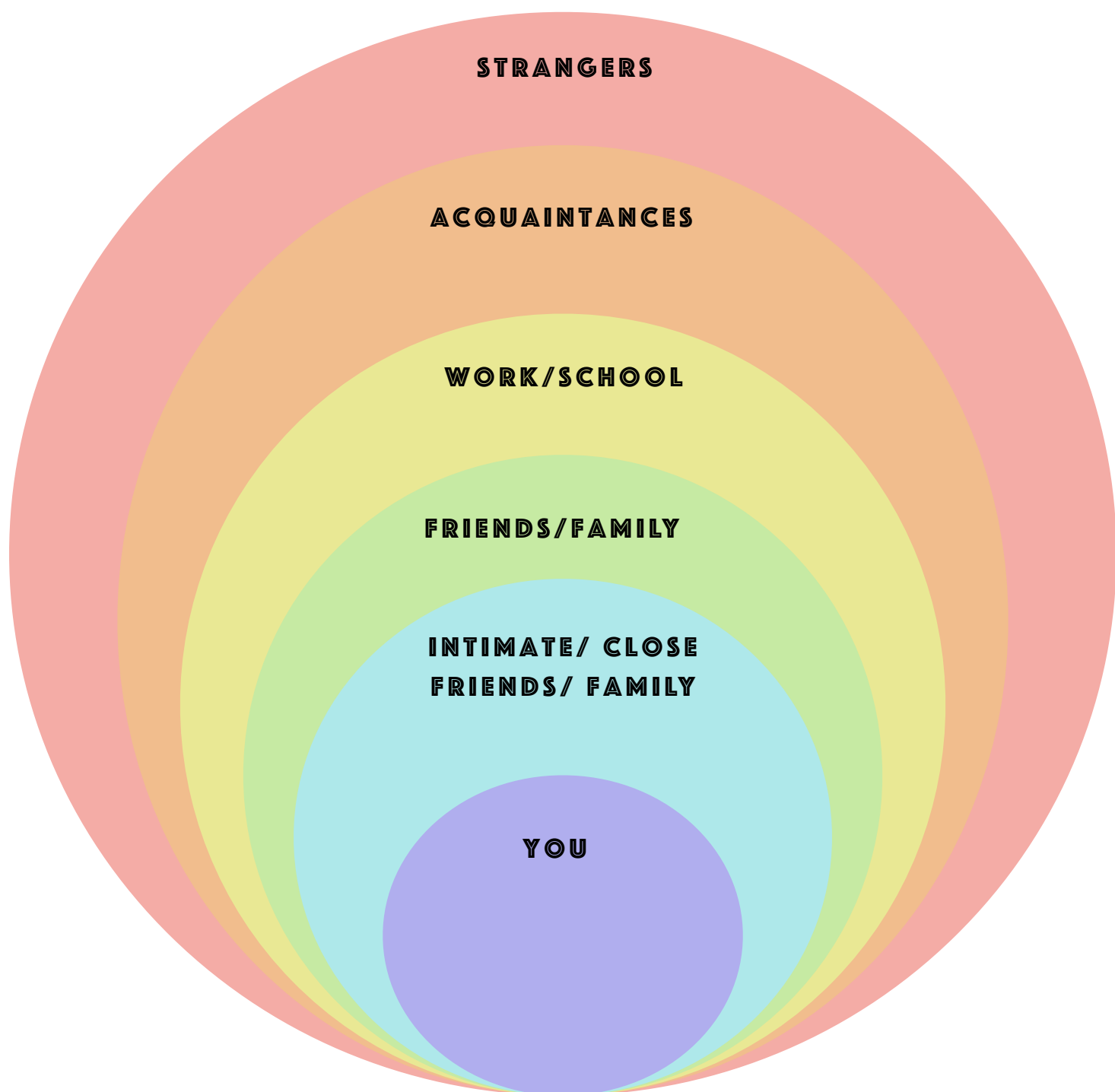


Time to fill out your own circle.

Write in here the people in your life who have an influence on you now and put them in their rightful place circle.

Think also about comments and beliefs about yourself that you have held on to from others - put those people or those ideas in the circle they belong.

It is up to you now to protect those inner circles and to chose to listen only to the people who deserve the authority to have an opinion.



Here is another way to look at this.

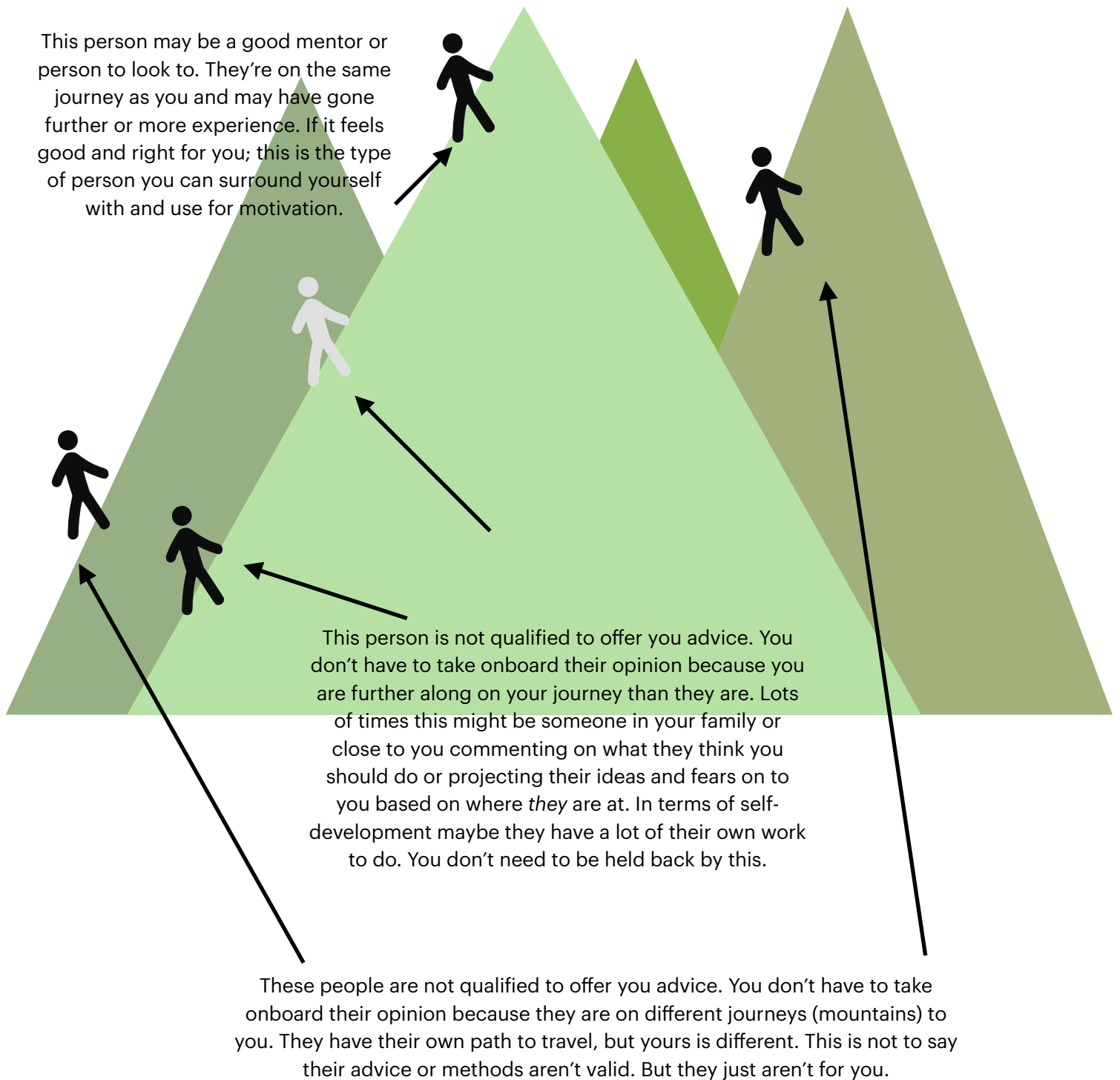
Imagine this mountain is the journey you're on right now. It represents the thing/lesson you are learning or the path you are on.

You'll go on many journeys in your life.

Let's say this particular journey to summit this particular mountain is you learning to treat yourself with love and kindness.

See the arrows and notes below to help you understand who it is we should be outsourcing our opinions, ideas and advice from...

This person may be a good mentor or person to look to. They're on the same journey as you and may have gone further or more experience. If it feels good and right for you; this is the type of person you can surround yourself with and use for motivation.



BE MINDFUL

A MINDFULNESS BASED TOOL TO MANAGE THE VOICE OF SELF-DOUBT OR SELF-CRITICISM

When you notice the presence of your inner-critic or the urge to go down old unhelpful ways of thinking and acting....

S

STOP - Stop yourself in your tracks. Pause.

T

Take a couple of deep breaths. Take a few more. Create a gap between your thought or urge and your old automative and reflexive response.

O

Observe. Just take a moment to observe your thoughts and physical sensations without judgement. Notice and name what is coming up without getting sucked in.

P

Proceed and press play - now that you have created a mindful gap you can choose how you would like to proceed and do this in a way that is more productive. Perhaps that means...

G

Gratitude. Come up with a statement of gratitude or compassion for yourself in this moment.

O

Openness. As you proceed, be open. Be open to showing up for yourself in a new way.

WARM FUZZIES

OVERCOME YOUR BIAS

One of the ways we can work to overcome the negatively bias and the confirmation bias is to focus on things that give us a sense of joy, achievement or success. Use this log to fill out for today, and for as long as you would like to going forward, to make a record of just that.

Today I was proud
of myself for...

Today I experienced
joy/contentment
when...

1 small success
from today...

Today I
achieved...

SHOWER SCAN

BREAK THE PATTERN

In the shower we often worry, or get lost in thinking or pick at flaws.. Let's break the pattern of body criticism. A shower scan is a great practice to try not only today, but in almost every shower you have. It only takes a moment, but this repetition will help repattern the way you speak to your body.

HOW TO:

As you take your shower mentally (or out-loud) say something to each and every part of your body.

You can say any or all of these things:

- Something you are grateful to that part for. E.g. 'Thank you arms for allowing me to hug my loved ones' or 'thank you belly for digesting my food'
- An intention you are setting for how you speak to this part of yourself going forward. E.g. 'legs, I intent to speak about you in kind ways going forward'.
- An apology 'booty, i'm sorry I'm always talking about how much I don't like the way you look.'

As you do this you might like to gently place your hand on the body part as you speak these words of kindness.



LIFE MAPS

MAPPING

A life map is a chronological mapping of the important events and moments that have shaped your life and influenced who you are and how you see yourself and the world.

There is no right or wrong way to create a life map - get artistic if you want, and enjoy the process. You can scribble it out in pencil, you can use doodles and colour, you can make a spiral or write it as a list - it's up to you.

Your challenge is to map out the significant events and moments in your life that have impacted you and who you are becoming.

BELIEFS

Reviewing your life map is another way of establishing how some of your limiting beliefs, reflexive threat responses and protection parts may have come to be.

Lets look at an example life map to demonstrate...



CONCLUSIONS

The person in the example above jotted down the things that stood out to them the most. Looking at this we can see how they might have limiting beliefs like “people can’t be trusted” or “important people always leave” or “I’m unloveable” or “I’m a failure”.

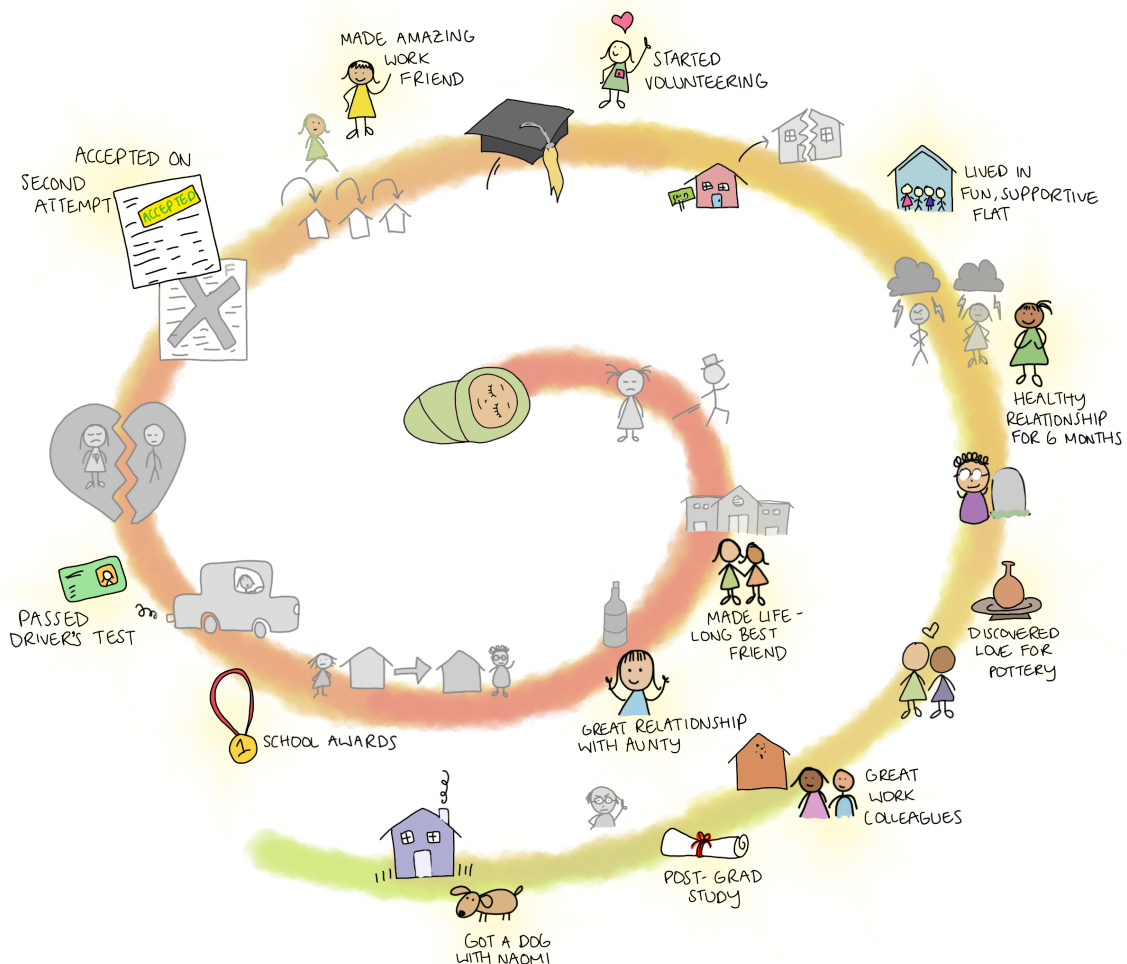
They might link up experiences such as failed exams and job hopping to provide evidence of their failures.

They might link up the issues their mother had, their grandmothers death, and the relationships that didn’t work out as evidence that people leave/cant be trusted or that they aren’t loveable.

What if, just as we rewrote our self-descriptions/narratives, we created life maps that looked for evidence against these limiting beliefs. What if we zoomed out, panned our focus away from limitations and setbacks and mapped out our positives too?

(This is NOT to discount the traumas we have been through. These happened. They are real and valid and not your fault.)

Here’s an example of a balanced life map:



YOUR TASK

Draw your own life map. Include the things that created your limiting beliefs as well as looking for the glimmering moments - It's like 'mining your life for gold'.

Then at the end, recruit your inner coach, gather up your self-compassion and revisit the tough moments in your life map and next to them (or on a separate creation) write to these past versions or yourself telling yourself the things you needed to hear at the time. Lavish past-you with compassion.

SOCIALS CLEANSE

BEWARE OF COMPARISON

It's normal to compare yourself to others - it's something we all do. But more often than not it's not helpful or healthy.

One of the worse places for comparison is social media. How often do you catch yourself scrolling and wishing you had 'her hair', 'their job', 'her family', 'all that money', 'more motivation to cook', 'that gym body'...

Social media is a place we often feel 'less than'. We compare ourselves to the high light reels of others or the ads that are shoved down our throats, intentionally placed by an algorithm designed to sell us a false promise.

SOCIALS CLEANSE

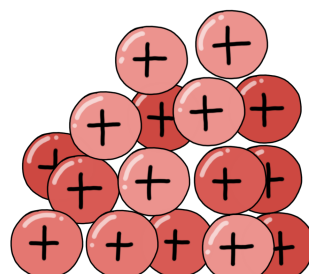
Go through your socials, scroll a while... and do this:

- Delete accounts that post things that bring up a sense of comparison or being 'less than'
- Delete people you follow who just make you feel bad
- Click the 3 dots and hide ads that you don't want to see

And...

- Be mindful of how much time you spend on social media if you feel bad afterwards
- Be mindful of the content you are consuming, this includes the types of things you read and the types of news you watch

Social media can make us focus on & hypervigilant to the negative



ASSERTIVENESS CHALLENGE

Back on pages 29 & 30 we talked about assertiveness.

As a way to dip your toe in the water you are going to try this challenge to get out of your comfort zone and into your 'assertive pants!'

The challenge:

Go to a cafe.

Order a coffee "I'd like a long black please"

Once the waitstaff has put your order through the till and asked for your money, ask to now change to a different coffee order, e.g., 'actually, could you make that a cappuccino'

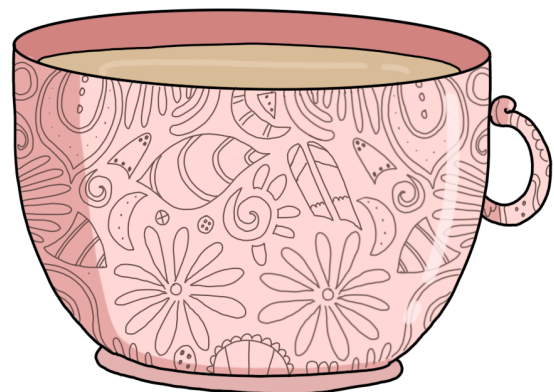
Rules: You cannot apologise more than once! "Whoops, sorry, make that a cappuccino" is okay. Not "sorry, sorry, oh I'm so annoying, is it okay to change that? Sorry!" is not!

This exercise aims to push back against any untrue beliefs you may have around assertiveness like 'people won't like me', 'I will annoy people', 'I can't cope'. You will likely discover it doesn't bother anyone at all and that the world doesn't end when you stand up for what you want... even when we are talking something as simple as a cup of coffee!

If you can't get to a coffee shop, try to set yourself some of your own 'assertiveness homework'.

This could be something like:

- Sending a meal back if it isn't right/what you ordered
- Saying 'no' to overtime at work
- Saying 'no' to a request someone makes of you
- Stating a boundary with someone



AFFIRMATIONS

AFFIRMATIONS DISCLAIMER

Affirmations are basically statements of positive thinking. They can be useful and wonderful things to incorporate into your life to help raise yourself worse. However, there are some exceptions and some rules when it comes to affirmations.

When it comes to limiting beliefs we often fall into the trap of our confirmation bias. A confirmation bias is basically the human phenomenon where we seek to confirm the things that we already believe. So for example, if you had the limiting belief that you were failure, then you might seek out evidence to support this belief was simultaneously disregarding any evidence that didn't support this belief.

This confirmation bias can work against us when it comes to affirmations.

Let's say, for example that you want to use the affirmation I am successful and confident. If you have a limiting belief that says you are anxious all the time or that you are a failure then simply repeating the mantra 'I am successful and confident' over and over again is not going to make it so. In fact your confirmation bias is going to want to reject this notion. It may even make you feel worse given that your brain is going to want to dismiss this.

They make affirmations work for you you need to be willing and able to believe them and they need to feel realistic and accessible to you.

One way of doing this is to make sure you don't go to extremes with your affirmation. If right now you are working on the limiting belief that you are a failure then don't go to the extreme of using an affirmation about being a raging success. Instead adopt an affirmation that feels compassionate and believable like 'I am capable of learning and growth' or, if even this brings up resistance, try weaving in a compassion statement of intent as a 'sentence starter' like this: 'I am working on the belief that I am capable of learning, growth and success'.



MIRROR WORK

In this exercise you are going to stand in front of a mirror, place one hand over your heart and the other hand covering the first hand and repeat 1 or several affirmations while gazing into your own eyes. Repeat for as long as feels good.

You might like to do this every time you look in a mirror.

Here are some possible affirmations for you to try:

I AM WORTHY OF MY OWN COMPASSION

I AM DEEPLY & INNATELY LOVEABLE AND WORTHY

I DESERVE TO HAVE MY NEEDS VALUED, HEARD & MET

MY BODY IS WORTHY OF NOURISHMENT & RESPECT

MY WORTH IS NOT DETERMINED BY EXTERNAL FACTORS & FEATURES

I WILL TREAT MYSELF WITH KINDNESS & COMPASSION

I BELONG

WRITE YOUR OWN

If these don't sit right, that's okay! Use this space to write some of your own;



LOVE & FORGIVENESS

YOU DESERVE IT

You deserve love, kindness and forgiveness. And you deserve to give these things to yourself. You get one life in one body and you might as well make that journey in a body that you treat like it is your best friend and inside our mind we speak to yourself with kindness and care.

Your challenge now is to get out a pen and paper and write yourself a letter.

This might be a love letter naming all of the things that you either love, admire, appreciate or like about yourself. It might include words of compassion and intention about how you aim to treat yourself going forward. This might also be a forgiveness letter, allowing parts of yourself to be forgiven, seen and validated. There is no right or wrong way to write this letter.



POSITIVE QUALITIES

We are going to close our 'Worthy' journey by acknowledging our positives. Circle all of the positive traits from the list below that you can identify in yourself. Then, if you're ready to go a step further, jot down some points that provide evidence and examples for that quality in you.

POSITIVE QUALITIES

TRUSTWORTHY

INTELLIGENT

CONFIDENT

COMPASSIONATE

FUNNY

GRATEFUL

MINDFUL

MODEST

INDEPENDENT

KIND

FORGIVING

HUMBLE

MOTIVATED

OPEN-MINDED

INNOVATIVE

BRAVE

FRIENDLY

HARDWORKING

GENEROUS

DETERMINED

RESPECTFUL

LOVING

HELPFUL

THOUGHTFUL

CREATIVE

CARING

SENSITIVE

ORGANIZED

NURTURING

DOWN-TO-EARTH

RESILIENT

RELIABLE

FOCUSED

MATURE

PRACTICAL

GOOFY

FUN

INTERESTING

ACCEPTING

TOLERANT

PATIENT

REALISTIC

HONEST

INSIGHTFUL

STRONG

ENTHUSIASTIC

GOOD LISTENER

RESPONSIBLE

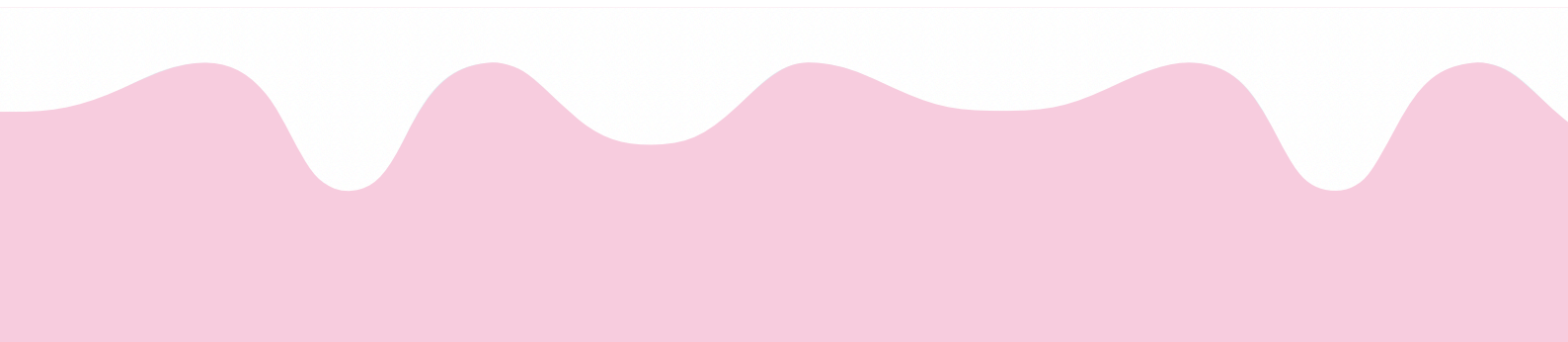
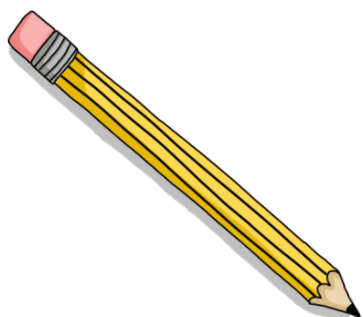
@journey-to-wellness_

JOURNAL PROMPTS

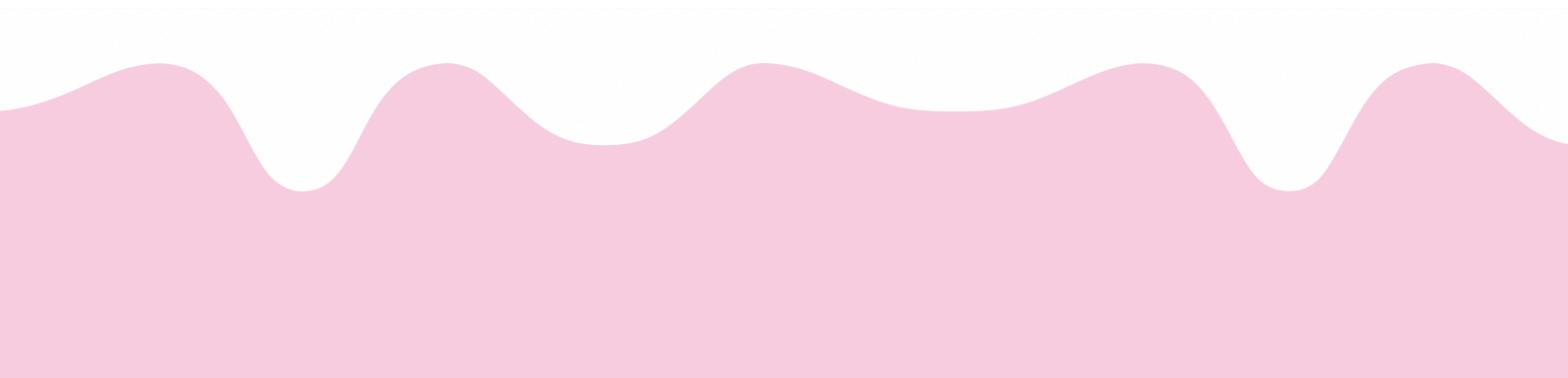
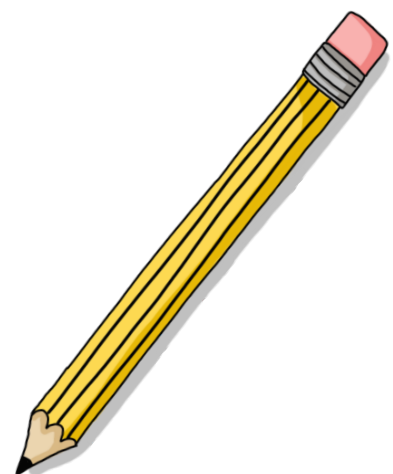
Below you'll find some journal prompts should you wish to continue exploring, unpacking and writing along your journey to realising and integrating that you are truly, deeply and innately Worthy. Don't get too caught up on spelling, writing in a certain way etc; it's okay to write in bullet points, drawings and scribbles. This is about letting things out and discovering new insights; not about having to read it out to others and have your writing judged. Make this work for you.

1. What areas of yourself do I feel are unworthy of love? How can you move towards acceptance of these things?
2. What are some of the limiting beliefs that you are holding on to about yourself?
3. Is there something that you have been holding on to that evokes a feeling of shame or regret in you?
Journal about how you could move towards forgiveness and allowing yourself to let this go...
4. What in your life gives you joy? What people? Places? Activities? Things?
5. If you loved yourself fully, and nothing changed externally, how would you treat yourself differently?
6. I am grateful to my body for...
7. If I was to act with total authenticity and self assurance, what would I do differently in the relationships I currently have in my life?
8. In what ways do you currently act/behave that maintain or support any feelings that you have of low self-worth or self-esteem?
9. What are 3 things I could do differently this week that might lift my mood?
10. What are 5 things I could do that might improve my self-worth
11. If you woke up tomorrow, and a miracle had occurred overnight and your problems were gone... How would you know this has happened? How would your day unfold? What would you notice first? How would you act differently?
12. My biggest dreams in life are...
13. How would your life be different if you let go of the hurts you are holding on to?
14. My biggest fears are...
15. What are some habits you could do each morning to start your day off on the right foot?
16. 3 things that bring me a sense of joy are...
17. What thoughts or worries are sitting at the back of your mind lately?
18. List the things you are worried about - which of these worries are in my control/within my power to address? How will I do this?
19. How can you begin to let go of things that you cannot control?
20. The goal that is most important to me right now is.... because....

21. What would 'present you' tell a past version of yourself that is struggling?
22. Journal about 5 things you are proud of yourself for...
23. Looking back at a difficult time in your life, journal about the things you learnt and the ways you grew
24. Journal about some of the ways you are different today than you were 5 years ago
25. What areas of your life do you currently sabotage yourself... how?
26. What areas of my life do you dim your light and not act your true self? Why?
27. Write about a time in your life where you overcame a challenge...
28. Who is someone you admire? Write about 3 of their qualities, then write about how *you* also embody those qualities
29. What did you do today to take care of yourself/your mental health/your physical health?
30. What areas of your life are currently lacking boundaries and how does this impact you?
31. When I think about setting a boundary, I feel..... and I think about....
32. What areas of your life do you hold good and healthy boundaries? How do you do this and how could you apply this to other areas of your life?
33. Where do you feel different emotions in your body? Journal about your physical experience of anxiety, anger, stress, shame, happiness, love, excitement...
34. What triggers your anxiety?
35. What does your soul need today?
36. The values that are most important to me in life are.... I honour and uphold these by..... I know am out of alignment when I (What ways do you act and feel) and I realign myself by.....
37. What things in your life bring about a sense of passion or creativity?
38. Write about a time that you thought was going to be awful but turned out to be wonderful
39. What boundaries do you need to set in your life to protect and preserve your energy?
40. Write about a big change in your life; 3 ways it was stressful and 3 ways it helped you grow



41. Think about something in your life that you are holding onto; what would you like to be different?
How can you move towards releasing and letting go?
42. What do you need more of in your life? How can *you* meet this need?
43. What drains your energy? What tops it back up?
44. What relationships in your life need adjustment? What needs to change?
45. What in your life is no longer serving you?
46. Write down something you are grateful for to each area of your body
47. What are you currently saying 'yes' to that you want to say 'no' to?
48. What are you currently saying 'no' to that you want to say 'yes' to?
49. Who are you most grateful for in your life and why? How do you show them?
50. What are you afraid of?
51. What are your character strengths?
52. Write about the times in your life you have showed courage and resilience
53. An emotion I am struggling with right now is..... because..... And I would like to feel more....
(Journal about an emotion you would like to experience more)
54. Write about a happy memory
55. Write about the things that relax you the most...



LAST WORDS

Well done!

Congratulations for completing the 'Worthy' Programme.

You should be immensely proud of yourself for investing in yourself
and showing up for you!

I hope that going forward, above all else, you are able to integrate
more self-compassion into your life in the way you speak to and treat
yourself.

Now, as you go forward remember to go easy on yourself. Be gentle
and kind as you step into unfamiliar territory and out of your comfort
zone.

The outcome of your continued efforts will open up the doors on a
whole new way of being in the world. One where you are kind,
forgiving, fair and even loving towards yourself.

I'm so proud of you!

Thank you for coming on this journey with me and for yourself.

Big love & warm fuzzies,

Becks

x