

Preparation:

- Find a **quiet, comfortable place** to sit with your **back supported**.
 - Take **deep, steady breaths** to relax and center yourself.
 - Reflect on your **current level of self-worth** (scale of 1–10).
 - Be open to **challenging assumptions about confidence and self-esteem**.
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Step 1: Understanding Self-Esteem vs. Self-Worth

What is Self-Esteem?

- ✓ **Self-esteem is based on external actions and validation.**
- ✓ It is **influenced by comparisons to others**—jobs, money, appearance, achievements.
- ✓ It **fluctuates** based on external circumstances.
- ✓ **Problem:** When people compare themselves to others, they **lower their self-esteem** by feeling "less than."

What is Self-Worth?

- ✓ **Self-worth is internal**—it is the value you place on yourself, independent of external achievements.
- ✓ It is **rooted in identity, morality, and personal truth**.
- ✓ It is **stable and does not fluctuate** based on external validation.
- ✓ **Key Question:** *"Am I living in alignment with my true self?"*

Key Distinction:

- ✗ **Low Self-Esteem** → Trying to prove worth through external success.
 - ✓ **High Self-Worth** → Feeling valuable **regardless of external validation**.
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Step 2: Identifying the Root Cause of Confidence Issues

- ✓ Most people who struggle with confidence **focus on self-esteem first**.
- ✓ **Mistake:** Trying to fix self-esteem **without addressing self-worth**.
- ✓ **Truth:** Self-worth must come first—**elevate self-worth, and self-esteem follows naturally**.

The Core Process:

1. **Strengthen self-worth** → Understand personal identity, morality, and truth.
 2. **Live in alignment with that identity** → Actions begin to reflect true self-worth.
 3. **Self-esteem improves as a byproduct** → External validation becomes unnecessary.
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Step 3: Measuring Self-Worth (Self-Assessment)

✓ Rate your self-worth on a scale of 1 to 10:

- **1 = Feeling worthless, lacking purpose.**
 - **10 = Feeling completely worthy and capable.**
 - ✓ **Common Findings:**
 - **1–4:** Urgent need to work on self-worth.
 - **5–7:** Mid-range, needs strengthening.
 - **8–10:** High self-worth, unlikely to have self-esteem issues.
 - ✓ **Reflection Question:**
 - *“What experiences in my life have shaped this number?”*
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Step 4: How Self-Worth Shapes Self-Esteem

✓ When self-worth is high:

- You **stop comparing yourself to others**.
 - You **only compare yourself to your past self** (seeking personal growth).
 - You **take actions that align with your true identity**.
 - What others think **no longer matters** because your validation is internal.
 - ✓ When self-worth is low:
 - You constantly seek **external validation**.
 - You **fear failure** because it feels like a reflection of your value.
 - You **feel stuck in life**, unsure of your identity.
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Step 5: Strengthening Self-Worth (Practical Exercise)

1. Identifying Personal Identity & Truth

- ✓ Ask: *“Who am I at my core, beyond external success?”*
- ✓ Reflect on **values, beliefs, and personal purpose**.
- ✓ Example Prompts:

- *“What do I believe is my purpose in life?”*
- *“What values matter most to me?”*
- *“When do I feel most aligned with my true self?”*

2. Rebuilding Internal Worth

- ✓ Stop seeking **external validation**—focus on **internal fulfillment**.
- ✓ Identify **actions that align with your values** and commit to them.
- ✓ Ask:
 - *“If I fully embraced my self-worth, what would I stop doing?”*
 - *“What would I start doing?”*

3. Living According to Self-Worth

- ✓ **Align daily actions with personal truth**—act in ways that reflect self-worth.
- ✓ **Reject comparisons**—focus only on **personal growth**.
- ✓ **Surround yourself with people who reinforce your self-worth**.

Step 6: The Self-Worth vs. Self-Esteem Coaching Model

- ✓ **Work on self-worth first**—identify **core values, strengths, and truth**.
- ✓ **Once self-worth is stable**, self-esteem will **naturally align** with actions.
- ✓ **Key Reframes for Clients:**
 - “You are already valuable—your self-worth is inside you.”
 - “You don’t need to prove your worth—just live in alignment with it.”
 - “You are not competing with others—only striving to be your best self.”

Step 7: Action Plan & Reflection

1. **Write down your self-worth score (1–10).**
2. **Write 3 ways you can strengthen self-worth today.**
3. **Commit to 1 self-worth action each day** (aligning actions with truth).
4. **Monitor changes in confidence over time**—self-esteem should **improve naturally**.

Key Takeaways:

- ✓ **Self-worth comes before self-esteem**—fix the root, not the symptom.
- ✓ **Low self-worth = Seeking external validation & comparison.**
- ✓ **High self-worth = Internal confidence, self-trust, and alignment with identity.**
- ✓ **Daily actions aligned with truth strengthen self-worth over time.**