Chapter Eight
Your Self-Worth

You attract what you feel you deserve.

Many times, it's not a conscious act; it's the subconscious mind that's sabotaging you. Your self-worth lives in your subconscious mind and makes itself known in your thoughts, feelings, actions and reactions. If you want to see someone's self-worth look not at what they say, but what they do.

When your self-worth is not aligned with your goals, every negative experience in your life gets emotionalized. This activates your subconscious mind. And then you get stuck. It's a vicious circle that you will continue to spin in.

With that in mind, let's take a closer look at your self-worth.

After taking your eMerge Driver's Test, list five qualities that you love about yourself:

1.

2.

3.

4.

5.

What thoughts come to mind about yourself when you look at your list?

The Self-Worth Assessment

The Self-Worth Assessment helps you explore your subconscious and your self-worth.

Answer the following statements with:

A Always

M Most of the Time

S Sometimes

R Rarely

N Never

1. ____ **Do you feel that life is a struggle and new endeavors are difficult?**
2. ____ **Are you self-sabotaging—overeating, over-indulging in alcohol, smoking or abusing other behaviors to cope with your feelings?**
3. ____ **When something good happens, do you believe that it is only a matter of time before it is taken away, or the situation will change for the worse?**
4. ____ **Have opportunities come your way that you feel you should have said "Yes," to but didn't because you didn't think you could handle the responsibilities, or didn't feel deserving enough? Do you regret saying "No?"**
5. ____ **Do you feel that money is hard to come by and that as soon as you have it, it seems to fly out the window?**
6. ____ **Do you feel that it is easier for you to give to others rather than receive?**
7. ____ **Do you have a hard time saying "No" when you want to?**
8. ____ **Do you find satisfaction in your relationships, employment, free time?**
9. ____ **Do you find yourself sick or in pain more than others?**
10. ____ **Do other people seem to have more leisure time than you, or travel on vacation more than you?**
11. ____ **Do others seem to have everything go their way?**
12. ____ **Do you have difficulty asking for time off, a raise, a favor or help from others?**
13. ____ **Do you find it difficult to charge a fee, or demand a pay wage appropriate to your talents and abilities?**
14. ____ **Do you find yourself resenting others for their good fortune?**
15. ____ **Do you find it difficult to say "Yes" when you want to?**
16. ____ **Do you feel angry most of the time, but not know a reason or cause for your anger?**

How to Score:
The following pages include a number of tools that were created to increase your self- worth. How many you incorporate into your life and how often you exercise your "self- worth" muscles depends on how you scored:

If you answered **more than 7 questions with "Always" or "Frequently"**—You may want to incorporate as many of the tools as you can. Find the ones you like the best and try to do them everyday.

If you answered **more than 4 questions with "Sometimes"**—You may want to incorporate a few of the tools that you like best.

If you answered **any of the questions with "Rarely" or "Never"**—You may want to review the tools just to see if you can boost your self-worth.

Please answer the following questions:

What is your goal?

Is your self-worth where it needs to be reach your goal?

Feeling stuck? Contact an eMerge PIT Crew member™ at www.emergecoachingservices.com for assistance.

What is your self-worth at this moment? Why do you feel this way?

What did you learn that you could apply to your life starting now?

If your self-worth is low, look into your Rearview Mirror and answer the following questions:
When or at what age did your self-worth take a hit?

What happened that made you feel less than superior? Who was involved? Where did it happen?

Are there any other events that validated this feeling of low self-worth?

Look at the event from where you are now. (Remember, you're safe now.) How does it make you feel?

Can you look at the event objectively now?

If you were standing outside yourself, what would you say about the events?

Now, let's turn this event around by looking at all the positive ways you handled the situation.

List five strengths you used to handle the situation

1.

2.

3.

4.

5.

Have you come to terms with this event? Why or why not?

If you answered no, review and use the tools in the Driver's Manual and the PML. You can also turn to a member of the eMerge PIT Crew to help you.