

SELF-WORTHINESS SCORE-CARD REPORT



Self-Worthiness Quiz Overview

Building self-worth is a journey that involves self-awareness, self-compassion, and personal growth. Here are some steps and strategies that can help you build self-worth:



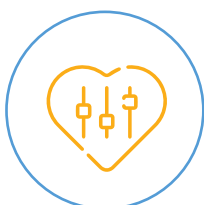
Practice Self-Acceptance: Start by accepting yourself for who you are, with both your strengths and weaknesses. Understand that nobody is perfect, and it's okay to have flaws.



Positive Self-Talk: Challenge and replace negative self-talk with positive affirmations. Instead of focusing on your shortcomings, remind yourself of your achievements and capabilities.



Set Realistic Goals: Set achievable goals and celebrate your successes, no matter how small they may seem. This can boost your confidence and sense of accomplishment.



Self-Care: Take care of your physical, emotional, and mental well-being. This includes getting enough rest, eating healthily, exercising, and managing stress.



Learn from Mistakes: View mistakes and failures as opportunities for growth rather than as reflections of your worth. What matters is how you learn and grow from these experiences.



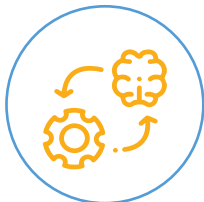
Surround Yourself with Supportive People: Spend time with friends and family who uplift and support you. Positive relationships can bolster your self-esteem.



Develop Skills: Invest time in developing new skills and hobbies. Accomplishing new tasks can boost your self-confidence and sense of competence.



Set Boundaries: Learn to say no when necessary and establish healthy boundaries in your relationships. Respecting your own boundaries sends a message that you value yourself.



Practice Gratitude: Focus on the positive aspects of your life and practice gratitude daily. Recognizing the good things can improve your overall outlook.



Seek Professional Help: If you struggle with low self-worth that significantly impacts your life, consider talking to a therapist or counsellor. They can provide specialized guidance and support.



Self-Compassion: Treat yourself with the same kindness and understanding that you would offer to a friend facing similar challenges. Be patient with yourself and practice self-compassion.



Mindfulness and Meditation: Engage in mindfulness practices and meditation to become more aware of your thoughts and emotions. This can help you develop a healthier relationship with yourself.

Remember that building self-worth is an ongoing process, and it may take time. Be patient with yourself, and don't be afraid to seek help or support from others when needed. Ultimately, your self-worth is not determined by external factors but by how you perceive and value yourself.



Determine Your Priorities

Now, having completed the Self-Worthiness Scorecard and received your Self-Worthiness score, you need to determine which aspect of building self-worth you might want to prioritize.

Assuming you answered all the questions honestly, you can now clearly see which areas may need more attention. By the way, it's perfectly okay to work on multiple areas simultaneously. **Keep in mind that this quiz is just a starting point and not a definitive assessment.**

Typically, the areas where you scored lower may indicate aspects to prioritize in your journey to building self-worth.

Remember that improvement takes time, and it's okay to start with small steps. Additionally, seeking guidance from a therapist, mentor, coach, or counselor can be beneficial in addressing specific challenges related to self-worth.

NOTE: This Self-Worthiness Quiz and the recommended answers is just a starting point, seeking guidance from a therapist, transformation coach or counsellor can provide personalized support and strategies for improvement.

Self-Worthiness Score's Interpretation

Mostly A's

If you scored mostly A's in the quiz, it suggests that you are relatively strong in the areas covered by those questions. Here's a breakdown of what each question represents and why you might not need to prioritize these aspects as much:

Rare Engagement in Negative Self-Talk: You indicated that you rarely engage in negative self-talk or self-criticism. This is a positive sign, as it means you have a relatively healthy internal dialogue and self-perception.

What It Suggests: Your self-talk is already quite positive, which is a significant factor in building self-worth. You likely already practice self-acceptance and self-compassion to a good extent.

Very Confident in Goal Setting: Your confidence in setting and working toward your goals is high. This suggests that you are skilled at defining and pursuing objectives in your life.

What It Suggests: You have a strong sense of purpose and direction in your life, which is an essential component of self-worth. Continue setting and achieving goals to reinforce your sense of accomplishment.

Regular Practice of Self-Care Activities: You engage in self-care activities such as exercise, meditation, or relaxation techniques regularly, indicating that you prioritize your physical and mental well-being.

What It Suggests: Regular self-care is crucial for maintaining a positive self-image and overall self-worth. Keep up with these practices to support your well-being.

Learning from Mistakes and Moving On: You indicated that you generally learn from mistakes and move on without harsh self-criticism. This mindset is beneficial for building self-worth.

What It Suggests: You possess a healthy perspective on failures and setbacks, which is essential for maintaining self-esteem. Continue to view mistakes as opportunities for growth.

Very Satisfied with Social Support: You feel very satisfied with your social circle and the support you receive from friends and family, suggesting you have positive relationships that uplift you.

What it Suggests: A strong support system contributes significantly to self-worth. Maintain and nurture these relationships.

Daily Practice of Gratitude and Focus on Positives: You practice gratitude and focus on the positive aspects of your life daily, which is an excellent practice for building self-worth.

What it Suggests: Your ability to appreciate the positive aspects of your life fosters a positive self-image. Keep up this practice to enhance your self-worth.

Summary

In summary, if you scored mostly A's, you're already on a good path towards building and maintaining self-worth. While there's always room for growth and self-improvement, you may want to focus on maintaining and enhancing the positive practices and mindsets you've already developed. Continue to celebrate your strengths and achievements as you work on your personal growth journey.

If You Scored Mostly B's

Here's a breakdown of the areas you might want to prioritize if you scored mostly B's in the quiz:

Moderate Confidence in Goal Setting: If you selected mostly B's, it indicates that you may have some confidence when it comes to setting and working towards your goals, but there might be room for improvement.

Prioritization Strategy: To boost your self-worth in this area, consider the following steps:

Clarify Your Goals: Take time to define your goals clearly. What do you want to achieve, and why is it important to you?

Break Goals into Smaller Steps: Divide your goals into smaller, manageable tasks. This can make them feel less daunting and increase your sense of achievement as you complete each step.

Celebrate Small Wins: Acknowledge and celebrate your achievements, even the small ones. Recognizing your progress can build confidence.

Self-Reflection: Reflect on your past successes and how you overcame challenges. This can remind you of your capabilities.

Seek Support: Don't hesitate to seek support or guidance from friends, family, or a mentor who can provide encouragement and advice.

Remember that building confidence in goal setting is a gradual process, and it's okay to start with achievable goals and work your way up to larger ones as you become more comfortable with the process. Self-worth in this context often grows as you see yourself making progress and achieving your objectives.

Mostly C's

If you scored mostly C's in the quiz, it suggests that there may be some areas related to self-worth that you could prioritize for improvement. Here's a breakdown of what each question represents and why you might want to focus on these areas:

Often Engaging in Negative Self-Talk: You indicated that you often engage in negative self-talk or self-criticism. This can be detrimental to your self-worth, as it can erode your self-esteem and self-confidence.

Prioritization Strategy: To address negative self-talk, consider the following steps:

Awareness: Pay attention to when and how you engage in negative self-talk. Identifying patterns is the first step in addressing them.

Challenge Negative Thoughts: When you catch yourself engaging in self-criticism, challenge those thoughts. Ask yourself if they are rational or if they are based on assumptions or insecurities.

Positive Affirmations: Practice positive affirmations to counteract negative self-talk. Replace self-critical thoughts with self-affirming statements.

Self-Compassion: Be kind to yourself. Treat yourself with the same kindness and understanding that you would offer to a friend.

Somewhat Unsure About Goal Setting: Your confidence in setting and working towards your goals is somewhat unsure. Building confidence in this area can contribute to a sense of accomplishment and self-worth.

Prioritization Strategy: To boost your confidence in goal setting, consider the following steps:

Start Small: Begin with achievable goals that you can easily track and measure progress on.

Seek Guidance: Consult with a mentor or coach who can provide guidance and support in setting and achieving your goals.

Rarely Practice Self-Care Activities: You engage in self-care activities like exercise, meditation, or relaxation techniques rarely. Self-care is crucial for maintaining a positive self-image and overall well-being.

Prioritization Strategy: To incorporate self-care into your routine, consider the following steps:

- 1. Schedule Self-Care:** Allocate time in your schedule for self-care activities and treat them as non-negotiable appointments.
- 2. Explore Interests:** Identify self-care activities that resonate with you and align with your interests. Self-care should be enjoyable and meaningful to you.

Criticize Yourself Harshly After Mistakes: You often criticize yourself harshly when you make mistakes or experience failures, which can undermine your self-worth.

Prioritization Strategy: To address self-criticism after mistakes, consider the following steps:

- 1. Practice Self-Compassion:** Instead of berating yourself, practice self-compassion. Treat yourself with kindness and understanding.
- 2. Learn from Mistakes:** View mistakes as opportunities for learning and growth rather than as reflections of your worth.

Not Enforcing Personal Boundaries Effectively: You don't enforce personal boundaries well in your relationships. Setting and maintaining boundaries is vital for preserving your self-worth.

Prioritization Strategy: To improve boundary-setting, consider the following steps:

- 1. Identify Boundaries:** Clearly define your personal boundaries and what you are comfortable with in various aspects of your life.
- 2. Communicate Boundaries:** Communicate your boundaries assertively and kindly with others. Practice saying no when necessary.

Rarely Seek Out Opportunities for Personal Growth: You rarely seek out opportunities to develop new skills or engage in hobbies. Personal growth and learning can contribute to a sense of accomplishment and self-worth.

Prioritization Strategy: To enhance personal growth, consider the following steps:

1. **Explore Interests:** Identify areas of personal interest or curiosity that you'd like to pursue and make a plan to explore them.
2. **Set Learning Goals:** Establish specific learning goals and seek out resources, courses, or mentors to help you achieve them.

Remember that building self-worth is a gradual process, and it's okay to start with small steps. Focus on one or two areas at a time and be patient with yourself as you work on improving them. If needed, consider seeking support or guidance from a therapist or counsellor to address specific challenges related to self-worth.

What Action to Take Now

A's (Strong Areas)

Positive Self-Talk:

Action 1: Practice Self-Compassion: Whenever you catch yourself engaging in negative self-talk, consciously replace those thoughts with self-compassionate ones. Treat yourself as you would a friend who's going through a tough time.



Action 2: Daily Affirmations: Start and end your day with positive affirmations. Write down or say aloud affirmations that reinforce your self-worth and abilities.

Action 3: Journaling: Keep a journal to record your thoughts and feelings. Use it as a tool to identify and challenge negative self-talk patterns. Write down positive aspects of yourself and your accomplishments.

Confidence in Goal Setting:

Action 1: Set SMART Goals: Learn to set Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) goals. Break them down into smaller, manageable steps to build confidence through incremental successes.



Action 2: Visualize Success: Spend time visualizing your goals and the steps you'll take to achieve them. Visualization can boost your confidence and motivation.

Action 3: Seek Feedback: Share your goals with a trusted friend, mentor, or coach. They can provide guidance, feedback, and support to help you feel more confident in your goal-setting process.

Self-Care:

Action 1: Create a Self-Care Routine: Develop a daily or weekly self-care routine that includes activities you genuinely enjoy, such as exercise, meditation, reading, or spending time in nature.



Action 2: Prioritize Sleep: Ensure you get enough quality sleep, as it is crucial for physical and mental well-being. Establish a bedtime routine that promotes restful sleep.

Action 3: Practice Mindfulness: Incorporate mindfulness techniques into your self-care routine. Mindfulness can help you stay present, reduce stress, and enhance self-awareness.

B's (Moderate Areas)

Confidence in Goal Setting:

Action 1: Set Achievable Goals: Start by setting smaller, achievable goals to build your confidence. Gradually work your way up to more ambitious objectives as you gain confidence in your abilities.



Action 2: Visualize Success: Visualization can also be beneficial in this category. Spend time visualizing the successful completion of your goals to boost your confidence.

Action 3: Celebrate Milestones: Acknowledge and celebrate your progress and achievements, no matter how small they may seem. Celebrating milestones can reinforce your confidence.

Self-Care:

Action 1: Schedule Self-Care Time: Block out dedicated time in your schedule for self-care activities. Treat this time as non-negotiable, just like any other important appointment.



Action 2: Explore New Self-Care Practices: Be open to trying new self-care activities or techniques. You may discover new practices that resonate with you and enhance your well-being.

Action 3: Self-Care Accountability Partner: Find a friend or family member who can be your self-care accountability partner. Share your self-care goals and progress with them, and vice versa.

Learning from Mistakes:

Action 1: Self-Reflection: After making a mistake, take time to reflect on what happened and what you can learn from it. Write down your insights and strategies for improvement.



Action 2: Seek Feedback: When you encounter challenges or setbacks, don't hesitate to seek feedback from others. They may offer valuable perspectives and advice.

Action 3: Growth Mindset: Cultivate a growth mindset by believing that your abilities and intelligence can be developed through dedication and hard work. Embrace challenges as opportunities for growth.

C's (Areas Needing Improvement)

Negative Self-Talk:

Action 1: Cognitive Behavioural Therapy (CBT) or a Coach or Mentor: Consider seeking CBT from a therapist or through self-help resources such as a life or transformation coach. CBT techniques can help you identify and change negative thought patterns.



Action 2: Daily Affirmations: Increase the frequency of positive affirmations in your daily routine. Challenge negative thoughts with self-affirming statements.

Action 3: Self-Compassion Exercises: Engage in self-compassion exercises and meditations to cultivate a kinder and more understanding relationship with yourself.

Confidence in Goal Setting:

Action 1: Goal-Setting Workshops: Attend workshops or courses on effective goal setting. Learning from experts can provide valuable insights and strategies.



Action 2: Mentorship: Seek out a mentor who can guide you in setting and achieving your goals. Their experience and advice can boost your confidence.

Action 3: Visualization Practice: Dedicate time to regular visualization exercises where you vividly imagine achieving your goals to increase your confidence.

Self-Care:

Action 1: Self-Care Planner: Create a detailed self-care planner that outlines specific activities, schedules, and reminders for self-care practices.



Action 2: Self-Care Challenges: Participate in self-care challenges or initiatives that encourage consistency in self-care routines.

Action 3: Accountability Partner: Pair up with a friend or family member who can help hold you accountable for your self-care commitments.

Remember that progress in these areas takes time and effort, so be patient with yourself as you work on building your self-worth.

Are You Actually Living Your **GREATNESS**, or Just Playing It Safe?

Look, over the years, we've been handed a script of what our life should look like. We've been told who to be, what to want, and how to live. Without realizing it, we've been cast as supporting characters in a story that isn't even ours. We have settled into roles, ticking boxes, and fitting the molds society handed to us.

The fact is, we've been conditioned to conform to societal expectations, even if they don't align with our true selves.

Whilst that's comfortable, it's also damn uninspiring! It's time to break free from the chains of conformity and embrace our authentic selves.

You aren't here just to get by or play it safe. You're meant for so much more.

Remember when you thought you could take over the world at 18? That fire, that spirit? It's still there. Your raw, unfiltered greatness hasn't vanished. It's just been smothered by years of societal expectations, dictates and checkboxes.

It's time to kick all of that to the curb. Because the real you, the authentic you, is mind-blowingly brilliant.

Of course, it will feel scary at first to step outside of our comfort zones and live authentically, but it's the only way to truly experience life to the fullest. When we live authentically, we are free to pursue our passions, express our unique selves, and connect with others on a deeper level.

Break away from the mundane. Dive into the messy, exhilarating journey of rediscovering YOU.

It's time to quit the charades, ditch the day-to-day drudgery, and reignite that inner flame.

Wondering how to light the match?

Recently, I took an intuitive "GREATNESS Reading" course. After working with numerous clients and witnessing some jaw-dropping insights, I'm itching to expand my horizons.

How about a FREE GREATNESS reading? We'll dive into:

- Your innate genius waiting to burst out.
- The life you're meant to live, not just the one you've settled for.
- The barriers, mostly self-made, standing between you and your dreams



Interested? Shoot me an email at ians@iansegail.com.

Slots are limited, but I'll try my best to accommodate you.



Now's the time. Peel back the layers and plunge into the riveting journey of self-exploration. What does your **GREATNESS** look like? Let's find out together.



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