



BUILDING SELF-WORTH -

DATE:

EXTERNAL VALIDATION CHECK-IN

Depth Matters Podcast Episode 1

HOW QUICKLY DO I MENTION MY JOB TITLE, ROLE OR STATUS WHEN MEETING SOMEONE NEW? DO I FEEL LESS INTERESTING WITHOUT IT?

WHEN I SEE OTHERS THRIVING, DO I CELEBRATE IT OR DOES IT MAKE ME FEEL INADEQUATE OR LIKE I'M MISSING SOMETHING?

DO I HAVE TROUBLE SAYING NO BECAUSE I'M AFRAID OF DISAPPOINTING PEOPLE OR LOSING THEIR APPROVAL?



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HOW OFTEN DO I CHANGE WHAT I WANT TO SAY OR DO, OR AVOID TAKING ACTION AT ALL, BECAUSE I'M WORRIED ABOUT OTHERS' OPINIONS?

WOULD I STILL FEEL PROUD OF WHAT I ACCOMPLISHED EVEN IF NOBODY ELSE EVER FOUND OUT ABOUT IT?

DO I WORRY THAT I'M NOT VALUABLE IF I'M NOT BEING PRODUCTIVE OR ACHIEVING?



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DO I NEED OTHERS TO TELL ME I'M VALUABLE, WORTHY OR GOOD FOR ME
TO BELIEVE IT?

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EXCAVATING YOUR INNER GOLD

Depth Matters Podcast Episode 1

WHEN DO I FEEL MOST CONFIDENT AND COMFORTABLE IN MY OWN SKIN?

WHEN HAVE I FELT MOST ALIVE AND PURPOSEFUL?

WHAT PERSONAL STRENGTHS HAVE HELPED ME OVERCOME CHALLENGES IN MY LIFE?



EXCAVATING YOUR INNER GOLD

Depth Matters Podcast Episode 1

WHEN I'M BEING MYSELF WITHOUT TRYING TO IMPRESS ANYONE, WHAT DO I NATURALLY BRING TO CONVERSATIONS, SITUATIONS, OR RELATIONSHIPS?

WHAT QUALITIES DO I VALUE IN MYSELF THAT AREN'T DEPENDENT ON EXTERNAL VALIDATION?

WHAT DO I RESPECT ABOUT HOW I SHOW UP IN THE WORLD, REGARDLESS OF OUTCOMES?



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WHAT DID I LOVE ABOUT MYSELF AS A CHILD, BEFORE I LEARNED TO SEEK APPROVAL?

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