



BUILDING SELF-WORTH - FOUNDATIONS

DOWNLOAD #1: DEFINITIONS

Depth Matters Podcast Episode 0

Traditional DEFINITIONS:

VALUE

the relative worth, utility, or importance of something

WORTH

the measurement of something by its qualities

MEASURE

estimate or assess the extent, quality, value, or effect of (something)

OBJECT

a thing that exists to be perceived, used, or acted upon, lacking self-awareness or agency of its own.

ROLE

the way someone exists or acts in relation to others or a system

HUMAN

a person, a member of the human race

Important CONSTRUCTS:

CONTEXT

the external or relational environment that conditions perception and meaning, shaping how value or worth is interpreted

DIGNITY

the quality or state of being worthy, honored or esteemed

FOUNDATION

the basis upon which something stands or is supported

GOLD

something or someone of inherent, irreplaceable value

EXCAVATE

to uncover or discover something that was buried or hidden; to reveal what already exists beneath the surface