



DATE:

# BUILDING SELF-WORTH - FOUNDATIONS

## DOWNLOAD #2: REFRAMED DEFINITIONS

Depth Matters Podcast Episode 0

**OLD**

*key*

**DISTINCTIONS:**

**NEW**

EXTERNALLY-BASED VALUE / WORTH

FROM TO

INHERENTLY-BASED VALUE / WORTH

### OBJECT

single-purpose, static (doesn't change or adapt), insentient, measured by utility, discarded when used up, expires when broken

### CONDITIONAL

subject to conditions; dependent on certain requirements being met; contingent

### ASSIGNED / ATTRIBUTED

value imposed by an external authority; worth determined by others' assessment

### EXTERNAL VALIDATION

validation received by others based on measurement, comparison or utility

### OLD SELF-WORTH MODEL

external validation is the only/ primary source of self-worth and value = fragile, unstable foundation

### HUMAN BEING

multi-faceted, always changing, self-aware, interconnected with others; dynamic (grows, inspires, influences); impact extends beyond lifetime

### UNCONDITIONAL

not subject to conditions; not dependent on circumstances, given or existing without limitations

### RECOGNIZED

value acknowledged as already existing; worth seen and honored rather than created or given

### INTERNAL VALUE / WORTH

inherent value and worth that exists independent of measurement, achievement, or others' assessment"

### NEW SELF-WORTH MODEL

internal value / worth is the primary source and is enhanced by external validation = stable, unshakeable foundation

THEcreativeVERSE