

BUILDING SELF-WORTH - FOUNDATIONS

DOWNLOAD #3: REFRAMED SELF-WORTH CONCEPT

Depth Matters Podcast Episode 0

OLD

Reframe JOURNEY:

NEW

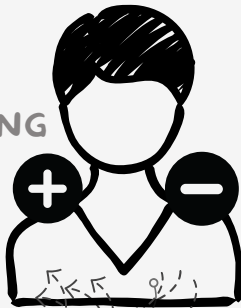
EXTERNAL ENVIRONMENT + OTHERS

FROM TO

INTERNAL (SELF) + EXTERNAL (OTHERS)

START
HERE**1** EXTERNAL VALIDATION

DOING

**2** RECEIVING
FEEDBACK**3** PERFORMING**4** FLUCTUATING**5** SHAKY BASE**5** ENGAGING EXTERNALLY

DOING

**4** INTEGRATING
FEEDBACK**3** EXPRESSING**2** INNER
GOLD

BEING

START
HERE**1**

FOUNDATION