

My self-worth

Take some time to think about your self-worth. How do you judge yourself? What are the things you judge your self-worth against?

Rank the things you listed above from the most to least important to your self-worth. It is not always easy to decide what is more or less important to you. To help yourself, consider this question: "If something were to go wrong in that area, what would that mean to me?".

1.

2.

3.

4.

5.

6.

Now, draw your pie chart. Each thing you ranked, turn into a slice of pie. The most important thing will take the most space. The more important something is to you, the bigger the pie slice.

