

Worth ETHIC WORKSHEET *Naomi Dyer*

Hello! You've either attended one of my 'Self-care in the real world' workshops, or you've stumbled on this worksheet because you feel you need to take better care of yourself.

When I speak with women who aren't prioritising self-care, the common reasons they share is that they feel they just aren't worth the effort. So, I coined the phrase 'worth ethic' to help them understand that just like work ethic, we need to have a good 'worth' ethic to put ourselves first. This worksheet is designed to help you understand your own 'worth ethic' and from there, how you can start raising it!

Grab a pen and give yourself a rating for the following statements - answer them honestly.

Rate yourself between 1 and 10 - with 1 being very low, and 10 being 'I rock this!'

RATING

- I treat myself as well as I treat others. _____
- I believe in myself. _____
- I would rather be me than someone else. _____
- I am comfortable receiving compliments. _____
- I handle criticism well. _____
- I like the way I look. _____
- I stay in my own lane, rather than comparing myself to others. _____
- I take time to organise and design my life. _____
- I focus on my successes, not my failures. _____
- I set boundaries and keep them. _____

Next, number them in order of importance of the areas you would like to improve first.

How do you improve them? - Think about what you would need to change to move that rating up even just 1 point. Eg: if you need to work on treating yourself as well as you treat others, think through how you treat others well, what do you do for them? Then, start doing that for yourself!

Continue working through this list until you start seeing - and feeling - your worth ethic raising!