

Wellbeing inspr thatz  
**practical, not preachy**

love, Louise x

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WELLBEING WARRIORS

**life  
coaching  
academy**

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## ~ Strategic Self-Worth ~ Worksheet 1 - August 2025

Quick thought starter worksheet for you to get the juices flowing around Self-Worth. Remember, this is a judgement and comparison-free zone, nothing is "good" or "bad" it's all "Interesting, Mister Bond!".

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1) Do you say "sorry" a lot – even when it isn't actually your fault?

NO

SOMETIMES

YES

2) Do you often feel not quite "good enough" in some way?

NO

SOMETIMES

YES

3) Do you take constructive criticism personally / to heart?

NO

SOMETIMES

YES

4) Do you tend to over-think things?

NO

SOMETIMES

YES

5) Can you be indecisive with simple decisions?

NO

SOMETIMES

YES

6) Do you compare yourself to others and find yourself lacking or "not enough"?

NO

SOMETIMES

YES

7) Do you sometimes put your successes down to luck?

NO

SOMETIMES

YES

8) Do/say/buy things because other people like them and you think they will approve of you?

NO

SOMETIMES

YES

9) Do you have trouble saying no with firmness even when you know you don't want to do it?

NO

SOMETIMES

YES

10) Do you shrug off a compliment when someone says something nice?

NO

SOMETIMES

YES

11) Do you keep quiet about your successes? Hmmm!

NO

SOMETIMES

YES

12) Do you often put yourself down in conversations?

NO

SOMETIMES

YES

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Okay few more quick ones:

What are TEN THINGS you are AWESOME AT:

Tell me TEN REASONS you are an AWESOME HUMAN (I already KNOW you are, just to be clear)  
...but...DO YOU?

Please do ANOTHER 10 reasons you are an awesome human! Remember – if it doesn't challenge you, it doesn't change you.

*Good job! Go dive into this month's tutorial for your smart, transformative tools,  
and I'll see you there!*