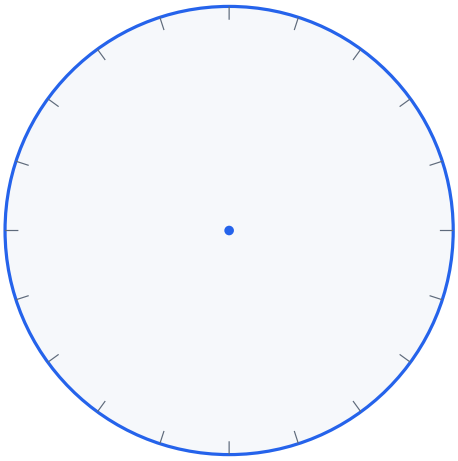
What my self-worth rests on

A pie chart of the things your sense of worth depends on.

Name _____ Date _____

How do you judge yourself as a person? List the things your sense of worth depends on: work or study, appearance, being a good parent or friend, being liked, being useful, sport, creativity, kindness, and so on. Then give each a share, according to how much it really affects how you feel about yourself.



What I judge myself on	% share

What do I notice? What happens to me when the biggest slice goes badly?

How I would like it to be

Areas I would like to count for more (things I value but neglect)

What I could do this month to give them more room

How would I describe the worth of someone I love? What is that based on?

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