

THE SELF-WORTH STOCKTAKE

WELCOME

This stocktake is designed to be done in c. 20 minutes. When people do it for the first time, it may take a little longer. So, you may wish to treat yourself to your favourite drink and enjoy the process :)

INSTRUCTIONS

Please answer the following questions as truthfully as possible. For each question, mark where you feel you are today, on a scale of 1-4. (The statement on the left hand side represents one end of the scale, and the statement on the right hand side represents the opposite end of the scale.)

Please be aware that some of the scales are “forced choices”, so you may find some of the questions rather difficult to answer. Just choose the closest response.

You may wish to print this out, as there are 25 questions to answer.

1)

When I make a mistake, I blame myself for ages and “beat myself up”.	1	2	3	4	When I make a mistake, I acknowledge the error, but this does not affect my friendship with myself. My recovery time is in minutes.

2)

When I see my reflection in the mirror, I frown or get annoyed or depressed.	1	2	3	4	When I see my reflection in the mirror, I smile at myself, with appreciation.

3)

My diet and exercise are fundamental for my self-esteem (or should be).	1	2	3	4	I take care of myself as an expression of self-worth, not as a condition of self-esteem. I can have self-worth even when I skip the gym!

4)

When I embark on something new, it's important that I get it right - in order to enjoy a good reputation with myself.

1 2 3 4

I am willing to "have a go" and to make mistakes: getting things right is not essential to my self-worth.

5)

I do things to make myself feel better.

1 2 3 4

I do things that bring me joy and pleasure.

6)

Professionally, I feel I need to prove myself. So, I am often seeking evaluation and feedback.

1 2 3 4

My work life is about being useful, rather than seeking self-evaluation. I seek feedback about what was useful, not just about me.

7)

I derive my sense of worth from my loved ones and my family life.

1 2 3 4

While family is important to me, I get my sense of worth by living my own life, according to my values.

8)

It's important to be successful: it's an essential part of who I am.

1 2 3 4

I can experience self-worth whether I am successful or not.

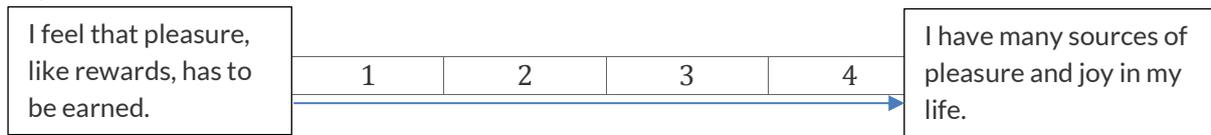
9)

I need to feel proud of my home and environment.

1 2 3 4

I live in a quality environment as an expression of self-worth, but not a condition of self-esteem

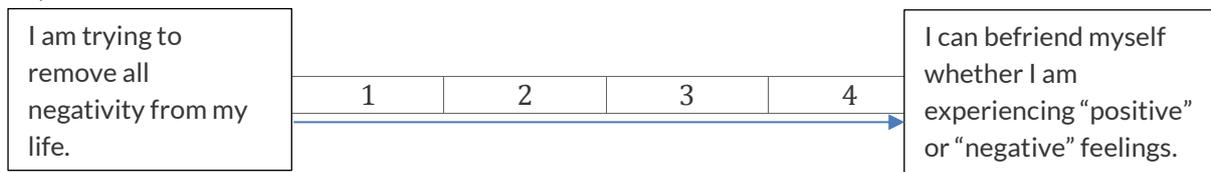
10)



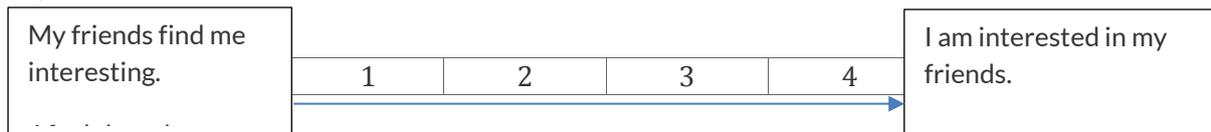
11)



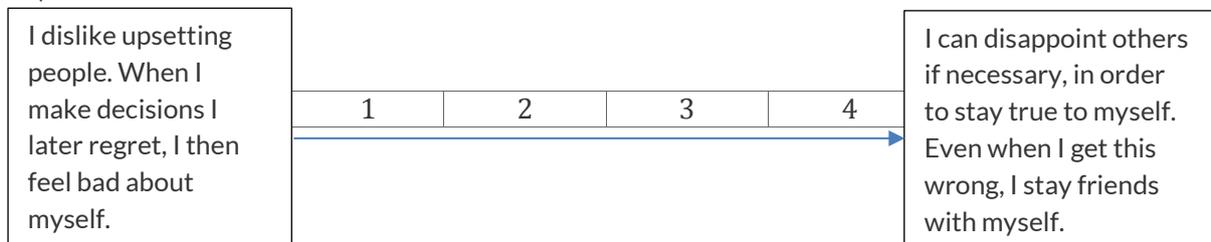
12)



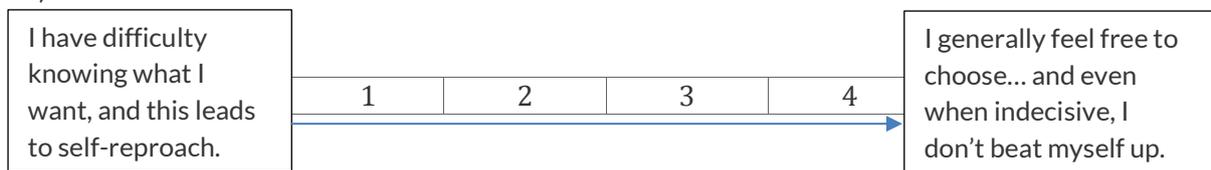
13)



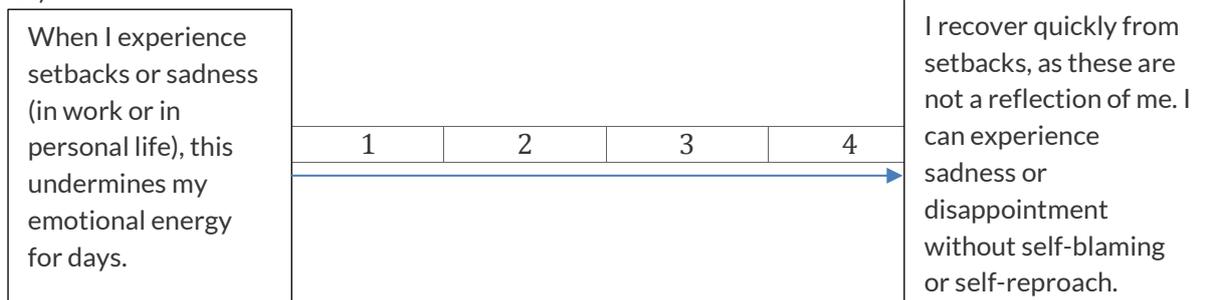
14)



15)



16)



17)

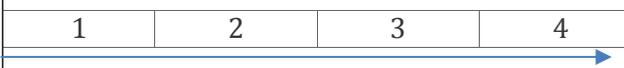
When I get negative feedback, I feel gutted and/or embarrassed.



When I get negative feedback, I feel detached. I'm prepared to consider which elements might be useful, without undermining my sense of self.

18)

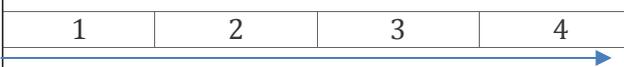
I often feel uncertain or anxious, e.g. that I may be "found out" at any moment.



Though I may experience moments of anxiety, my "home state" is one of quiet confidence and self-belief. I know I am OK

19)

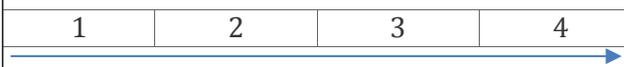
When success comes my way, I tend to dismiss this as good luck, or due to external forces.



By living life according to my values, I use my talents and enjoy success when it comes.

20)

Looking back over the past few months, I feel that life is passing me by.



I am grateful for everything I've lived and experienced.

21)

I worry about the future.



I trust in myself, no matter what happens.

22)

No matter how much I do in a day, it is never enough.



My sense of self comes from who I am; not from what I get done or what I have.

23)

I do not sleep well (due to stress, worry, sadness or depression).	1	2	3	4
	→			
	I generally sleep well. Even when I don't, I can lie awake in peace.			

24)

My life is boring.	1	2	3	4
	→			
	I have lots to look forward to. Even on "flat" days, I am at least a friend to myself and can enjoy life in my own company.			

25)

I feel unloved, disconnected, insignificant.	1	2	3	4
	→			
	I feel thrilled to be part of the human family, a sense of wonder at the mystery of being here.			

SCORING

You can use the stocktake in two ways. First, if you wish to get a straight score, then add up your chosen response for each question. As there are 25 questions, the maximum score is 100. However, it's perhaps more useful to look for patterns. For example, is your friendship with yourself dragged down by achievement? By loneliness? By worry about the future?

MORE?

You may wish to redo the stocktake after a few weeks of practicing the Safari shifts. Alternatively, if you would like to talk to someone and get individual coaching, feel free to email me, or any of the Self-Worth Academy associates: John@SelfWorthAcademy.com