

LESSON 6

HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

THE WOMAN SCHOOL

SELF- WORTH REFLECTION

Reflect on your neurological wiring from your childhood and formative years. Check the boxes that apply to how this person contributed to revealing your self-worth to you. Leave the boxes blank that do not apply. Reflect on the patterns.

	ACCEPTED	APPRECIATED	ACKNOWLEDGED	AFFIRMED	ADMIRE
MOM					
DAD					
SISTER					
BROTHER					
SCHOOL FRIENDS					
TEACHER					
UNCLE AND AUNT					
GRANDPARENTS					
BOYFRIEND					
COACH					
GOD					
OTHER					



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CHECKING FOR PATTERNS EXERCISE

Check the boxes that apply in relation to the person in the left column. Answer the question: "Did or do I find myself needing to PLEASE, PERFECT, PRODUCE, PRETEND, and PROVE in order to receive their appreciation?" Reflect on the patterns.

5 STARS	PLEASE	PERFECT	PRODUCE	PRETEND	PROVE
MOM					
DAD					
SISTER					
BROTHER					
FRIENDS					
SPOUSE					
IN LAWS					
CHILDREN					
BOYFRIEND					
SOCIAL MEDIA COMMUNITY					
COMMUNITY					
BOSS					
COWORKERS					

HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

DISTINCTION SCRIPT: PROVE

“I make the best choice for myself, based on what I love and desire because I do not have to Prove my worth. I am worthy regardless of my choice because I am free to fail”

PROVE <small>People I've had to prove myself to my whole life</small>	EXAMPLE <small>Circumstance that triggered me</small>	CONDITIONAL <small>How did I have to prove myself to this person?</small>	UNCONDITIONAL <small>What's a new script that can help me learn from my past pain?</small>
Dad	Career Choice	I always felt insecure discussing my career options and choices with my father, because whatever I said never seemed good enough. He was always so disapproving.	My Dad loves me, he may not have always shown me that, in the way that I needed it, but I approve of him as my father anyway.
Coach	Tryouts	I always felt like I worked way harder, than most people, in my soccer try-outs and never even got a call back.	Because I didn't make the team, it freed up my time to join the school musical, where I actually thrived." or "God closes one door, another opens."
Spouse	House work	I have to prove myself as a "stay at home" wife and do everything perfectly, otherwise my husband may begin to resent me.	I will complete what I am able to complete. I can say with 100% conviction that I work hard every day keeping the house and making meals, that is enough for me.

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HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

DISTINCTION SCRIPT: PERFECT

“I make the best choice for myself, based on what I love and desire because I do not have to Prove my worth. I am worthy regardless of my choice because I am free to fail”

PROVE People I've had to be perfect for	EXAMPLE Circumstance that triggered me	CONDITIONAL How did I try to be perfect for this person?	UNCONDITIONAL Whats a new script that can help me learn from my past pain?
Friends	Body shame	I was always insecure around all of my friends, especially in the summer, since they all had perfect bodies. And mine was far from perfect.	I'm thankful for my insecurity of not having a perfect body, because I had to learn to be disciplined in my exercise and eating patterns. A priceless lesson.
Family	Pretend	My family jokingly always called me the "golden Child" which would seem like an amazing affirmation, but it's actually really limiting. I'm so afraid to make a mistake, and am completely bound by perfectionism.	I'm thankful to realize that this "golden child" image has kept me in a fixed mindset, afraid of being found out. I'm aware now and can work on my growth mindset. I can now see the gift of having the freedom to fail.
Boyfriend	Exhaustion	My boyfriend always had this image of what a perfect girlfriend acted like and looked like. I hid my real self from him for so long and pretended, saying that I was doing it to win his attention, when really I was terrified he would leave when he met the real me.	I'm thankful for this experience, because I realized that if someone is in love with the "perfect" me, they are not in love with the "real me".

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HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

DISTINCTION SCRIPT: PRODUCE

*“I am worthy regardless of what I am able to Produce.
I give my best because my worth does not need to be earned.”*

PROVE <small>People I've had to produce for</small>	EXAMPLE <small>Circumstance that triggered me</small>	CONDITIONAL <small>How did I try to produce for this person?</small>	UNCONDITIONAL <small>What's a new script that can help me learn from my past pain?</small>
Mom	As a student in high school	In high school and college, if I didn't produce close to perfect grades, my mother labeled me as incompetent and 'not as smart as I COULD be'. This created an immense amount of anxiety.	I was and always will be more important than my grades. I'd rather nurture my self-worth over my grades anyway.
Family	Boss is critical	I produced at a top level in my job, and it never seemed to be enough for my boss. One day, in particular he completely chewed me out in front of everyone, and I didn't say a thing. But I was embarrassed and resentful.	I have learned to value myself, so that I can teach people how to treat me.
Boyfriend	Money contribution	My husband is very aware of when I make money and when I don't make money. When I don't make money he can act resentful and passive aggressive. It feels like I'm walking on eggshells.	I understand that there are stressful financial times, however I am clear and firm with my boundaries, and I am worthy of respect, in spite of what I am able to produce.

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HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

DISTINCTION SCRIPT: PLEASE

“I know I am good and worthy of contributing my light to the world. I do not need to please the people a round me, rather contribute from a place of freedom.”

PROVE People I've had to please my whole life	EXAMPLE Circumstance that triggered me	CONDITIONAL How did I try to please this person?	UNCONDITIONAL What's a new script that can help me learn from my past pain?
Sister	Trying to win sister's attention	I would never say 'no' to my sister, if she asked for anything. Had absolutely no boundaries, and always trying to win her approval by always pleasing her. It made me resentful of her, but I didn't know how to tell her, so I acted passive aggressive.	I realize now that people pleasing is a way of coping with my lack self-worth. I can see the damage of people pleasing as a way to manipulate people. I choose to honor my worth. I serve people from a place of wholeness, and not just to please for the sake of winning their approval.
Friends	Not speaking up, when everyone is gossiping	When all the girls would get together it was inevitable that we would all start gossiping about someone. I never spoke up and defended the person, because I would never want to be the one to ruffle any feathers. I lacked courage to stand up for what is right.	I will not sacrifice my integrity for "fake peace"
Boyfriend	No accountability	My boyfriend used to be so sarcastic, it drove me nuts. I, of course, would never ask him to stop, I would just stew internally. I didn't want to risk losing him, even though I knew I deserved his respect.	I am thankful for this lesson from my past, and realize now that I am free to have my own opinions, and to say, "Stop, I don't like that." I am firm with my boundaries because I value my worth.

HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

DISTINCTION SCRIPT: PLEASE

“I know I am good and worthy of contributing my light to the world. I do not need to please the people around me, rather contribute from a place of freedom.”

PROVE People I've had to please my whole life	EXAMPLE Circumstance that triggered me	CONDITIONAL How did I try to please this person?	UNCONDITIONAL What's a new script that can help me learn from my past pain?

HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

DISTINCTION SCRIPT: PERFORM

“I will perform my best without knowing that whatever the outcome is...

I continue to deserve acceptance.”

PROVE <small>People I've had to perform for my whole life</small>	EXAMPLE <small>Circumstance that triggered me</small>	CONDITIONAL <small>How did I perform for this person(s)</small>	UNCONDITIONAL <small>What's a new script that can help me learn from my past pain?</small>
Social Media Community	My vlog posts	I feel like I have to be the perfect “homemaker, mother, and wife” for my lifestyle Vlog. It’s exhausting acting like I’m perfect and happy all of the time, when I’m really not.	I strive to be my highest and best self, but my failures and inadequacies do not define my self-worth. I am free to be authentic and share my raw journey towards my wholeness. I see the value of being “real” with people. I am not afraid to show the imperfect version of me.
Business Partner	Shared project	I acted like I had a handle on this project and bit off more than I could chew. I was afraid to tell my business partner that I needed help.	If I’m operating from a performance mindset and afraid of asking for help, it actually holds the business back. It’s a waste of energy.
Partner	Late coming home from work	My husband continually comes home late, and I performed as though everything was okay without holding him accountable.	I am free to feel frustrated and hold him accountable. I am a woman of integrity and authenticity. No more performing.

DISTINCTION SCRIPT: PERFORM

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PATTERN REFLECTION EXERCISE

WHERE DID THE PATTERN START?

Journal and reflect on how your self worth was revealed to you and how you are going to reclaim it moving forward.

(Answer this following question if you get stuck, "What was the most revealing thing that you discovered about yourself from these exercises?")

REWIRE FORMULA

WRITE

RECITE

REPEAT

RETREAT

I AM WORTHY SCRIPT EXERCISE

- I am worthy of a **BEAUTIFUL LIFE**
- I am worthy of **PEACE**
- I am worthy of **ABUNDANT TIME**
- I am worthy of **ENERGY**
- I am worthy of **QUALITY FRIENDS**
- I am worthy of a **WORK I LOVE**
- I am worthy of **MY DREAMS**
- I am worthy of **MY CONTRIBUTION**
- I am worthy of a **GENEROUS LIFE**
- I am worthy of **ABUNDANT ENERGY**
- I am worthy of **ACCEPTANCE**
- I am worthy of **APPRECIATION**
- I am worthy of **ACKNOWLEDGEMENT**
- I am worthy of **AFFIRMATION**
- I am worthy of **ADMIRATION**