

MAEA

WORKBOOK

*Believing In Your Own Worth*

# WORKBOOK

## *Believing In Your Own Worth*

Use the below spaces to take notes from the videos contained in this module. The below spaces can be written into digitally, simply click on the box and start typing.

*Alternatively you can print this workbook and take handwritten notes*

### **Video One Insights**

*Your Worth is Fixed*

### **Video Two Insights**

*How To Be Confident*

### **Video Three Insights**

*Stopping Self Sabotage*

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## *Believing In Your Own Worth*



This module is all about strengthening your sense of self worth and confidence. A history of unhealthy or toxic relationships can separate us from our own worth and challenge our confidence to form healthy relationships today or in the future. By reconnecting to your worth you will have the confidence to welcome in healthy relationships and step away from unhealthy ones.

Below are two activities that you can complete to apply the know from the videos to you and your relationships.

Good luck!

### ACTIVITY ONE

This activity is designed to build your confidence through action.

It's called....

#### "DARE OF THE DAY"

Each day, you will choose a Dare of the Day to take that is related to dating, love or relationships.

Here are the rules.

1. Pick one thing per day that scares you, and do it.
2. It has to be something that requires you to "get over a fear."
3. Write about it before and after (*use the template over the page for this*).
4. Do it for seven days straight, try not to miss a day.

The dares can be anything at all however it's important that you create them ahead of time. If you commit to doing this now, you will not be as likely to back out when the day comes. So choose to do this to get good at being self-confident.

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### MY DARE OF THE DAY DIARY

1. What is your dare of the day?
2. What is your thought about doing it?
3. Complete the behaviour pattern model from the 'Taking Back Control' module on your fear of your dare.

*Circumstance*

*Thought*

*Feeling*

*Action*

*Result*

4. Now create an alternative model with self-confidence on the feeling line and completing the dare on the result line. Fill in the rest of the model.

*Circumstance*

*Thought*

*Feeling*

*Action*

*Result*

5. Complete your dare and write about it here. What did you learn about yourself and your self-confidence?

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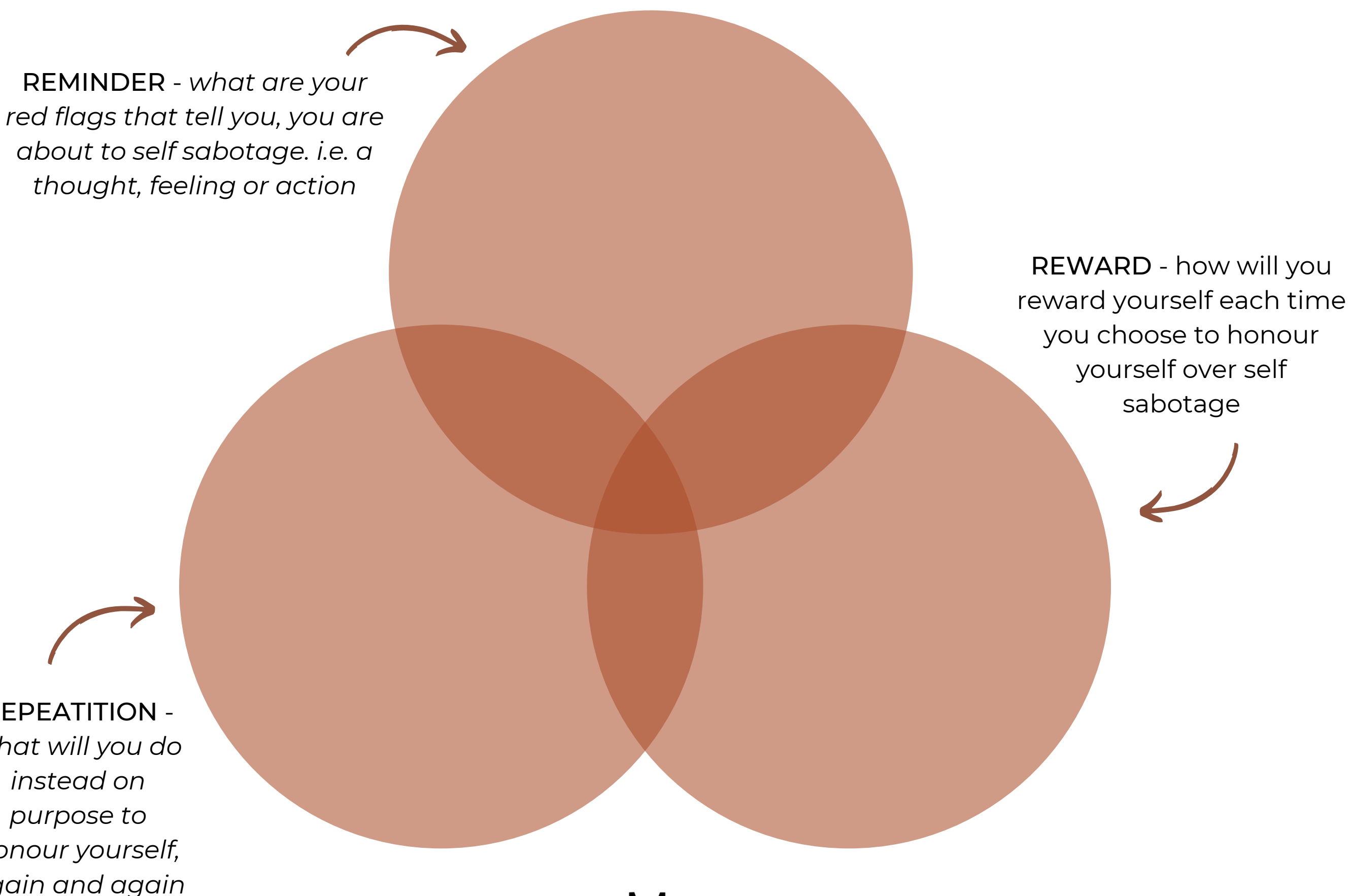
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### ACTIVITY TWO

Using awareness gained from video three - Stopping Self Sabotage, identify your biggest self sabotaging habit when it comes to relationships. For example is it 'losing interest in someone as soon as they start to express feelings for you' OR 'shutting down and not speaking when you partner disagrees with you'. Once identified fill in the three R's of habit formation model below to create a plan for managing your self-sabotage.

**What is your self-sabotage pattern? What do you currently do.**



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