

## Unconditional Human Worth – Core Worth

### Laws of Worth

1. All are born with infinite (unlimited), internal and unconditional worth as persons.
2. All have equal worth as people. Worth is not comparative or competitive.
3. Externals don't add or take away from worth – things like money, looks, performance or achievements do not impact our worth – it is there regardless and is unchanging.
4. Worth is stable and never in jeopardy (even if someone rejects you).
5. Worth doesn't have to be earned or proved. It already exists in you as a human being. Just recognize, accept and appreciate it.

### Separating Worth from Externals – These **do not** impact your worth

EXTERNALS	FUNCTIONING LEVEL
Appearance/Looks	Attitudes
Strength	Daily Self-Evaluation
Intelligence	Performance
Education	Hygiene/Grooming
Genders	Sickness/Health
Race/Ethnicity/Skin Colours	Productivity
Scholastic Achievement/Grades	Resilience
Skills	Confidence
Friendliness	Control Over Events
Talents	Selfishness or selflessness
Handicaps	Feelings
Material Advantages	COMPARISONS
Wealth	Competence relative to others
Mistakes	such as sports/grades/salary
Behaviour/Decisions	
Physical Fitness	JUDGEMENT OF OTHERS
Manners	How many people like you
Clothes	Other's approval or acceptance
Car	How others treat you
Church Activity	Ending of Relationships
Family Image	
Parents' status or character	
Marriage Status	
Dates	
Power	
Being right	

## Unconditional Individual Worth – Internals

Our own unique thoughts, feelings and behaviours are personal characteristics that no one else can possess in exactly the same way as we do. It is for this reason that all humans have individual worth. **Where does your individual internal worth come from?**

List your Roles in Life:

(such as being a parent, child, sibling, student, co-worker, boss, friend, bill payer, house manager)

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List your life goals:

(for example to make dean's list, raise happy and healthy children, be a good spouse, become part of management at work, contribute to community through volunteer)

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Describe your innate abilities or talents:

(you will notice these from your hobbies and the activities that you excel at – good people skills, a positive attitude, good at organizing, patient with people, making people laugh)

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## Personal Thoughts and Beliefs

I feel worthwhile when I \_\_\_\_\_

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I'm competent and successful in my \_\_\_\_\_

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I'm happiest when \_\_\_\_\_

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I'm strongest when \_\_\_\_\_

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My friends and relatives appreciate me for my \_\_\_\_\_

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I like myself because I'm \_\_\_\_\_

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I feel fulfilled and confident when \_\_\_\_\_

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