



# You Are Worthy:

## An Exercise in Feeling Loved & Valued

- 1. Identify the areas you feel insecure about and why.** (e.g. *I don't like my body because my gut sticks out/ I feel like a bad parent because I don't have time to spend with my kids.*)
  
- 2. Identify how you want to feel in these areas.**  
(e.g. *I want to feel beautiful and strong in my body/ I want to feel like a responsible parent with love and energy to spare.*)
  
- 3. List a few things about each situation you DO feel good about. In what ways are you already a good parent, friend, spouse, etc? In what ways are you already beautiful and strong?** (e.g. *I have a healthy complexion/ I care about my kids and always ask them how their day went.*)

Every time you second-guess your self-worth, bring to mind the statements above about what *is* going well for you in these areas. Strengthen your self-worth muscle by recognizing yourself and the situation in a compassionate light. Grow the love that's already there with your conscious attention. Over time, you'll find the inner voice of love speaking louder than your fears.

Feel free to send me your completed worksheet for personal feedback. I'd love to talk with you about welcoming more love, self-worth and acceptance back into your life. We're all in this together! **Email me at:** [jamin.olivencia@gmail.com](mailto:jamin.olivencia@gmail.com)

Your Ally in Kindness,

**Jamin Olivencia ( 11th Warrior)**