



SELF-WORTH ESSENTIALS

**flip the script from wounded to worthy
step into the truth - you were born worthy**

by **Gemma Stone**

Welcome! I'm so glad you're here.

Glimpsing into the minds of people is my profession.
It's also a very special privilege.

From that position, I know that many people have a voice in their head that spouts unkind things. The most common negative thought loop seems to be – “I am not enough”.

When we under-value who we are, critical inner chatter eats away at our confidence and motivation.

If you are exhausted from staying late and not feeling seen, under-charging and over-giving, battling the beast of perfectionism, or contorting yourself to fit into the mold of the expectations of others, you're in the right place.

Self-Worth Essentials is a free workshop and workbook for our TLTL community. Together, we are going to unpack the two most important questions about self-worth:

Where does self-worth come from?

How do we build self-worth when we don't have enough of it?

I'm here to tell you, from twenty-years of experience as a psychology expert and forty years of being a human who has also struggled, it is possible for you to make the changes you want to make, to move from not good enough to more than enough.

You are in the right place, if you're experiencing at least one of these things:

- a nagging sense of insecurity
- feeling overwhelmed with trying to prove (or improve) yourself
- a chronic feeling of not measuring up
- difficulty speaking up and prioritizing your own needs
- saying “I'm sorry” or feeling guilty for everyday actions
- not wanting to “rock the boat”
- not feeling deserving or capable of what you want
- struggle with making decisions for yourself
- doing favours or buying gifts excessively for others
- a negative, critical inner voice



GETTING THE RIGHT SUPPORT

I know there is a life that you desire for yourself, a life you love.

All my work in the world is to help you move from where you are now, to where you want to be. I have a whole lotta tools, techniques, and training to support you in designing, and living, a life you love.

Together, we'll be travelling companions as you bravely adventure into your heart, mind, and life ready to make the changes you want to make. I'm thrilled to be by your side for this!

If you're looking for more than what's offered here, you can check out [Unstuck](#) – my four-week program that goes into much more depth than I'm able to offer here.

I want to clarify where my online resources fit in your life and where you might need an extra helping hand to find your way through. I know that, if you're out to create meaningful change in your life, it's probably because something is not working.

At times, when life isn't working the way we want it to, our thoughts, feelings, and behaviours can be difficult to sort through.

This workshop will offer up tools to help you deepen your relationships with yourself, psycho-education to support your awareness, and information about how to use the power of psychology to align more fully with the life you love.

My online programs are not a first line treatment for times when you're experiencing psychological distress. It is not a substitute for face-to-face therapy or treatment from your medical professionals.

We all have bad days (because we are human and that's part of the gig) but there's a difference between a few bad days and a few bad months. If you are regularly struggling with your mental health, please seek professional support. In this workshop you're going to find ideas and insight, comfort and connection, along with some practical strategies for you to make the changes you want to make.

I am so glad you're here.

xx,
gem



WHAT IS SELF-WORTH

Self-worth is a deep belief in your inherent value as a human.

That's right – inherent. You don't have to earn your worth – no need to hustle to prove your worth, you already have it.

It's time to flip the script from wounded to worthy and step into the truth – you don't have to earn your worthiness – you were born worthy.

HOW DOES LOW SELF-WORTH IMPACT LIFE?

Low self-worth affects everybody differently and not all signs will apply to all people, but generally, the more signs you recognize in yourself, the lower your self-worth.

Low self-worth tends to collect into four buckets and causes a myriad of problems.

1. I'm not good enough.

If you find yourself in this bucket, you likely have problems loving and accepting yourself the way you are. You criticize and judge yourself and expect perfection from yourself while wishing you could look like or be like someone else. You might even feel ashamed of yourself.

When it comes to social interactions, you often feel overlooked and ignored in conversations, and can struggle socially. At times, you're tempted to exaggerate to appear more interesting to others or you are easily embarrassed in conversations because you don't feel important or intelligent enough to contribute something useful.

When you are praised, you feel unsure of how to respond and you feel uncomfortable with too much attention. Even though you really want it, you think happiness, health, wealth, or love are not meant for you. When good things happen, you can sabotage yourself because you subconsciously believe you are unworthy of them.

If you're in this bucket, you may struggle financially because, deep down, you feel you don't deserve an abundant life. You might also feel awkward asking for what you deserve or charging appropriately for your services.

This theme tends to push people into buying things they don't need, shopping to soothe themselves, and trying to 'keep up with the Joneses'.



2. I don't believe in myself.

If you find yourself in this bucket, you tend to value other people's views and opinions more than your own because you think their opinions are more valuable than yours. You can struggle with making decisions so you ask others what they would do in your situation instead of listening to your own intuition. The reason you do this is because, subconsciously, you believe that your point of view is only legitimate if other people agree with you.

If you're in this bucket you'll worry about the potential consequences of your choices and decisions. The self-doubt can be crippling. You tend to procrastinate because, deep down, you believe once you start you will fail because you don't have what it takes to succeed.

As much as you want to reach for your big dreams and goals, you don't. You fear change and may even consider yourself an under-achiever. When you take something on you have a habit of expecting the worst so you won't be disappointed when you don't succeed.

Socially, you feel self-conscious and lack confidence in work and social interactions. You may feel – or may actually be – victimized or bullied. Because you feel anxiety in daily life and unfamiliar situations, you tend to avoid situations that take you out of your comfort zone.

3. I need approval from others.

If you're in this bucket, you may worry about what other people think or say about you. If someone doesn't approve of you, it can be painful and so you may react with criticism, upset, or defensiveness.

You tend not to ask for help if you are overwhelmed because you worry others will think less of you if you can't achieve everything on your own. Subconsciously, you believe asking for help may be seen as a sign of weakness in other people's eyes.

If you tend to beat yourself up for things you said or did during interactions with other people, you may be in this bucket. When this happens, you replay conversations with other people in your head until you are sure you made a fool of yourself. You tend to justify your actions, thoughts, and feelings to others because you want them to approve.

In terms of how this impacts you socially, you usually prioritize others over yourself because you desperately want to please them. Overtime, you'll feel burnt out, resentful and may feel people take advantage of you and don't appreciate you. Understandably, your relationships often seem one-sided and you may feel unloved and uncared for.



If you're in this bucket, you typically don't share your true feelings with other people – they are used to you being the always happy, cheerful, supportive one. You like to keep it this way because disappointing other people physically hurts you. You have trouble expressing your feelings towards others because you fear rejection and it may be hard for you to admit when you are wrong or made a mistake. When criticized or rejected you may get angry or react aggressively

You're always looking for the next accomplishment to prove yourself, while at the same time, feeling self-conscious. You spend a lot of time, money, effort, and emotion trying to improve your physical appearance. If you've been on every diet ever invented, this bucket might be yours.

4. I don't measure up.

If you're in this bucket, you have a tendency to compare yourself to others to see how you measure up. Usually, you find yourself lacking and feel intimidated by other people's achievements. You feel behind in life compared to others but, at the same time, you want to impress them. You feel small and less significant and to cope with these feelings you may obsess about finding your purpose and direction so your life will matter.

When meeting new people – especially rich, famous, or influential – people you feel self-conscious, anxious, shy, uncomfortable.

You tend to find yourself involved with gossip because hearing about other people's misfortunes and mess-ups makes you feel better about where you are at. Because you notice your own mistakes, shortcomings, and flaws you also tend to notice them in others.

When I think about all the different ways low self-worth can be expressed, the ones that resonate the most for me are ...



WHERE WE LOSE SELF-WORTH

Most babies are born knowing they are worthy of love, and worthy of having their needs met.

Most toddlers, incessantly advocate for what they want and (loudly) express their preferences. They don't care what others think if they make a mess while they eat or stumble while they are learning how to walk. They just keep going.

Then, at some point, life happens.

We are exposed to trauma or shame, other people's judgments or societies expectations. We experience shame, criticism, and rejection. We start to question our inherent worth and we being performing to earn it.

Little by little, our belief in our inherent worthiness disintegrates.

But, just because the belief erodes doesn't mean the truth does. The truth is still the same - you were born worthy.

You are just as unconditionally and inherently worthy of every other being. You just need to remember the truth of your worth.

When I reflect on where I lost my inherent self-worth, I can see ...



INTERRUPT THE LIE

You may be wondering - how do I remember my inherent worth?

First, acknowledge that is the truth you're trying to get back to.

Let's pretend that Oprah was in an unfortunate gardening accident where she stepped on a rake and it smacked her in the head. She's admitted to the hospital with amnesia and they are trying to get her to remember how rich, powerful, famous, and brilliant she is. At first, she may think you're crazy. But, slowly slowly, with practice and regular reminders to regain her memory, she returns to the truth of who she is.

That's how we recover the truth of our inherent worthiness.
With lots of loving reminders.

Whenever you feel criticized, rejected, judged, ignored and you start to feel 'not good enough'. Remind yourself - my true worth is inherent and unconditional.

Whenever you fail, quit, make a mistake, or beat yourself up for being imperfect.
Remind yourself - my true worth is inherent and unconditional.

Whenever others are mean, disrespectful, unkind, and you start to feel worthless.
Remind yourself - my true worth is inherent and unconditional.

Whenever you abandon yourself to please others.
Remind yourself - my true worth is inherent and unconditional.

When, where, and with who will you remind yourself - your true worth is inherent and unconditional?

REWIRE YOUR BRAIN FOR WORTHINESS

Every time I see _____, I will remind myself that my true worth is inherent and unconditional.

Every time I hear _____, I will remind myself that my true worth is inherent and unconditional.

Every time I taste _____, I will remind myself that my true worth is inherent and unconditional.

Every time I touch _____, I will remind myself that my true worth is inherent and unconditional.

Every time I smell _____, I will remind myself that my true worth is inherent and unconditional.

WORTHY PRACTICE

What are five simple things you can do on a daily basis that express your inherent worth to yourself. You don't have to earn it.

1.

2.

3.

4.

5.



Your life is your home, from birth to death.
It's worth it to invest in making it one you adore.

No matter what's going on, it's never too late to reconnect
with the life you love, to start making small changes
and to start feeling better.

I'm here for that.
I'm here for you.

All love,
gem



GRATITUDE

Feel free to share a section of this workbook, wherever you like.

Your blog, your book, all over your social channels, in your holiday greeting card – share it with friends, family, and students.

It's all good and I'm grateful for your help in spreading the love.

Please use my full name and kindly link back to my website:

GemmaStone.org

If you'd like to publish the entirety of this workbook in a book, magazine, on a website, or any other platform – or if you'd like to use this worksheet in a commercial / for-profit context – please email gemma@gemmastone.org to request permission first.

#pleaseandthankyou

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WANT MORE?

I got you covered...

If this workshop and workbook rocked your magnificent world, there's plenty more where that came from.

Three things you can do next:

1. Hop over to GemmaStone.org and explore all of my ramblings and life lessons on choosing love over fear, mastering your mindset, managing your mental health and using the magic of psychology to live a life you love and add love to the world. To receive a little more love in your inbox, you can sign up for my [Sunday Love Letters](#) - they are packed with inspiring true stories, psychological strategies, a few of my favourite things.
2. Register for [UNSTUCK](#) - transforming self-sabotage into self-mastery. It's a one-month online program where we dive deeper into everything we've covered here and so much more: enhancing self-awareness and self-control, clearing away sabotaging subconscious stories, and releasing unconscious fears that are limiting your potential so you can access your full power, confidence, and self-trust. Because your life is too precious to waste another moment feeling stuck.
3. Prance over to your inbox pop gemma@gemmastone.org into the address line and let me know if you have any questions. Also! If this workshop - or any of my work in the world - made your day, triggered an epiphany, or helped catapult you forward, tell me about it.

Here's my dream for you ...

the freedom to do the things you want to do, follow-through on what matters most, keep your promises to yourself and feel damn proud that you are creating a life you love every day.

No one on earth can do what you do, in precisely the way that you do it.

You are precious and our world needs your special brand of magic.

Thank you for being in my orbit.

xx,
gem



ABOUT THE AUTHOR



Gemma Stone is a registered psychologist, neuroscientist, author, speaker, and lover of life. Gemma is laser focused on helping people build emotional intelligence and resilience so they can navigate the hard things that happen and live a life they love.

She's been working in the field of psychology for over twenty years. Her formal training, degrees, certifications, and licences range from psychology to executive coaching, to hypnotherapy, to neuro-linguistic programming, to yoga instruction.

In addition to her psychology practice, facilitates retreats in the Rocky Mountains {now online} and consults with organizations internationally.

She is the author of *Your Great Life* : a soulful and strategic guide to designing a life you love and has supported thousands of people creating lives they love.

When she's not working, you can find Gemma adventuring the world with her two Suns, making homemade dark chocolate treats, or curled up in a corner with a book.

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Want to know the messy human story that brought Gemma to this work?

Here's a slice of her story.

On my twenty-fifth birthday, while soaking in a bubble bath, sipping on champagne, and nibbling on chocolate, I started to cry.

I didn't like myself. I didn't like my life.

In that moment, I realized fear was controlling me ...

- ... fear of not being enough {pretty enough, skinny enough, rich enough, smart enough}
- ... fear of vulnerability
- ... fear of rejection
- ... fear of failure



ABOUT THE AUTHOR cont...

I had built my life on a foundation of fear and I was depressed, anxious, and unfulfilled. From that moment forward I devoted myself to living from love instead of fear and helping others do the same.

I won't get into the nitty-gritty details, but suffice it to say, I know what it means to let fear dictate your every decision.

I've felt the devastation of depression.

Sexual abuse darkened my childhood.

Disordered eating stole a portion of my adolescence.

Post-traumatic stress disorder, addiction, and panic attacks

Thoughts of suicide and crippling debt stifled my early adulthood.

Why am I telling you this?

Because I want you to know you are not alone ... and that transformation – of the most miraculous kind – is absolutely possible.

About 20 years ago, I began to slowly and deliberately rewire my core beliefs. I became laser focused on building emotional intelligence and resilience. I started reframing – and eventually releasing – my fears.

I knew I needed to learn how to deal with the hard and horrible things life throws our way, so I could become stronger than I was before and become free to live a life I love and add love to the world.

I applied these concepts to my life and mind, in practical ways. It transformed my world.

Today my life is anchored in love. In my psychology practice and consulting work, I've helped thousands of people resolve their past trauma, fall in love with their lives, and step into futures they've only dreamed about.

Rest assured, every lesson I've learned, I've learned for me and for you.

Thank you for being here. Without you, my purpose would have no place to land.

xx,
gem

