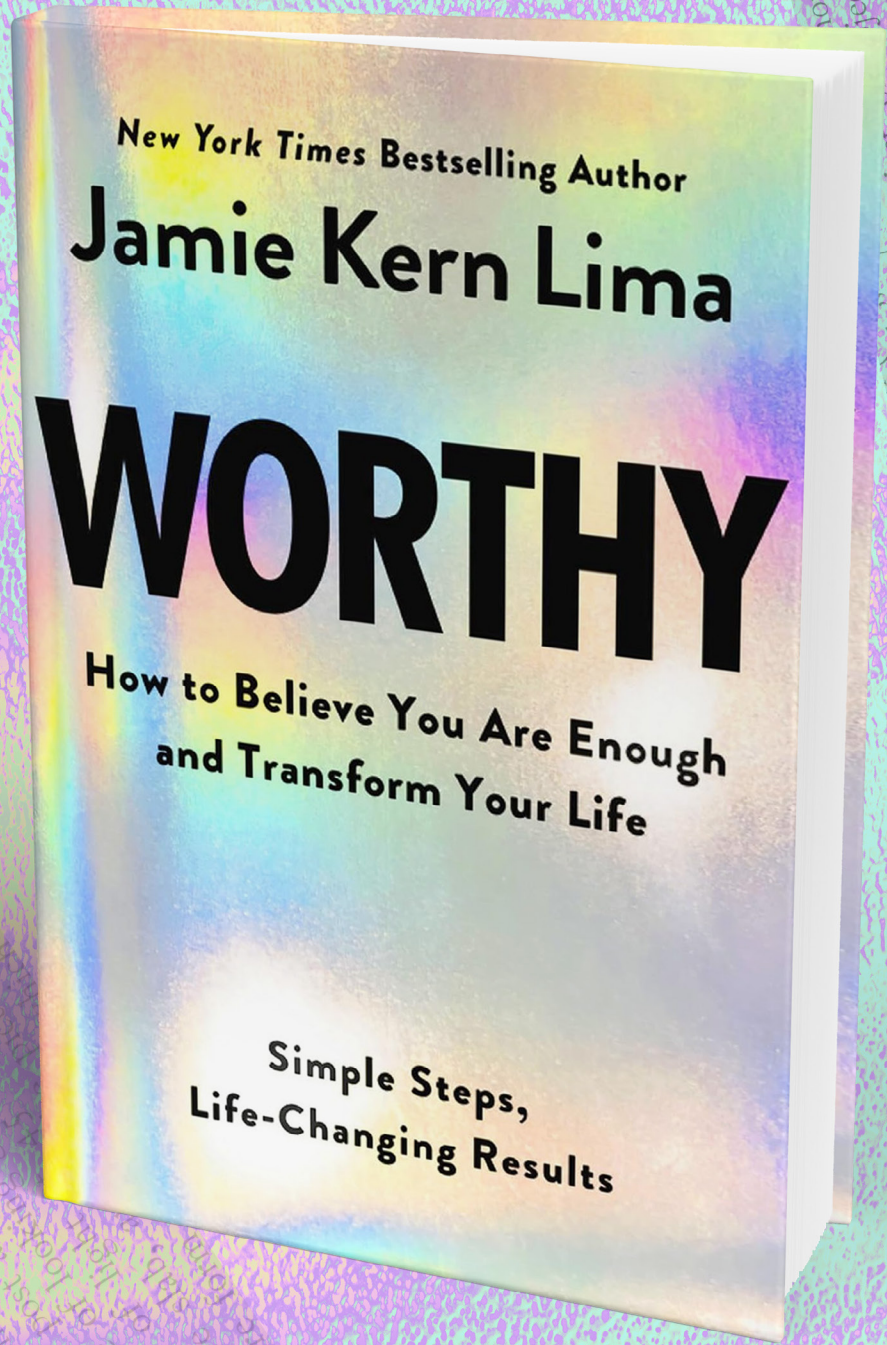


Woman
EVOLVE

BKCLB

MARCH 2024

YOU ARE WORTHY



WORTHY:
HOW TO BELIEVE YOU ARE ENOUGH
AND TRANSFORM YOUR LIFE

BY JAMIE KERN LIMA



YOU ARE WORTHY

Today's hustle culture tells us that worth comes from productivity. This couldn't be further from the truth. This exercise will help you redefine 'worth'.

Start by circling the answers that feel most accurate for you.

Productivity:

- A) Defines my worth.
- B) Is most important.
- C) Is the only thing that fulfills me.
- D) Does not define me.

Rest is:

- A) Lazy
- B) Not important
- C) Meant to be earned
- D) Necessary

Worth comes from:

- A) What I do.
- B) How much I do.
- C) How well I do what I do.
- D) Who I am.

For the questions to which you responded A, B, or C, write a new, positive definition for each word. It's okay if you don't fully believe the new definitions yet. Return to this exercise whenever you need a reminder.

Your new definitions:

Productivity is _____.

Rest is _____.

Worth comes from _____.

Negative experiences, unhealthy relationships, and society's unrealistic expectations can teach you that worth is related to productivity, accomplishments, appearance or financial status. What experiences have had a negative impact on your self-worth? How can you offer compassion to yourself around those experiences?

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