



# **iChoose XLR8**

## **Module 1**

**HELLO**  
i am

# Lesson 8: Self-Worth

A person is holding a sign in front of their face. The sign is divided into two horizontal sections. The top section is red with the word 'HELLO' in large white capital letters, and 'i am' in smaller white lowercase letters below it. The bottom section is white with the word 'PRICELESS' in large black capital letters. The person is wearing a dark blue t-shirt. The background is a blurred outdoor setting with green foliage.

**HELLO**  
i am

**PRICELESS**

*“The value we place on ourselves is the same value others will place on us.”*

**JOHN C. MAXWELL**



**AT THE END OF THE FORGIVENESS LESSON, YOU WROTE AN ACTION STEP TO IMPROVE YOUR SELF-RATING.**

Did you complete the action? ☐ Yes ☐ No Describe the results. ....

**LEGEND:**

Use the prompts throughout the lesson to guide you.



First person  
read aloud.



Next person  
read aloud.



Underline what's  
important to you.



Share with  
others.



Take  
action.

**HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:**

1. Form groups of 3-5 for a 30-45-minute time slot and 6-8 for an hour.
2. Respect and value each person in the group.  
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.  
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



**THE GOAL OF THIS LESSON:**

**Know your value so you can make the choice  
to not sell yourself short.**



o1

## Self-Worth is a Choice



Your self-worth is the feeling that you have good qualities and have achieved good things.

### *Who Are You?*

You are special

You are important

You are unique

You are gifted

You are accepted

You are essential

You are significant

You are worthy

You are priceless

***You matter!!!***



It is important to know this about yourself. It is more important for you to accept and express these qualities about yourself. Write down these qualities as the first step to embracing them as a part of your life.

### *Who I Am*

I am special.

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

I am \_\_\_\_\_

***I matter!!!***

**REFLECTION:**

Which one of the qualities was the easiest for you to list?

Which one of the qualities was the most difficult for you to list?

Why? Share with others. ....



**02**

## Self-Worth Statements

The value you place on yourself is important because...

**1. It is the same value others will place on you.**

How do you feel about yourself? How do you label yourself? Check your value. Perhaps you have marked yourself down. It's you that determines your worth. Get off the "Clearance Rack" and put yourself in the glass case where the "Valuables" are kept. Bottom line: Value yourself.

Why? If you place a low value on yourself, rest assured that others will not raise your value. Your value doesn't decrease based on how someone else feels about you. It decreases by how you feel about yourself. Low self-worth occurs when you imitate others instead of being yourself. High self-worth is when you appreciate yourself and back it up with good behavior.





Eleanor Roosevelt said,

*“A snub is the effort of a person who feels superior to make someone else feel inferior. To do so, he has to find someone who can be made to feel inferior.”<sup>3</sup>*



The value you place on yourself is important because...

**2. It is the same value you will place on others.**

Brian Tracy says, “There is a direct relationship between your own level of self-esteem and the health of your personality. The more you like and respect yourself, the more you like and respect other people. The more you consider yourself to be a valuable and worthwhile person, the more you consider others to be valuable and worthwhile as well. The more you accept yourself just as you are, the more you accept others just as they are.”<sup>4</sup>

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**Today I will begin raising  
the value of my self-worth.**

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<sup>3</sup>“Heart Balm Suit Ban Given Support By Mrs. Roosevelt.” *News and Courier* [Charleston, South Carolina], 26 March 1935, page 7.

<sup>4</sup>Tracy, Brian. *Maximum Achievement: Strategies and Skills that will Unlock your Hidden Powers to Succeed*. Simon & Schuster Paperbacks, 1995.





yourself





## 03

# Self-Worth Steps



### 1. Fill your self talk with self-worth.

You have a running conversation with yourself going on all the time. It's the most valuable conversation you will ever have! Most of your emotions are determined by the way you talk to yourself. You naturally move toward the conversations you have with yourself. What you say about yourself, you tend to believe. What you believe, you tend to act. How we act, we tend to become. No world record was ever set by someone who said, "I cannot do this."



#### REFLECTION:

Select the one that applies to you:

My self talk is...

- ☐ Encouraging
- ☐ Positive
- ☐ Motivating
- ☐ Discouraging
- ☐ Negative
- ☐ Procrastinating
- ☐ Harmful
- ☐ Helpful
- ☐ Makes Me Better
- ☐ Makes Me Worse



## 2. *Invest in yourself.*

You must see value in yourself before you add value to yourself. Self-image will determine more than anything else how much you will invest in yourself. Why is it important for you to add value to yourself?

Because you cannot give what you do not have. When you get better, you can help others get better. Your personal development is the belief that you are worth the effort, time, and energy that is needed to develop yourself.

### **TAKEAWAY TRUTH:**

When nobody else celebrates you, learn to celebrate yourself. It's not up to other people to keep you encouraged; it's up to you. Encouragement should come from the inside.

## 3. *Add value to others*

Self-worth is the feeling you possess good qualities and have achieved good things. How do we achieve good things? By adding value to others.

### **SELF-WORTH GUIDE:**

1. Feel good about yourself. If you don't feel good about you, it's hard to feel good about anyone or anything else.
2. Feel good about others. The better you feel about others, the more you will want to add value to them.
3. Do good for others. It is impossible to feel badly about yourself when you are doing something good for others.
4. Think of ways to add value to others.
5. Look for ways to add value to others.
6. Add value to others every day.





#### REFLECTION:

1. Who will you add value to this week?



2. How will you do this?



#### FINAL THOUGHT:

Your self-worth is defined by how you feel about yourself and how others feel about you. Adding value to others will enable them to feel good about you, and you will feel good about yourself.

At the end of each day, silently affirm that you are the type of person you would like to spend the rest of your life with.



**Today I will add value to others.**



*“The value we place on ourselves is the same value others will place on us.”*

**JOHN C. MAXWELL**

**EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE VALUING YOURSELF ON A SCALE FROM 1 TO 5:** Select your answer. (1 is weak, 5 is strong)

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Why did you give yourself this rating? .....



**ACTION STEP:**

What specific action can you take immediately that will improve your rating? .....





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