



# The Compass Within

## Module 4 – Reflection Sheet 2

If you reflect on the feeling of self-worth, what is it that you notice? Do you immediately go to what you do, or to the roles that you play in life (e.g., parent, child, spouse, employer) or to your career/job title?

Consider the word self. When capitalized, as in Self, I think of it as the essence of who we are. It is that aspect of us (yes, it is part of us, NOT separate!) that I think of as Presence. Or God Self. What you call it doesn't matter.

If you value that Presence within you, you could also say that you are valuing yourself---that you have self-worth.

Self-worth sits on the other end of the continuum from self-denial and self-doubt. So much of struggle in life rests in the denial of this force --- Presence---that keeps us alive. Acknowledge Presence in yourself. Then it becomes far easier to see it as alive and well in those around you. That's seeing God in everyone.

### Words to explore:

Take a few moments with each word. Say it aloud. How does it feel in your body? What is your first thought? What pictures, words, associations come to mind? Make notes.

Self-denial

Self-doubt

Self-pity

Self-judgment

Self-righteousness

Self-esteem

Self-expression

Self-respect

Self-confidence

Self-worth