

7 HIDDEN THREATS TO YOUR **SELF- WORTH**

THAT KEEP YOU **PEOPLE-PLEASING**, TRAPPED
IN AN UNHEALTHY **SELF-IMAGE**, AND STUCK IN
UNHEALTHY RELATIONSHIPS



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Hello, friend! 🌞

Congratulations on taking a powerful step forward toward understanding the true meaning of self-worth.

At SOAR Clarity Coaching, we believe in the incredible value you bring to the world, and we're so glad you're here to explore that with us.

You're on a path to greater clarity, confidence, and fulfillment, and we can't wait to support you on this journey. Remember, the only validation you need comes from within, and you're already enough—just as you are.

Let's SOAR together!

Warmly,
Lori
Founder of SOAR Clarity Coaching



THREAT #1:

COMPARING YOURSELF WITH OTHER PEOPLE

COMPARING YOURSELF TO OTHERS CAN UNDERMINE YOUR CONFIDENCE AND SELF-WORTH.

SOLUTION:

- Keep your eyes on you
- Focus on your own growth and achievements.
- Celebrate your unique strengths and progress.

your turn

COMPARISON JOURNAL PROMPTS

- When do I find myself comparing myself to others?
- What are my unique strengths and accomplishments that I can celebrate?
- How can I shift my focus from others to my own personal growth?



THREAT #2:

SEEKING EXTERNAL VALIDATION

RELYING ON OTHERS FOR VALIDATION CAN LEAD TO A FRAGILE SENSE OF SELF-WORTH.

SOLUTION:

- Build internal validation by recognizing your own value and accomplishments.
- Practice self-compassion and positive self-talk.

your turn

EXTERNAL VALIDATION JOURNAL PROMPTS

- What are some achievements I am proud of that I can validate myself for?
- How do I currently seek validation from others, and how does it affect me?
- What are some ways I can practice self-compassion and affirm my own worth?



THREAT #3:

FEAR OF FAILURE

THE FEAR OF MAKING MISTAKES OR FAILING CAN HINDER YOUR ABILITY TO TAKE RISKS AND GROW.

SOLUTION:

- Try to see failure as a learning opportunity.
- Set realistic goals and see setbacks as stepping stones to being successful.

your turn

FEAR OF FAILURE JOURNAL PROMPTS

- What fears or beliefs do I have about failure?
- Can I recall a past failure that led to growth or a valuable lesson?
- How can I reframe failure as an opportunity for learning and growth?



THREAT #4:

STRIVING TO BE PERFECT

STRIVING FOR PERFECTION CAN CREATE FEELINGS OF INADEQUACY AND STRESS.

SOLUTION:

- Focus on progress rather than perfection.
- Set achievable standards and appreciate your efforts.

your turn

STRIVING TO BE PERFECT JOURNAL PROMPTS

- In what areas of my life am I striving for perfection?
- How does perfectionism affect my self-worth and well-being?
- What are some ways I can celebrate progress and set realistic standards?



THREAT #5:

NEGATIVE SELF-TALK

INTERNALIZING NEGATIVE THOUGHTS AND SELF-CRITICISM CAN SIGNIFICANTLY DECREASE YOUR SELF-WORTH.

SOLUTION:

- Challenge and reframe negative thoughts.
- Use affirmations and surround yourself with supportive people.

your turn

NEGATIVE SELF-TALK JOURNAL PROMPTS

- What are some common negative thoughts I have about myself?
- How can I challenge and reframe these negative thoughts?
- What affirmations or positive statements can I use to counteract negative self-talk?



THREAT #6:

UNRESOLVED PAST ISSUES

CARRYING UNRESOLVED EMOTIONAL BAGGAGE CAN IMPACT YOUR SELF-ESTEEM.

SOLUTION:

- Address past issues through therapy or self-reflection.
- Let go of what no longer serves you and focus on the present.
- Only focus upon what you can control.

your turn

UNRESOLVED PAST ISSUES JOURNAL PROMPTS

- What past issues or experiences are still affecting my self-worth?
- How can I address or process these past issues in a healthy way?
- What steps can I take to let go of past baggage and focus on the present?



THREAT #7:

OVERWORKING OR BURNOUT

EQUATING YOUR WORTH WITH PRODUCTIVITY CAN LEAD TO BURNOUT AND DIMINISHED SELF-WORTH.

SOLUTION:

- Prioritize self-care and balance.
- Recognize that your value isn't tied to how much you do but who you are.

your turn

OVERWORKING OR BURNOUT JOURNAL PROMPTS

- How do I currently equate my worth with productivity or achievements?
- What signs of burnout am I experiencing, and how are they affecting me?
- What self-care practices can I implement to restore balance and recognize my intrinsic value?



Want more?



OUR OFFERS AT SOAR CAN HELP YOU GO DEEPER!

GET CLEAR ON YOU, AND EMBRACE YOUR UNIQUE AND EXCEPTIONAL PERSONAL BLUEPRINT!

Our services empower self-investment, leading to better decision-making and overall well-being.

With ClearlyYou, you'll learn to say yes to what you like and no to what you don't. Questions like "who to date," "where to work," and "what to eat" become straightforward.

Ready for a change and to live in peace and purpose? ClearlyYou is for you. We'll reflect on your past, discover your authentic self, explore your values, and set goals for your new life. Together, we'll create an action plan to transform you into your best self.

Let's go deeper!



Contact Us

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