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Bigger on the Inside than the Outside

Licensed Professional Counselor

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While we too often believe it to be so, our value is *not* based on what we do. Rather, our value is based on *who we are*. Yet, we live with the value system that our worth and value is based on accomplishments and achievements that evidence our worth and value. And because we tend to value ourselves in this manner, we are in constant need of proving our worth and value through various achievements and successes. Achievements and successes are certainly good things. However, when our pursuit of them is designed to validate our worth to ourselves and others, they become more destructive than constructive.

Being frankly and painfully honest, make a list of the top four characteristics or qualities that you feel currently describe you:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Again, being frankly and painfully honest, make a list of the top four things that you wish were the characteristics and qualities that described you:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On the average, how well would I say I like myself?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How well do I like myself when other people like me?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

How well do I like myself when other people don’t like me?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

1. If I look at my answers to the above questions, what am I seeing?
2. Based on what I’m seeing, what would be two (2) initial goals I could set?
3. What would be the first step in implementing those goals?