



LK Therapy

Self - Worth Programme

What you practice repeatedly, You become.

Part 1. Developing the habit of Self- worth and inner confidence

It's important to search your mind before you start listening to the recording.

The way forward is through the repeated practise of self-development.

Reflect on the following questions: Create a journal and record your answers.

Are you prepared to change?

Do you know where you are going?

What is driving you to change?

How committed are you to putting positive energy and focus into yourself?

How will you maintain your commitment? (even if your journey gets bumpy)

Commitment and self-development can be similar to creating a masterpiece, it's helpful to start small whilst thinking BIG!

Trust your journey. Trust your desire to feel better about yourself

My voice will be with you every step of the way.

Be prepared for people to notice a change that builds in you.

Reflect on the following questions regularly:

Who are you becoming? How will you notice the change? How will you review your progress? Where are your emotions?

How can you chart or signify your changing ways?

What questions will you ask yourself? And what kind of questions will the responses throw up?

What impact is your change having on yourself and others around you?

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You may be an expert in putting off. Think of the focus and energy into yourself and using this energy instead to create excuses to not change. This actually has helped in your favour. It's helped you assess yourself and it's got you to here now. Wanting to feel better about yourself and also having an even more positive influence on others too? Respond as fully as possible to the statements below.

Consider how you would be if you were 'naturally' confident?

How would you 'stand out' ?

What would your confident posture be?

How would your voice sound?

How would people respond to you?

Overall, what is the happiest outcome for you, to feel better about your self?

Trust that deep in your mind, you already know what to do. Put your energy and focus into finding this out.

If you're confident you have low self worth, that's a good sign, you just need to change the direction of your confidence. Switching one word (low to high) makes all the difference.....

Remember what ever you believe, you are probably right. Open your mind to change your beliefs.

The Gradual Self Worth Booster Activity. Find a quiet time and space to do this.

Close your eyes. Imagine yourself as worthy of positive self belief. Take your time. Then step into yourself and feel what you feel, see what you see, hear what you hear, sense what you sense.

Really experience what it is like to feel better about yourself, keep all that positive energy inside you and step out and forward into now.

Remember, your real authentic self is so valuable. Treasure this.

Remember, first we make habits then our habits make us.

What positive habits do you want to live by and demonstrate?

Think about your reaction to doing new things?

Are you somewhere between, one extreme – I can never do this (so I wont try)

To another – I can easily do this (So I just do it)

There is always a happy path to follow. Where does yours normally sit?

Spend the day listening to what your inner voice is telling you. Make a note of any negativity.

Give your mind a mental shake, and then find a way to reframe any negative points. Repeat the reframed points in your mind. Get it used to hearing positive things about yourself.

Check in regularly using your internal Emotional intelligence (EQ).

When you are feeling an uncomfortable emotion inside, reframe (turn positive) what you are saying to yourself inside your mind. If the same emotion keeps coming back, focus for a while, what is it telling you? it may have an important message for you from your subconscious mind. Ask yourself, what do I need to pay attention to here? What really is the internal message saying to me?

Check in with these connections, don't be distracted by why you are getting these messages, just focus on the feeling, where is it? When does it happen? What is it about? If a friend was having these negative thoughts (messages) what helpful advice would you give them?

Reframe whenever you can, practise this daily if needed, and think about a positive response and listen to yourself.

The way you feel about how you feel you can deal with challenges, can indicate your ability to succeed.

A thought to consider, If you don't rate yourself, who will? And why would they?

If someone gives you a genuine compliment and you dismiss it, (if you do- ask yourself why?) Imagine respecting the other person enough to believe them, and then thank them.

One of our minds functions is to prove itself right. So it may feel resistant to improving self worth. It's possible your mind is feeling inner conflict.

This means that sometimes your mind may self sabotage. For example, you are starting to feel better about yourself, and then you do something that may not be as good as you thought it would be, so you may feel you are right back where you started. Its then, like driving with 1 foot on the accelerator and one foot on the brake – remember, you are in control, it's just a lesson, take your learning and move on.

The recording you will receive soon, will help you reduce your inner conflict, and help you increase your self worth. With regular repetition of the recording, your mind will develop an new awareness of important messages for you, versus old excuses to stay the way you currently are.

Don't let that old voice inside your head win. Don't let it sabotage your happier, future self.

Remember if someone can learn to look, sound and feel confident, increasing their feeling of self worth - then so can you. Imagine someone you know who is confident about themselves, ask yourself, how you could feel that way too?

Much of what we do is learned behaviour. If anyone else can learn skills, then so can you. So have a look at how positive people carry themselves, are they present when conversing, are they polite and respectful, are they authentic and genuine, do they connect and really listen – remember, no one ever lost a friend by listening too much. 😊

A really good way to improve your self worth is to make a list of everything you are grateful for, and use this as a focus to start your day. It will encourage your mind to behave in a more positive way, more often. You are now ready to listen to your recording, do this repeatedly, morning or night, and notice how you feel after a week or so of listening every day. Repeat the activities in this document, as often as you feel is right and are ready to maintain your higher self worth.