

# Discover your **SELF-WORTH**

Emotional Regulation and Self-Awareness



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**“I am in competition with no one. I run my own race. I have no desire to play the game of being better than anyone, in any way, shape, or form. I just aim to improve to be better than I was before. That’s me and I’m free.”**

*Jenny G. Perry*

*Author, Blogger, Transformation Coach*



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# Debrief questions

- What is the theme of this quote?
- What is the author trying to say when she says “I have no desire to play the game...”
- Do you compare yourself to others?
- When do you find yourself comparing yourself to others? Instagram? At school? Shopping?
- What message does this quote hope to leave you with?



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# What is self-worth?

## ○ SELF –

-the entire person of an individual.

## ○ WORTH –

-the value of something measured by its qualities or by the esteem in which it is held.



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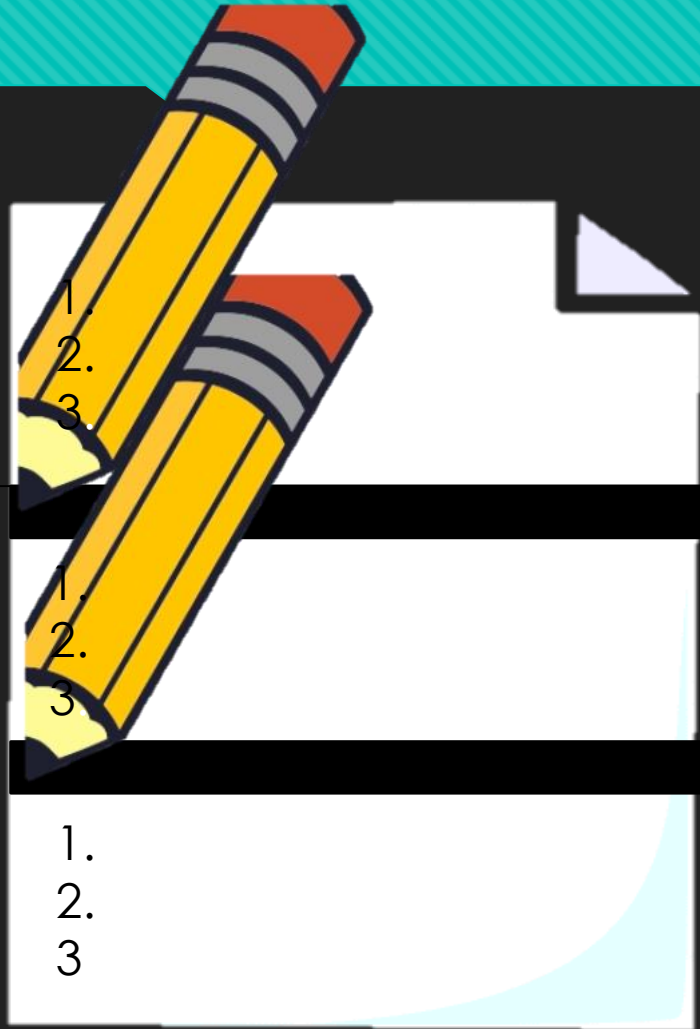
**“Okay, I can define it,  
but how do I get it?”**

That’s a great question!



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# ACTIVITY – Grab a piece of paper and something to write with!



- Divide paper into three sections.
- In each section number the paper one through three.



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In the first section....

1. bold
2. powerful
3. deep

- 1.
- 2.
- 3

- 1.
- 2.
- 3



# FAVORITE COLOR



Write three adjectives  
that describe why you  
like that color.

For Example: My favorite color is Green because it's  
bold, powerful and deep.



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In the second section....

1. bold
2. powerful
3. deep

1. majestic
2. kind
3. loyal

- 1.
- 2.
- 3

# FAVORITE ANIMAL

Write three adjectives  
of what makes this  
animal so awesome.

For example: My favorite animal is a whale  
because they are majestic, kind and loyal.



# LET'S MEET OURSELVES

## FAVORITE COLOR

These three adjectives describe your



## Inward Traits

These are the characteristics that make you YOU

## FAVORITE ANIMAL

These three adjectives describe you



## Outward Traits

These are the traits that you show the world and how you treat others

In the third section...

1. bold
2. deep
- 3.

1. majestic
2. kind
3. loyal

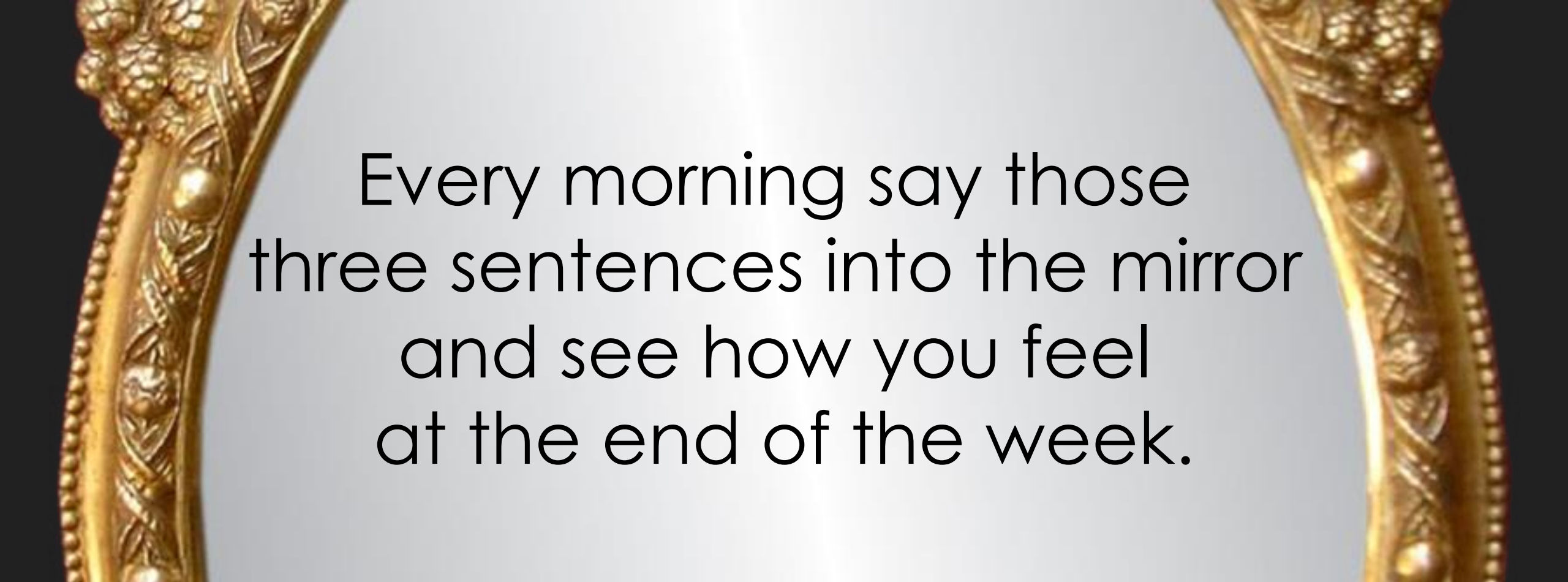
1. I am a loyal friend.
2. I am bold.
3. I am powerful.

# Affirmations

Write three sentences  
you can say to  
yourself every  
morning.

Use your adjectives to  
help!



An ornate, golden mirror frame with intricate carvings and a scalloped edge, framing the text. The frame is set against a light, gradient background.

Every morning say those  
three sentences into the mirror  
and see how you feel  
at the end of the week.

**ACTION PLAN**

For more lessons like this visit:  
[peacefulschools.com](http://peacefulschools.com)

Thank you for following along!



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