

A Quick Test for Self-Worth

*How to break away from ill-serving beliefs,
change who you are and create
a life you truly desire.*

I AM
worth it



Rose Todd

For more information on healing your self-worth visit www.rosetodd.com
Workshop Early Bird price is available. Price increases on 4 May 2015

Quick test for Self-worth

Self-worth is your own emotional evaluation of who you are.

If you're not achieving everything you want in life, it is probably because your goals are being blocked by your low feelings of self-worth and your beliefs.



In the 1960s and 1970s there was a revolution in psychology that helped us understand our minds. It brought us new theories and concepts concerning our 'self' and how our beliefs about our 'self' controlled everything that happens in our lives.

Understanding the psychology of our self can mean the difference between success and failure: love and hate and bitterness and happiness. It can rescue a crumbling marriage, resurrect a failing career and transform 'victims' into powerful people.



By understanding our self-worth – our value – we can recognise why we resist doing some of the things we want to do, so we can modify and change our beliefs, thus increasing our feeling of value.

If you have a feeling of low self-worth, you will probably find it difficult to cope with the problems of life and find it difficult have a happy and successful relationship.



The beliefs we have about ourselves and life smother and starve our self-worth. Low self-worth feeds our beliefs, which in turn confirm are lack of value. It is a vicious circle and both then control what you can and cannot do. The control what you'll find difficult to do and even how others respond to you.

To live a reasonably satisfying life, you need to have an adequate and *realistic* idea of your worth and value. You must find yourself acceptable to you. Only

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then can you have a healthy self-esteem and a strong sense of confidence. You must be able to trust and believe in yourself.

Knowing that you can creating anything and everything you want in life is not enough. The law of attraction always responds to your thoughts and feelings so even understanding the steps you need to take is create your dream life is not enough, to bring manifestation, because the bottom line that stops your



creations is your belief about who you are: your level of self-worth.

The key to successfully creating and living your dream is to uncover your self-worth. You have to belief it can happen to you: you have to believe you can do it.

**I believe in
myself
and my
abilities.**
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Here is a quick test to give you an idea of your levels of self-worth

Self-worth is your own emotional evaluation of who you are.

I feel others can do better than me.

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- True
- False

2. I accept myself as I am and am happy with myself

- True
- False

3. I enjoy socializing

- True
- False

4. I deserve love and respect (**must be in the correct sequence**)

- True
- False

5. I feel valued and needed

- True
- False

6. I like others to tell me I've done a good job

- True
- False

7. Being myself is important

- True
- False

8. I find it difficult to make friends

- True
- False

9. Criticism upsets me dreadfully

- True
- False

10. I admit my mistakes openly

- True
- False

11. I never hide my true feelings

- True
- False

12. I always speak up for myself and put my views across

- True
- False

13. I am a happy, carefree person

- True
- False

14. I don't worry what others think of my views

- True
- False

15. I don't need others' approval to feel good

- True
- False

16. I don't feel guilty about doing or saying what I want

- True
- False

TEST SCORE:

Count the number of each True click and give it one point.

15-16 Points – You have a high level of self-worth.

12-14 Points – Not bad but room for you to uncover more of your value

8-11 Points – Low self-worth is holding you back and stopping you create your dream.

Are you surprised by your answers? This quiz, in part, tells you what you think of you.

If you worry about what other people think, you're looking for approval from outside yourself because you have no inner point of reference. You must have a wholesome feeling of self-worth to be able to create the wonderful life of your dreams.

Rose has been actively creating her own reality for over 20 years. She is a speaker, author, mentor and coach. Rose is running a workshop on:

How to improve your self-worth: I AM Worth It!

Saturday 9th May. This workshop can transform your life – life will never be the same again.

Click the link below to join the workshop

www.RoseTodd.com/workhop-and-talks/live-events

Feedback and Testimonials for Previous Talks and Workshops

" I thought it was a great experience.."

"Rose helped me to understand how to bring whatever I wanted into my life.."

"Thank you Rose for guiding me and helping me to realize that I can have life the way that I want it!"

"Rose is inspiring, supportive and a true guide..."

"..I recommend Rose to everyone, all the time. She is up there with the best of them."



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