**Key #2 You Are Lovable & Worthy**

**Audio Class #1 Outline**

1. **Cultivate Self-Worth- Awareness & Acceptance**
2. **Self-Worth Meter (Rate 1-10 scale)**

1. **The Importance of Self-Worth**
2. **The Truth About Our Self-Worth**
3. **Why Our Self-Worth Is Diminished**

1. **Cultivate Self-Worth- Tools & Inspired Actions**

1) “Voice In The Head” Journal (Ongoing)

2) Reflection on Past & Self-Worth Writing Exercise

3) Self-Worth Beliefs Page/Document  
  
  
  
4) Tool: Practice Daily Thought-Shifting   
  
  
  
5) Tool: Daily T.M.P. Guided Practice(s)

6) Tool: Self-Worth Visual Reminders

**Remember:**-Progress Not Perfection. Compassion & Curiosity.

-Schedule time to do the writing/journaling in next 2 days

-Schedule alarms/on calendar to remind yourself to use tools.

-Download T.M.P. guided practices to mobile device and use daily.