

# What Determines Your Value?

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## Process Questions:

1. Would it be wrong to throw a person into the garbage? Why or why not?
2. How might a person's belief in a higher power influence how they see human value?
3. Who are some "valuable" people you know?  
What do these people have in common with each other?
4. What do you have in common with the valuable people you just listed?  
In what ways do you feel you are currently lacking?
5. Are babies valuable? Could it be that potential for growth holds value? Why or why not? Do you think you have potential? How is potential measured?
6. What are the primary domains of your life?  
**How to:** Draw a simple pie chart of your life. (Domain examples: Home, work, school, community, relationships, hobbies, self-care, sobriety, etc.)
7. Do you consider all domains of life as valuable or do you tend to assign value only to specific areas? If so, which areas and why?
8. Every human has infinite room for growth. What are your areas of growth? What do you believe are your obstacles when it comes to personal growth?
9. Are you willing to adopt a mindset of continual growth across your lifespan or do you have a fixed "destination" in mind? What is an example of a potential "destination" you might get stuck on? (Examples: When I'm married, when I have that degree, etc.)
10. There are certain things you cannot see and you do not know. How does this fact affect your life in general? How might this fact influence the way you see yourself?  
(Hint: You haven't yet met all of yourself or know all that the future holds.)

## **Thinking About Your Value**

**Directions: Review the following statements. Circle the ones that speak to your current season in life.**

“You are unique! No other person in the world has the exact same set of ideas, life experience, and talents as you.”

“If you were not here, the world would be missing a unique puzzle piece. You make up part of the whole picture.”

“You have the ability to both give and receive love. Material things cannot.”

“You were meant to be here and impact your corner of the world. Life is about discovering the part you play in it. No one has it all figured out.”

“The unique way you solve problems is specific to you. The world has tasks meant just for you.”

“A person’s misunderstanding of the concept of human value might ironically cause them to overlook their own value.”

“Someone needs to hear your exact story for their inspiration and inner healing. They are waiting to meet you and counting on you to show up when the time comes.”

“You have the ability to change certain lives that others do not. It is normal not to see this in yourself. Any lack of self-perception does not alter what actually exists.

“Your dreams contain both value and hope. You are capable of changing the future, no matter your starting point.”

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## **Developing a More Accurate Self-Perception**

1. Keep searching for the space in the “puzzle” where you most easily “snap in.” There is a space meant just for you. The search is a process. Patience is crucial.
2. Accept when told no. Reframe rejection as redirection. Not everyone is meant to be in your life. We are more complex beings.
3. If you are feeling discomfort in this season, take it as an important message to keep moving ahead with your priorities ever in mind. Rest, but then keep taking baby steps.
4. Can you identify your top 3 major life goals? How are your daily choices supporting those goals? Do one small thing today that your future self will thank you for.
5. No one is perfect. Identify one thing you need to work on forgiving yourself for. Celebrate your victories along the way! You are a work in progress...