

Building Self-Worth Beyond Confidence and Productivity

Quick recap

Sacha explored the concepts of self-confidence, self-esteem, and self-worth, sharing personal examples to illustrate how self-worth remains constant despite fluctuating confidence levels. She discussed the balance between productivity and self-worth, emphasizing the importance of distinguishing between being in motion and being in action while cautioning against excessive positive thinking. The session concluded with group exercises focused on reframing negative experiences and building self-worth, with participants sharing personal stories and reflecting on how to view challenges as opportunities for growth.

Summary

Self-Worth vs. Self-Confidence

Sacha discussed the differences between self-confidence, self-esteem, and self-worth, explaining that self-confidence is context-specific competence while self-worth is a core evaluation of one's value as a person. She emphasized that while it's normal to have varying levels of self-confidence across different situations, maintaining high self-worth is crucial even when confidence wanes. Sacha shared personal examples to illustrate these concepts, including her experiences with cooking, soccer, and public speaking, while highlighting that self-worth allows her to maintain her sense of value regardless of external circumstances.

Balancing Self-Worth and Productivity

Sacha shared her personal journey of balancing self-worth and productivity, reflecting on how her upbringing influenced her work ethic and the challenges she faced in unlearning extreme hustle culture. She emphasized the importance of distinguishing between being in motion, which involves busy work and preparation, and being in action, which requires actual progress and implementation. Sacha also discussed the dangers of relying solely on positive thinking and manifestation, highlighting the need for a balanced approach that combines intentionality with tangible action.

Understanding Self-Worth and Acceptance

Sacha discussed the self-worth theory, emphasizing that self-acceptance is achieved through personal achievements rather than competition with others. She highlighted the importance of self-evaluation and the need to listen to positive feedback about oneself, suggesting that developing a third-person perspective can help increase self-worth. Sacha also addressed

common yardsticks for measuring self-worth, such as net worth and social circle, and shared personal anecdotes to illustrate the universality of pain and the importance of understanding different life experiences.

Building Self-Worth and Confidence

Sacha discussed self-worth and its relation to social status, age, and achievements. She explained how people sabotage their self-worth through self-handicapping and defensive pessimism. Sacha emphasized the importance of challenging these behaviors and setting realistic goals to build self-worth. She also addressed Virginia's concerns about being dismissed due to her life experiences, suggesting that Virginia might be unintentionally inviting dismissal by giving off "doormat energy." Sacha invited Virginia to join a coaching call to further discuss this issue.

Building Self-Worth: A Journey

Sacha discussed the concept of self-worth and how conflicting messages from various sources can impact individuals' beliefs about their worthiness. She emphasized that building self-worth is an ongoing process and shared a quote by Marianne Williamson to highlight the internal nature of self-worth. Sacha also introduced an exercise for attendees to consider their actions in different situations, encouraging them to be the person they would clap for in a movie.

Reframing Self-Worth and Expression

Sacha led a discussion on personal worth and self-expression, sharing her own experiences of realizing how different levels of luxury and status can be perceived. She introduced an exercise for the group to practice active listening and reframing personal stories of self-doubt and unworthiness by focusing on the strengths and benefits gained from those experiences, rather than trying to save or fix the person sharing. Mercedes raised a question about the perception of self-worth and humility, which Sacha addressed by distinguishing between "yay me" energy and genuine gratitude for accomplishments, emphasizing the importance of expressing oneself authentically without diminishing one's worth.

Group Exercise on Personal Challenges

Sacha led a group exercise where participants were asked to share personal stories of feeling undeserving or facing challenges, selecting experiences rated around 5 or 6 out of 10 for emotional impact. The exercise was structured into breakout rooms with groups of 2-3 people, allowing 20 minutes for each person to share and 10 minutes for reframing, with the entire session lasting about 40 minutes. Leigh joined the session and was placed in Group 3, though she initially had difficulty accessing the slides but was later provided with them.

Reframing Challenges for Personal Growth

The group discussed reframing past negative experiences and building self-worth. Sacha shared her perspective on viewing challenges as opportunities for growth rather than obstacles, and encouraged the class to share their own experiences. James reflected on his first coaching

experience and how he had been holding onto past disappointment, while Dana shared her experience of firing a difficult client. The class discussed the importance of authenticity and connecting with others who have similar experiences. The session concluded with Sacha reading a poem about the power of challenges and the potential within each person to overcome them.