

# Virtual Coach Accelerator

# Inner Game of Coaching

## Worthiness & Deserving

# Today's Objectives

1. The way worthiness plays out in our minds and impacts our future
2. How we create our baseline for deserving and ways to expand it

# Self-Confidence

- Self-confidence/esteem is the feeling of competence... but it only applies to a specific area.
- Many of us may see or say we are self-confident but it still only applies to a certain set of attributes at a certain point in time. For example, we can have low self-confidence in certain areas such as sports, certain subjects, or your ability to speak a new language.
- But it can also be context specific. (I am confident when playing sports with my kids but not professional athletes)
- It's not necessary to have a high sense of self-confidence in every area of your life. There are naturally some things that you will simply not be very good at, and other areas in which you will excel. The important thing is to have self-confidence in the activities in your life that matter to you.

# Self Worth

- Self-worth is at the core of our very selves. Our Self-worth is comprised of our thoughts, feelings, and behaviors which are all intimately tied to how we view our worthiness and value as human beings.
- It is an overall evaluation of ourselves and what we believe to be true at our core.
- Self-worth is recognizing ‘I am greater than all of those things that I am good at or terrible at. It is the deep knowing that I have value, that I am loveable, I am important and necessary to this life, and of that I am filled with incomprehensible worth.’

# Self-Worth Theory

- The self-worth theory posits that an individual's main priority in life is to find self-acceptance and that self-acceptance is often found through achievement.
- Historically those achievements were often found through competition with others.
- However self-worth is determined mostly by our self-evaluated abilities and our performance in one or more activities that we deem valuable.
- People commonly use external yardsticks to measure their self-worth which can lead to either a superficial sense of self-worth or an inability to access it: Some examples of those yardsticks include:
  - Net worth/money
  - Social circle
  - Status (Money, Relationship, Social)
  - Age
  - Achievements when compared to others

# Sabotaging Our Self- Worth

- We as an individual's have a tendency to protect our sense of self-worth by avoiding failure when approaching success. We do so by employing defensive strategies. These strategies are called 'self-handicapping' and 'defensive pessimism' respectively:
  - **Self-handicapping-** Here an individual justifies failure by deliberately placing an obstacle on their way to success. This way, they can blame the obstacle instead of their inability when the outcome is unsatisfactory. Typical ways of self-handicapping include procrastination, reducing effort or not willing to practice for upcoming tasks
  - **Defensive pessimism-** Here the Individual deliberately creates pessimistic thoughts about the upcoming tasks. This involves the establishment of low goals and low expectations towards the tasks for which one's ability will be evaluated. These lower, thus safer, goals helps the individuals to feel more satisfied with the outcome.

*(Unlike the strategy of self-handicapping, defensive pessimism does not have a negative impact on the attainment of performance or task. Instead, the interference made on this strategy can have a negative influence on one's performance)*

# Self Worth & Deserving

- Many of us grew up with conflicting messages from our family and society where one may have told us that we are capable and deserving of whatever our heart desired and the other telling us by their words or actions, directly and indirectly, how undeserving and incompetent we are.
- Some of these beliefs, thought patterns and words may have been said 20+ years ago and yet still formed the frame for how we saw ourselves that then impacts what we do, and see about the future.
- Although all of us have to know that these things that someone said to us, or about us, 20 years ago may not be true today, they still have an incredible hold on our feelings and beliefs about ourselves because this is what we then used to shape our own beliefs and identities.

# Worthiness

- Building Worthiness is an intentional act- Be the character that you would clap for in a movie. What actions? What thoughts? What ways of being? Not always a yes, not a doormat. Who would you have to be/ What would you have to do to clap for that character.

*“Self Worth is not a function of external accomplishments , although billions of dollars are spent to convince us otherwise. Self Worth is an internal light, a spiritual radiance that all humans have but most of us hide, unconsciously denying its existence.*

*What we do not claim remains invisible.*

*That is why the process of personal transformation — the true work of spiritual growth, is the only antidote to the pernicious effects of society's backlash against genuine empowerment.*

*Society programs us, through the subliminal messages of popular culture, to believe that we're not truly deserving unless we adhere to current standards of progress, achievement, physical beauty and success.*

*The reason we're such fertile ground for the dark forces of such lies and social manipulation is that we're dissociated from the genuine light of self-awareness, and the truth of who we are at our core.” - Marianne Williamson*

# Exercise

This exercise is designed to help shift our views on worthiness and deservingness by hearing and reflecting on your partners story. You are going to work in pairs.

Instructions:

1. Each participant gets 5 minutes to share a personal story or experience when they felt unworthy or undeserving in their journey, especially in the context of becoming a coach. This could be a moment of self-doubt, external criticism, or any other challenge related to worthiness.
2. Active Listening: While one person is sharing, the others in the group are strictly in listening mode—no interrupting, no offering advice. The objective is to genuinely hear and understand the storyteller's experience.
3. Reflection & Feedback: After each story, the listeners take 3 minutes to reflect back what they heard, but with a twist: they should reframe the story with the strengths, capabilities, and worthiness they perceived in the storyteller. For instance, if someone shared a story of failure and self-doubt, a listener might reflect, "What I heard was someone who had the courage to try, the resilience to acknowledge their feelings, and the wisdom to seek growth."

# Your Hands

Look at your hands for a moment.

Those same hands once struggled to hold a spoon, to write your name, to tie your shoes.

But you didn't give up then. You kept trying until these impossible tasks became unconscious habits.

You've already proven you have everything it takes to master what seems impossible. Every single person you admire - every business owner, every artist, every innovator - they all started exactly where you are right now: with a dream and a decision.

They weren't born with special powers. They just started. And kept going.

You know what's fascinating? Scientists have found that stars don't shine despite the darkness - they shine because of it. The pressure of all that darkness actually triggers nuclear fusion, creating the very light that defines them.

Your challenges, your doubts, your fears - they're not obstacles to your success. They're the pressure creating your light. Your future self is looking back at this moment right now. And they know something you don't yet: this wasn't just another false start or empty promise. This was the moment you finally began.

The only question is: what will you do next?

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# The Summit

Everybody wants the view. But the climb? That's where the real transformation happens.

Long days, early mornings, and a to-do list that stretches beyond what feels possible, it's all part of the journey. And yes, some days will feel overwhelming. Some moments may even will test your resolve.

But remember, not long ago, you were hoping for this opportunity. Now you're in it. The struggle isn't a sign that you're failing, it's proof that you're stepping into something bigger.

Every challenge is shaping you, strengthening you, and bringing you closer to what you once only dreamed of. Let yourself feel it all, and then keep going.

The top of the mountain is calling your name, the peak is just around the corner. Your summit is waiting.

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