

Worth Wheel™

Using the MI Worth Wheel,™ we will examine how the following life roles and identities impact your self-worth.



Directions:

Answer questions 1-7 on the following pages. The accompanying detail questions provided are simply prompts for you to shape your answers. You do not need to answer each individual question.

1. Self Identity (Who am I? How connected do I feel to myself independent of outside roles?)

2. Role Identity (Who am I in relationship with others? How do I subjugate or lose myself in relationship with others? How do I feel about myself without these relationships?)

3. Professional Identity (How well do I understand my gifts and talents? Am I using my natural gifts and developed talents to fully realize my potential?)

4. Material identity (How do I feel when I acquire material items? How do I feel when I am unable to acquire material items due to a lack of money? How much of my self-worth is tied to the external, material world?)

5. Financial identity (How much of my self-worth is tied to my net worth? How does my self-worth fluctuate in relation to the amount of money I have?)

6. Physical identity (How much of my self-worth is tied to my physical appearance? How does my confidence fluctuate in relation to how I think I look to others? Does my self-reflection create a positive, neutral, or negative reaction?)

7. Spiritual Identity (How much do I allow external religious and spiritual beliefs to impact or create my sense of self? How open-minded am I when learning about other belief systems?)

Optional: Worth Declaration

Create a statement that expresses the worth you feel about yourself and the gifts you bring to the world.