

What's my Internal Validation

© 2019 Dr Mel Baker *Unchain your Wellbeing*

How is each of these for you? Write 1-10 in each box.
Then add up the columns, including 10 Personal growth for all 3 columns.

1	Self Worth	
---	------------	--

2	Self Awareness	
---	----------------	--

3	Self Development	
---	------------------	--

4	Hope	
---	------	--

5	Balance, unity & harmony	
---	--------------------------	--

6	Self-management	
---	-----------------	--

7	Self-love	
---	-----------	--

8	Appreciation & Awareness	
---	--------------------------	--

9	Positive mindset	
---	------------------	--

10	Personal Growth	
----	-----------------	--

Sum: 1+4+7+10

Sum: 2+5+8+10

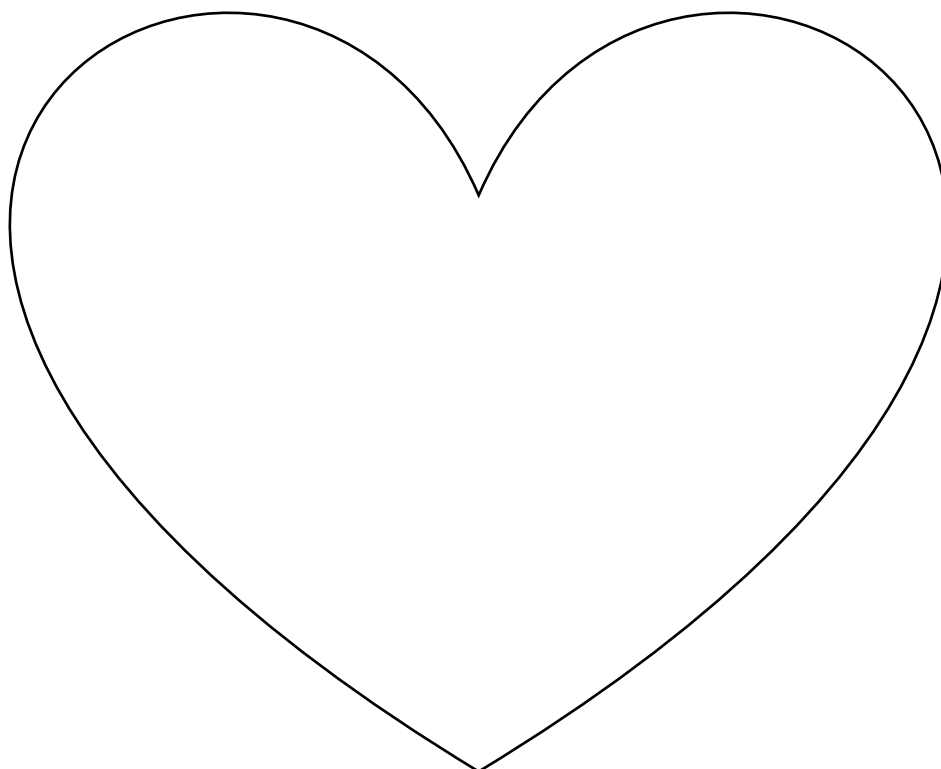
Sum: 3+6+9+10

Belief in Self PRE	TOTAL:
-----------------------	--------

Listen to Self PRESENT	TOTAL:
---------------------------	--------

Affirm Self POST	TOTAL:
---------------------	--------

My Strongest Validation is:



It doesn't really matter how low or high the score is, what is important is seeing what is the highest for you so you can utilise this on tough days and work on growing the other two areas.

Belief in self

This is built on your self-worth. You tend to have a good self-acceptance, self-satisfaction, hope, positive attitude, good qualities, skills & knowledge, believing you are worth it (opposite to unworthy) and you are successful (opposite to failure).

Those who can Believe in themselves can go into a difficult situation with full confidence. As a strong Validation it is best used BEFORE going into something. For example, "I can do this is. I am good at this. I am going to do well."

Listen to self

This is built on your self-awareness. You tend to have a good balance, unity & harmony, appreciation & awareness of things around you, know your needs & wants, can name stressors, know what your body is saying and know your limitations & boundaries.

As a strong Validation it is best to use this in the PRESENT moment. For example, "my body is telling me to stop right now, I need to get up and go".

Affirm self

This is built on your self-development. You tend to have recent personal growth, strong self-initiative, contributes to community, satisfaction with self and generally able to affirm others.

As a strong Validation it is best to use this AFTER an event / difficult situation. For example, "I got through that, I loved it when I stated...".

