

APPRECIATING YOUR OWN WORTH

Each of us is like a precious seed - we have all the seeds we need to flourish. These traits can be manifested in different ways. For example, some demonstrate their creative abilities in the arts, others through ways of problem-solving or surviving, and still others through showing compassion or helping people. And there are those whose creative abilities seem relatively - though never completely - dormant. Nevertheless, each of us has some creativity in a seed form. It is similar with other desirable attributes - in everyone they are developed to some degree. Even the criminal is honest sometimes. Even a gang leader can be creative in terms of communication or organizational skills (although with self-esteem, he will use these skills for constructive rather than destructive purposes).

Each person can be compared to a portrait at various stages of creation. One person is like a picture with one part almost finished, which reflects light in an interesting way, the other like a picture, no part of which stands out so far, but several of them are already so polished that together they create a unique and quite interesting pattern. If we look at each portrait through the eyes of an artist, we will be able to enjoy the uniqueness of forms and possibilities of each individual person.

The following exercise will allow you to more realistically and honestly discern the value of your Primary Self and see that even now your Self is expressing itself in a way that reminds you of your worth.

The exercise consists of three parts. As part of the first one, you will assess the list of personality traits. In the second, you will analyze the features that are particularly important

in your case. Part three will help you understand how your reactions demonstrate your core value.

Part 1. Personality traits

Evaluate yourself in terms of the personality traits listed using a scale from 0 to 10, where 0 means that the trait is completely absent (i.e. you never show it to any degree), and 10 - that the given trait is fully developed (i.e. you show it to the highest degree that a human can.)

Try to judge individual characteristics as honestly and accurately as possible. Do not overstate or understate grades. Don't worry if you rate some features higher and others lower, as this is perfectly normal.

This is not a competition where you are competing against someone. High marks don't mean more value; remember that the value of each of us as a person is given in advance and equal to all.

In this exercise, you are simply to identify the specific ways in which your worth is currently being expressed. The benefits you get will depend primarily on whether you stay objective. Avoid all-or-nothing thinking and over-generalization.

Circle the appropriate grades:

Intelligence/IQ	0	1	2	3	4	5	6	7	8	9	10
Character (ethics, honesty, morality, justice, righteousness)	0	1	2	3	4	5	6	7	8	9	10
Creativity / Problem Solving	0	1	2	3	4	5	6	7	8	9	10

Judgment / wisdom	0	1	2	3	4	5	6	7	8	9	10
Kindness / compassion	0	1	2	3	4	5	6	7	8	9	10
Humor (joking alone or appreciating others)	0	1	2	3	4	5	6	7	8	9	10
Respect / consideration for others	0	1	2	3	4	5	6	7	8	9	10
Respect for yourself	0	1	2	3	4	5	6	7	8	9	10
Potential for development, improvement and change	0	1	2	3	4	5	6	7	8	9	10

Part 2. Additional features

Now list five additional characteristics that indicate how you contribute to improving the well-being of yourself and others. It shouldn't be difficult when you take into account the numerous attributes that describe people.

You can consider, for example, the thirteen virtues of Benjamin Franklin (moderation, silence, order, firmness, thrift, diligence, truthfulness, justice, restraint, purity, peace, virtue and humility; Tamarin, 1969), the scout's code (scout always tells the truth, is loyal , etc.) or your own merits (e.g. appreciation of other people, sensitivity, love, introspection, determination, love of order, warmth, courage, good organization, serenity, respect for life and human dignity, cheerfulness, gentleness or insight).

The standard is not to have a given feature to an absolute degree, but only to some extent. Then, as in Part 1, evaluate to what extent the Trait has developed in you.

A		0	1	2	3	4	5	6	7	8	9	10
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B		0	1	2	3	4	5	6	7	8	9	10
C		0	1	2	3	4	5	6	7	8	9	10
D		0	1	2	3	4	5	6	7	8	9	10
E		0	1	2	3	4	5	6	7	8	9	10

Part 3. Interpretation

Since humans are complex beings and different from each other, the pattern of your judgments disclosed in this exercise is certainly different from that of any other person. You probably rated some features higher than others. Most likely neither was rated 0 or 10, as personality traits rarely occur to an extreme degree.

The exercise creates a complex and unique portrait of personal attributes at different stages of development. And from this portrait a more complete awareness of your core value emerges. The numerical grades are not meant to encourage comparison with other people, but rather to present a picture of the whole. The core value is similar to a classic painting - some colors are bright and vivid, others dim, but they all complement each other and together create a unique whole.

What about features that were rated low? In this case, I can recommend two postures. First, you can treat yourself like a precious diamond that is beautiful but has inevitable flaws. Second, you can view low-rated traits as the areas with the greatest potential for growth and enjoy the challenge facing you.

Please summarize the exercise below.

1. As you analyze your grades from parts 1 and 2, which characteristics are you most satisfied with?

2. The features that I value the most are _____, because _____

3. Let us return to the self-portrait metaphor. If your portrait was looked at by an impartial observer, which part of the painting would be most illuminated? In other words, if someone went to the trouble of carefully analyzing what kind of person you really are right now, which features would they appreciate or like best?

4. This exercise showed me that
