

Self-Worth Checkup

	No Way!	Heck Yes!			
1. I generally like myself.	1	2	3	4	5
2. I have confidence in myself.	1	2	3	4	5
3. I'm okay with how I look.	1	2	3	4	5
4. I can handle rude or mean comments.	1	2	3	4	5
5. I have good skills and talents.	1	2	3	4	5
6. I finish what I start.	1	2	3	4	5
7. I am happy for others when they succeed, even those close to me.	1	2	3	4	5
8. I regularly push myself to try new things and expand my comfort zone.	1	2	3	4	5
9. I see myself as a winner.	1	2	3	4	5
10. I have accomplished some important things in my life.	1	2	3	4	5

WHAT'S YOUR SCORE? _____

Word Association

Image: _____

Character: _____

Comparison: _____

Accomplishments: _____

Discussion Questions

Why are we concerned about what others think of us?

How can we shift our focus from the social mirror to the true mirror?

During this series, what has jumped out the most to you?

Next Week: Ask Me Anything... and Movie Night?

Decision 6: Self-Worth

Will you choose to like yourself?

Intro: 2 Corinthians 3:1-6, 1 Timothy 4:8-10.

The Social Mirror vs. The True Mirror

The Social Mirror

1. What _____ say about you.
2. Based on _____ to others.
3. _____ .
4. Comes from the _____ .
5. Where you are _____ .

The True Mirror

1. The _____ (created in God's image).
2. Based on your _____ .
3. _____ .
4. Comes from _____ and _____ .
5. Your _____ .