



INNER WORTH VS. EXTERNAL WORTH

Aha moments come at various points in our lives. Sometimes they are spontaneous and divinely orchestrated by God, and sometimes the light of God's truth finally illuminates a dark corner of our mind and we "get it." It's true that we are more apt to have an awakening when we hit bottom, but we can purposely position ourselves where we can understand God's love for us and gain new perspective on our identity in Christ.



1

In this first assignment you'll see a confidence chart on the next page displaying the contrast between inner worth and external worth. Look over the characteristics and consider where you typically derive your confidence from. Then take a moment for self-reflection.

For each item rate yourself on a scale of 1-10 where 1 denotes a strong inner worth and 10 denotes a strong external worth. Write your rating in the circle between each set of characteristics.

2

At the bottom of the page, you'll find a spot to **add up your score**. 8 is the best possible rating while a score of 80 indicated the most room for improvement.

Don't be hard on yourself if your score is lower than you'd hoped. Keep in mind that perfection is not obtainable but excellence is. The purpose of your score is to help you set goals to improve. Being able to measure or quantify your progress is an important part of coaching. You might challenge yourself to increase your score by 20 percent and come back in a few months to reevaluate.

3

A good way to hold yourself accountable to progress is to **create a SMART goal**. SMART goals are goals that are:

- Specific
- Measurable
- Achievable
- Realistic
- Time bound

**YOUR HONEST ANSWERS
WILL PROVIDE YOU WITH
THE BEST WAY TO
EVALUATE WHERE YOU
MOST NEED TO GROW.**

You'll find room on the pages that follow to craft your own SMART goal along with an example to inspire you.



Confidence

Where does yours come from?

INNER WORTH

EXTERNAL WORTH

- | | | | | |
|----------|---|-----------------------|---|----------|
| a | Uses discernment. | <input type="radio"/> | Gullible. Easily persuaded. | i |
| b | Cautious. Pays attention to their gut. | <input type="radio"/> | Impulsive. Ignores red flags & their inner witness. | j |
| c | Not afraid to say no. Prioritizes individual needs appropriately. | <input type="radio"/> | Says yes to everything even when it compromises their schedule or values. | k |
| d | Not afraid of rejection. | <input type="radio"/> | Fears rejection. Seeks approval. Worries about other's opinions. | l |
| e | Peacemaker. Willing to confront in order to resolve issues. | <input type="radio"/> | Peacekeeper. Avoids conflict. Sweeps issues under the rug. | m |
| f | Expresses compassion without enabling. | <input type="radio"/> | Enables and tries to fix others. Assumes others responsibilities. | n |
| g | Freely expresses opinions. | <input type="radio"/> | Agrees with others even when they don't. Says what others want to hear. | o |
| h | Considers the cost of a commitment and knows when to decline. | <input type="radio"/> | Pleases others at their own expense. | p |

YOUR SCORE



THE AREAS THAT NEED IMPROVEMENT INCLUDE:

THE AREAS I MANAGE WELL INCLUDE:

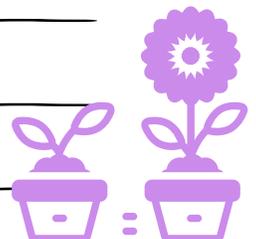
MY SMART GOAL

Remember a SMART goal is a goal that is specific, measurable, achievable, realistic and time bound. For example, if your score is 40, setting a SMART goal might look something like this:

For the next two months (time bound), I will look for five opportunities (realistic) to freely express my opinions. I will also take time to consider the cost of commitments before I obligate myself (specific and achievable). I will aim for a twenty percent increase (measurable) on my score when I return to reevaluate.

Now it's your turn!







4

Scripture Matching. Below are several scriptures that relate to the principles in the confidence chart. Beside each characteristic in the confidence chart you'll see a letter. In the box beside the verses below, write the letter of the characteristic(s) that you think describes each behavior. There are no right or wrong answers. This exercise is to give you time for the Holy Spirit to reveal His truth to you personally. You may use each verse multiple times or not at all.

- The gullible believe anything they're told; the prudent sift and weigh every word (Proverbs 14:15).
- In the paths of the wicked lie thorns and snares, but he who guards his soul stays far from them (Proverbs 22:5).
- With persuasive words we are led astray and seduced by smooth talk (Proverbs 7:21). (Paraphrased to add insight)
- 'No,' they replied, 'there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves' (Matthew 25:9 Parable of Ten Virgins).
- My people are ruined because they don't know what's right or true (Hosea 4:6).
- But blessed is the man [woman] who trusts in the LORD, whose confidence is in him (Jeremiah 17:7).
- For each one should carry their own load (Galatians 6:5).
- Fearing people is a dangerous trap, but trusting the LORD means safety (Proverbs 29:25).
- Blessed are the peacemakers, for they will be called children of God (Matthew 5:9).
- You have been trapped by what you said, ensnared by the words of your mouth (Proverbs 6:2).



- So we can say with confidence, "The LORD is my helper, so I will have no fear. What can mere people do to me? (Hebrews 13:6).
- If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back (Matthew 18:15).
- The wise are cautious and avoid danger; fools plunge ahead with reckless confidence (Proverbs 14:16).
- The one who reproveth another will in the end find more favor than the one who flatters with the tongue (NET).
- Like a muddied spring or a polluted well are the righteous who give way to the wicked (Proverbs 25:26).
- And you made your back like the ground, like a street to be walked on (Isaiah 51:23b).
- Then he saw wisdom and evaluated it. He set it in place and examined it thoroughly (Job 28:27).
- Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment (Proverbs 4:7).
- To acquire wisdom is to love oneself; people who cherish understanding will prosper (Proverbs 19:8).
- Foolishness brings joy to those with no sense; a sensible person stays on the right path (Proverbs 15:21).
- There is more hope for a fool than for someone who speaks without thinking (Proverbs 29:20).
- A hot-tempered person must pay the penalty; rescue them, and you will have to do it again (Proverbs 19:19).



making truth stick

WHICH SCRIPTURES MADE THE BIGGEST IMPACT ON YOU? WRITE THEM OUT IN THE SPACE BELOW.

How I can apply this truth to my life in a greater measure: