

WORTHINESS CLARITY EXERCISE

Trade the patterns of unworthiness for permission to choose.

Worthiness isn't earned by over-functioning. It's the baseline you build a sustainable business on.

The 8 Unworthiness Patterns

Check every pattern you recognize in yourself.

- Over-delivering**
Giving far more than was paid for to justify your price
- Apologizing for your rates**
Softening or explaining your pricing as if it needs a defense
- Tolerating disrespect**
Letting clients cross lines because you fear losing them
- Shrinking your needs**
Minimizing what you require to feel safe and fairly paid
- Chasing approval**
Deciding to be liked rather than to be sustainable
- Avoiding the invoice**
Delaying or discounting billing out of guilt
- Saying yes automatically**
Agreeing before you've checked your capacity
- Proving your worth**
Treating every job as an audition you might fail

Rewrite the Belief

The old belief (what unworthiness says)

The new belief (what's actually true)

Client Discernment

Worthiness lets you choose. Describe the kind of client you now give yourself permission to decline.

'I Deserve' Completions

Complete each prompt in your own words.

Prompt	Complete in your own words
I deserve to be paid...	
I deserve clients who...	
I deserve to protect my time by...	
I deserve to say no when...	
I deserve rest because...	
I deserve to grow without...	