

WORKBOOK

SELF WORTH & SHAME

our monthly audit, reflection and
period for aligned action

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TAKING INVENTORY

Taking stock on our self worth, and where we feel shame.

2

SELF WORTH & SHAME

Broken down by Sophia Dawson, Ovie Psychologist.

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DELVING DEEPER

Journal prompts to dig deeper into these themes.

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COMMITTED & ALIGNED ACTION

Your plan to improve self worth and approach shameful feelings.

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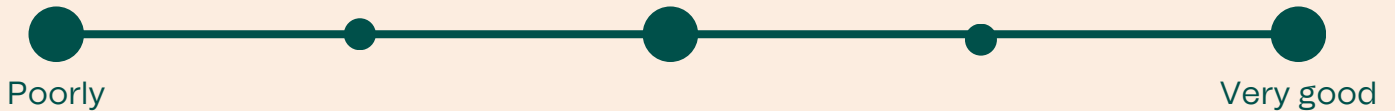
REFLECTION

Space for reflection on self learnings, or free journalling space to use as you wish.

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TAKING INVENTORY

HOW DO YOU FEEL ABOUT YOUR SELF WORTH?



WHAT SITUATIONS OR EXPERIENCES TEND TO TRIGGER FEELINGS OF SHAME FOR YOU?

IN WHAT WAYS DOES SHAME WEIGH YOU DOWN?

WHEN YOU FEEL SHAME, WHAT DO YOU DO?

SELF WORTH & SHAME

Self worth and shame are so interconnected.

Self worth is the internal sense of being enough, and when our self worth is low, and we don't feel enough, this can ignite a deep sense of shame.

Feelings of shame, be it internally registered, or passed onto us from others, can also further lower our self worth.

Whilst as humans we do want to feel the full spectrum of feelings, it's important to tune in and decide whether these feelings are supporting us, or if they're hindering us. In the case of shame, we can acknowledge these feelings, but recognise they might be causing us to stagnate or retreat in our progress.

For example, I decided I want to start going to the gym to improve my strength and fitness. Whilst there, someone comments on my abilities and this causes shame, making me never want to go to the gym again. Whilst I can acknowledge this caused me shame, and lowered my self worth, not going back to the gym doesn't serve my progress with my goal.



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SELF WORTH & SHAME

Instead, I can meet these feelings with a little self compassion. I can tell myself that it's okay I'm not great, I'm literally only beginning my gym journey. Everyone has to start somewhere. I'm only going to get better by repetition, and showing back up to the gym. Whilst I'm new to gyming, I'm extremely good at cooking, dancing and running.

Meeting these feelings with self compassion can help ease the shameful feelings, and help us to reignite our self worth in the moment.



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CLARE & SOPHIA ON SELF WORTH & SHAME

Clare & Sophia sit down to discuss self worth and shame, how deeply interconnected these are, what they mean and how they can impact our behaviours and our actions.

[WATCH HERE](#)

DELVING DEEPER

IN WHAT WAYS HAS SHAME HELD YOU BACK FROM PERSONAL GROWTH?

HOW DOES SHAME PREVENT YOU FROM BEING YOUR AUTHENTIC SELF?

WHAT LESSONS CAN YOU LEARN FROM YOUR FEELINGS OF SHAME?

DOES ANYONE IN YOUR LIFE LOOK UP TO YOU? WHY DO YOU THINK THEY DO?

ALIGNED ACTION

This is where you can begin to craft your game plan for change you're going to make in this area of shame and self worth.

WHAT STEPS CAN YOU TAKE TO FIND FREEDOM FROM YOUR FEELINGS OF SHAME?

HOW COULD SEEKING SUPPORT FROM OTHERS HELP YOU HEAL FROM YOUR SHAME?

WHAT IS SOMETHING YOU COULD SAY TO YOURSELF TO HELP REMIND YOU OF YOUR HIGHER SELF WORTH?

HOW COULD FACING YOUR SHAME HELP YOU BUILD COURAGE AND SELF WORTH?

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NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

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