

LESSON 6 STRATEGIST GUIDE QUESTIONS

THE WOMAN SCHOOL

LESSON 6

HOW OUR SELF WORTH WAS NEUROLOGICALLY WIRED

QUESTIONS TO GUIDE THE CONVERSATION

1. Do you have a positive or negative view of your self worth? Explain why.
2. What were the labels you heard growing up? How did it shape your self-image?
3. Who helped you shape your self-image? How would you describe their self-image?
4. Did you feel loved unconditionally or did you have to earn your worth?

How did this impact you?

5. What negative self-talk do you have to replace? How would this reshape your self-image?
6. How did your teen years shape/reshape your self-image? How would you describe yourself then?
7. Describe in your own words what makes you valuable as a woman?
8. Do other people's opinions of your value impact you negatively? How do you deal with it?
9. Do you have to prove and please other people? How is it impacting your stress level and peace of mind?
10. How would you describe women's freedom in our current culture?
What do women need to do to cultivate deeper freedom?