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The Self-Contract is a tool that can help you move towards your goals. The idea is to make a commitment to yourself to make positive, effective change in your life.

Self-Contract

Today's date: \_\_\_\_\_

I, (your name): \_\_\_\_\_ will complete my goal of self-improvement by completing the Sarah Godfrey Workshops for Self-Acceptance and participating in all three workshop activities by (enter date here): \_\_\_\_\_ because doing so will help me move towards being the person I want to be which is someone who:

(state personal reasons for making this change)

Upon completion, I will celebrate or reward myself

by: \_\_\_\_\_

In signing this contract/and or participating in this workshop/course, you agree to be honest and open, to believe in yourself and to adopt a more enthusiastic and positive outlook on life from this moment onwards. You are truly committed to change and agree to take responsibility for your life, choices and actions. You enter into this workshop with the full understanding that you are solely responsible for creating your own results. You understand that achieving your goals (in whole or part) cannot be guaranteed and no warranties are given. You are aware that coaching is not counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. If appropriate, you will seek independent professional guidance and understand that all decisions and actions in these areas are your sole responsibility.

Signed by \_\_\_\_\_



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## WORKSHOP ONE:

### “HOW DO I GET SELF-ESTEEM?”

Big question with no magical answer. Self-esteem is built on achieving your development and acknowledging your success while minimalizing or learning from your failures. To help you, try reading my book [Life Works When](#) (available to order on my website), that is a gentle story on a character feeling at loss with success, who had been missing the point on how to get through life. Self-esteem needs self-care, purpose and belonging before it can flourish. There is no time like the present to get started. You will need time, patience and hope to build a sense of confidence and esteem. But if you stick with it and practice the strategies that elusive self-esteem will grow and flourish. Let's look at what self-esteem is:

**Your opinion of yourself is made up of:**

- The many experiences, cognitions, interactions you have with others and yourself.
- From the foundations of love from our childhood.
- Our self-reflection and personal interpretation of what we do and what we can't do.



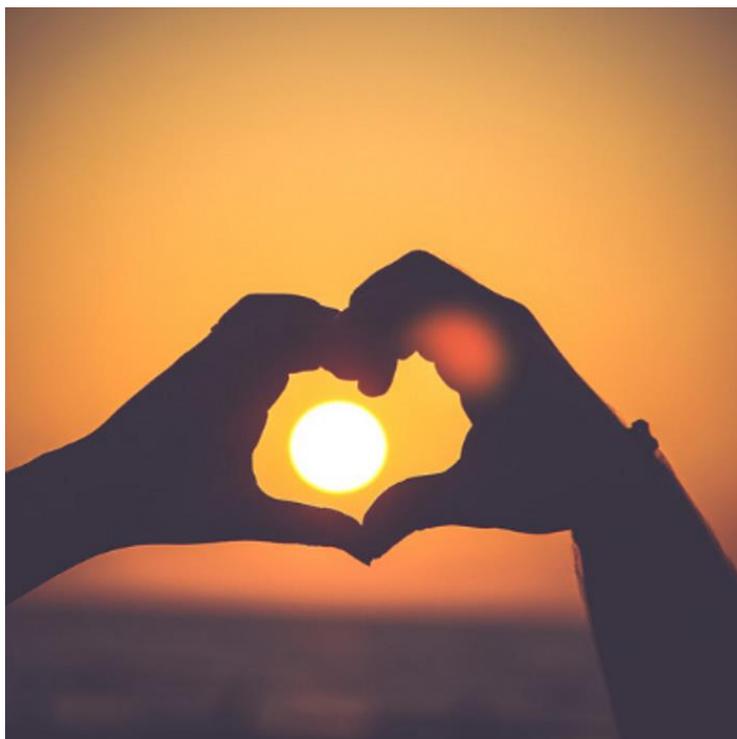
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**Self-Esteem is:**

- Fluid and ever-changing part of the human existence
- Not consistent or stable
- A mental muscle that needs to be exercised and kept in shape

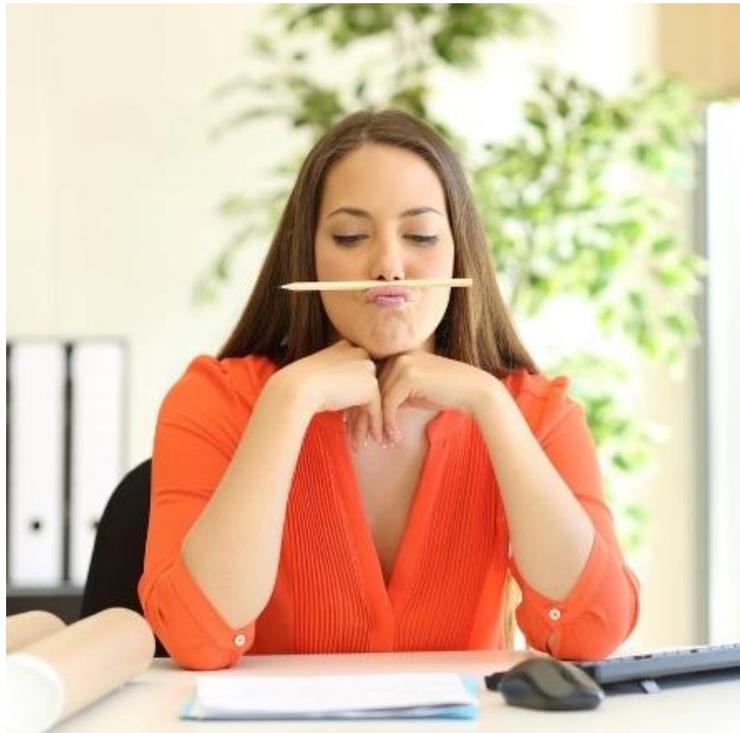
The biggest mistake we all make is that we falsely believe once we have esteem it remains strong and consistent over our lifetime. Not true. A healthy esteem (which is what we are trying to get here), will fluctuate at times and feel stronger in different moments of our lives. This is utterly normal. An esteem that is never bruised or bended is too much like the false esteem of a narcissist. Let your esteem build and be powerful enough to take the knocks and disappointments ahead of you.

Before you get started you need to complete the high and low esteem checklists. Do this as honestly as you can to find the most authentic results. You will come back and compare the results later on.





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## TIME FOR ACTION

For the next week, your task is to act or think in a way that supports HIGH self-esteem. You need to do this action or have the thought at least once a day. No giving up, excuses or reasons. Remember if you put in 20% effort that is all you will get back. Go for at least 80% effort in order to make a change.

1. Complete the high and low esteem checklists.
2. Select one way of demonstrating HIGH self-esteem from the checklist (or you can select an example of high esteem from someone you admire or know) and one from low esteem checklist that you see in yourself.
3. Act in line with the HIGH esteem you selected, (it doesn't matter if you believe it or not, your task is to act or think in this way for one week)
4. For the low esteem you identified and selected, do not engage in that behaviour (do the opposite).
5. Be a detective and observe and note your own experience and the reaction of others during this week.
6. Use the tables below to track your progress.
7. At the end of the week review your esteem by completing the assessments you just did on high and low? Any shift? If not keep this exercise up for a full month.
8. Reflect on the questions below.
9. Give yourself the reward you offered in the self-contract.
10. Complete the self-review (email me a copy to if you like).



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Use the weekly tables below to track your progress. Print out as many as you need to feel the shift in your esteem. Look for small, incremental changes rather than huge earthshattering moments. Real change is slow, steady and subtle in life.

### SELF-ESTEEM CHECKLIST

You can check how high your self-esteem is by looking at the following examples of how someone with high self-esteem functions in our world. Lots of yesses means your esteem is pretty good.

<b>HIGH</b> <b>Do you:</b>	<b>YES</b>	<b>NO</b>
<b>Talk about yourself in positive ways, even when you make mistakes.</b> <i>(Say something positive and kind to yourself).</i>		
<b>See failure as growth instead of loss.</b> <i>(Encourage yourself to keep trying instead of giving up).</i>		
<b>Walk with an air of strength in the world.</b> <i>(Good posture, shoulders back, good eye contact, head held high).</i>		
<b>Have friends and relationships that demonstrate respect and leave abusive people.</b> <i>(Show your friends you care and accept they care for you. Move away from abusive people and seek those who will treat you well).</i>		
<b>Take risks and challenge yourself to excel.</b> <i>(Do tasks and have conversations that you out off or try something new).</i>		
<b>Find life fun, are excited and passionate about many things and participate in life.</b> <i>(Look at life with a sense of adventure and excitement).</i>		
<b>Stand up for yourself when others put you down.</b> <i>(Have confidence to defend yourself).</i>		
<b>See success in your attempts to be a well-being.</b> <i>(Eat, sleep, exercise to be a healthier you).</i>		



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You can check if your esteem is too low (self-fear) by answering the following characteristics. Again, lots of yesses would indicate you have low esteem.

<b>LOW Do You:</b>	<b>YES</b>	<b>NO</b>
<b>Talk about yourself in a negative way and quick to put yourself down needlessly.</b> <i>(Call yourself stupid, idiot useless etc.).</i>		
<b>See failure as evidence of low self-worth and inability to succeed.</b> <i>(Ruminate over what you did wrong, tell yourself you won't succeed).</i>		
<b>Walk with an air of defeat in the world.</b> <i>(Hunched shoulders, low eye contact, drooping head).</i>		
<b>Refrain from socializing, making friends and allow people around you to be disrespectful or abusive.</b> <i>(Make excuses not to be with others, avoid healthy relationship and stay with unhealthy people).</i>		
<b>Avoid risks and challenges limiting success.</b> <i>(Avoid taking a chance, trying something new or trying again at something you didn't achieve).</i>		
<b>Find life anxious, prone to moodiness and mental health issues.</b> <i>(Focus on the negatives, give in to low moods, worry about what you can't control).</i>		
<b>Withdrawn from participating in life's opportunities.</b> <i>(Avoid people and places that could offer you a different path forward).</i>		



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**MONDAY**

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

**COMMENTS:**

**TUESDAY**

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

**COMMENTS:**



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## WEDNESDAY

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

COMMENTS:



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## THURSDAY

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

COMMENTS:



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## FRIDAY

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

COMMENTS:



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## SATURDAY

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

COMMENTS:



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## SUNDAY

<b>High Esteem 1</b>	<b>Low Esteem 2</b>
<b>Experience &amp; Reactions</b>	<b>Experience &amp; Reactions</b>

COMMENTS:



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## YOUR 10 GROWTH QUESTIONS

1. How difficult was it to act in ways that indicated you had high esteem?
2. What were your hurdles to overcome to do this?
3. What mental blocks did you notice encouraging you to give up, forget or dismiss this challenge?
4. What were the triggers for low esteem?
5. How did most people respond to acts of high esteem?
6. Are you surprised about how you and others felt when you demonstrated high esteem?
7. Did you notice a slight change in your mood state or your inner critic?
8. How hard was this for you to achieve?
9. What have you learnt?
10. What can you take with you from this exercise?



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## YOU DID IT!



Well look at you. How fantastic are you to push through and give change a chance! Your first step to building esteem is done. That doesn't mean you stop now, to make it real you need to continue promoting your higher self in every day and in every way.

Thank you for taking my workshop. Life is about learning, and this will help you begin your own personal journey to a confident and authentic self. Success and happiness thrive in people such as yourself, that take initiative and are willing to do the hard work to be a healthier self and have a better life.

After you stop celebrating and have given yourself the reward you promised yourself at the beginning of this workshop, take some time to reflect on what you have achieved. Don't forget to change the brain you need to practice these skills for at least three months every day and then regularly for the next few months. In this way you can re-shape the way you think and create sustainable and authentic change.



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## OKAY, TIME FOR YOUR SELF-REVIEW

**1) What is your honest assessment of the effort you put in?**

**(1 = hardly tried - 5 = gave it 100%)**

**1**

**2**

**3**

**4**

**5**

**2) What skills or aspects of the workshop did you find most interesting or useful?**

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**3) What changes in the way you think, and feel can you recognise?**

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**4) How will you continue to use the knowledge gained from the workshops in your everyday life?**

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**5) What was the most important thing you discovered about yourself?**

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**6) Things you need to remember about what you learnt.**

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**CONGRATULATIONS!**



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