

# WHY YOU REALLY LACK *Self Worth*



A Powerful Quick Guide To Understand The Real  
Reasons You Lack Self Confidence & How To Heal It  
The Fast & Easy Way

# MEET YOUR MENTOR

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Sarah Kelt is a Rapid Transformational Therapist (RTT Hypnotherapy) and Confidence Coach with 100% Proven Results Over Thousands Of Hours Helping Her Clients Become Free From Their Inner Struggles



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# Reason 1

YOU NEVER FEEL GOOD ENOUGH...  
NO MATTER HOW HARD YOU TRY



## 1. Not feeling good enough – This is the big one!!

From an early age we start to compare ourselves, or maybe even our parents compare us to our siblings, or other kids. When we go to school, we see some kids are good at reading, some are great at running, some are good at maths, and we compare ourselves to them, thinking we should be good at all those things too... So when we compare ourselves and we may not be as good at some things as others, we feel like we are not good enough: not smart enough, not beautiful enough not well behaved enough.

When we feel that we are not good enough compared to others, this creates a subconscious belief... this belief then creates our internal dialogue, and that internal dialogue creates our patterns of behaviour.

We start to doubt ourselves, and we begin to speak negatively to ourselves. This negative self talk, drives our self confidence and sense of self worth down. Self doubt and negative self talk is the single most significant factor that negatively impacts our self worth.

The feelings we have, create the belief, the belief, creates the internal dialogue and the internal dialogue creates the pattern of behaviour, or how we BE, that is in alignment with the belief we have formed.



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# Exercise 1

## GET CLEAR ON WHAT YOU SAY TO YOURSELF

Challenge: What stories do you tell yourself about where you may not be 'good enough'?

Tune in to your internal dialogue and see how you speak to yourself?

How mean and derogatory are you to yourself?

Do you beat yourself up with words?

Where do you doubt yourself?

Do you doubt your ability at work, do you doubt yourself in social situations and fear saying or doing the wrong thing... and possibly be judged?

If you spend today tuning in you may be shocked at what you find! And that's ok. These stories - and your ability to relate to them differently are the direct cause of your worry, anxiety, unnecessary stress and low confidence or belief in yourself.

Knowing what they are and how they make you feel is the first step in being able to transform them.



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# Reason 2

## FEAR OF JUDGEMENT



As I pointed out in the previous video, it is an inherent human behaviour to want to fit in, to be like everyone else. We feel safer if we are doing what everyone else does, and not something 'different' to them.

Not only do we compare ourselves, which contributes to us feeling like we are not good enough, but we are also very good at 'convincing ourselves' that we are being judged.

For most of my clients, whatever the issue they are dealing with, feeling like they are being judged is a huge factor that contributes to low self worth or self esteem.

We waste so much mental energy and space, worrying about what other people think of us.

We make an assumption about what someone else is thinking about us. We assume they are judging us. We might think they are thinking we are wearing the wrong clothes, saying the wrong thing, behaving in a way that is NOT acceptable or ok.

We actually have no idea what someone is thinking about us, we are just making up a story, an assumption, which comes from our insecurities - fed by our made up I'm not good enough stories.



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## Exercise 2

### FEAR OF JUDGEMENT

What someone thinks about you, is actually none of your business.

We need to shift our perspective and understand, that If someone is thinking badly of us, or judging us, then they are not your person. We don't need to have everyone like us... we really only need a few good friends, who accept and appreciate us for all that we are or are not.

When we are feeling judged, most of the time, it is actually just us, judging ourselves... doubting ourselves and further eroding our sense of self worth, and self esteem.

As Marisa Peer says, the most important words in the world are the words you tell yourself. The most important opinions in the world are the opinions you have of yourself.

Challenge: Next time you feel like you are being judged, or you hold yourself back, from the fear of being judged, ask yourself:

Do I really care what those people think and do I really know what they think about me, or am I making an assumption?

Is this person really judging me or am I judging myself?

What are the judgements I am making on myself right now?

Are these judgements helping me or hindering me from being my greatest self?

It really is so liberating when you learn to stop giving a damn what other people think about you. You do you!!!



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# Reason 3

## FEAR OF REJECTION



There are so many layers to this ... but at the very core of it , the fear of rejection goes all the way back to our cavemen days. If we were rejected by our tribe, back then, we literally could not survive. We would be cast out and die.. on our own. So this fear of rejection is in our DNA as a survival technique. Now days obviously we wont die if we are rejected, but most people want to be included, part of something, whether it be a family, a friend group, a team. Humans do not like to be alone. We feel safe and accepted when we feel secure and part of, or accepted by a wider group.

So in order to ensure our 'survival' we develop patterns of behaviour like people pleasing, over achieving and over giving... we do this to 'make' people like us, so we are included and not rejected.

Wearing all these different 'masks', by not being your true self, but being what you think others want you be, and trying to be 'something' for everyone, results in us losing touch with who we really are. Often we are so frantically obsessed with proving our worth by people pleasing, over achieving and over giving, we disconnect from our true selves... these patterns of behaviour are incredibly exhausting but also damage our sense of self worth, because usually it is never enough. We try our best, but when we are not grounded in who we are , and wear lots of masks for different people , it is confusing to those around us, because we are not being real, we are being FAKE. So evidently, we end up being rejected and therefore that proves our belief that we are not good enough or not worthy ... Further impacting our sense of self worth.



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# Exercise 3

## FEAR OF REJECTION

When this happens, it further contributes to our belief that we are not good enough, we feel like we are different, mis understood. So then, we build walls to protect ourselves, to keep us safe from being rejected. By building walls I mean, we develop other patterns of behaviour do hide ourselves away. So, we play small, isolate, exclude ourselves and this feeds even more into the belief we are not good enough, that we are different, because we literally create a reality where we feel alone. These patterns of behaviour mean that we are rejecting ourselves, before anyone else has the opportunity to.

Challenge:

Where are you playing small or hiding?

How many masks do you wear?

Do you doubt yourself?

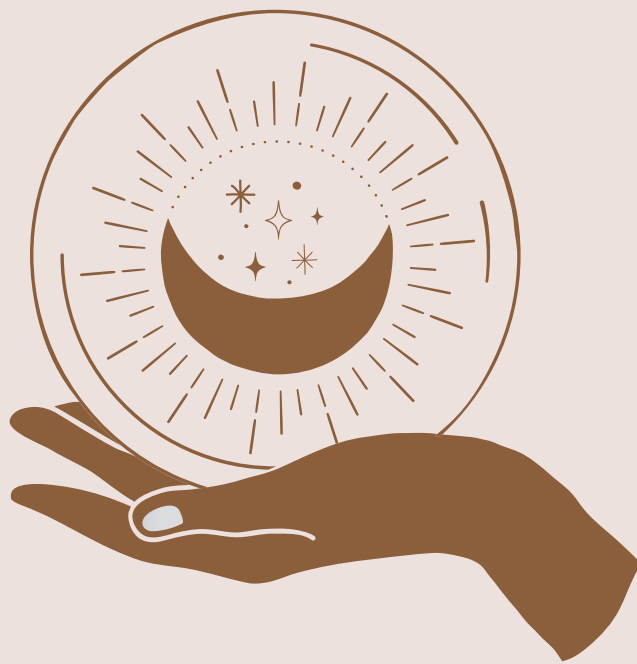
Are you a people pleaser, an over giver or an over achiever?

What patterns of behaviour do you have that 'mask' or hide the REAL you from being seen?

What are these behaviours costing you in the long run?

# CONFIDENCE IS YOUR BIRTH RIGHT

*Rapidly Increase  
Self Worth*



Increasing Your Self Worth & Being Your Authentic  
Self Is Fast & Easy



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# 30 DAYS TO AMPLIFY YOUR CONFIDENCE

Over 30 days I take my clients on a powerful life changing journey without:

Boring Long Term Therapy

Digging More Into What Is Wrong With You

Wasting More Time \$ & Energy

So how do we achieve rapid self confidence in record time?

*We Remove The Subconscious  
Drivers*

Most therapy focuses on the conscious mind which is hard work and is only responsible for 10% of what is really going on.

When we work directly with your subconscious we are pulling out the root cause, beliefs and reason you have the thoughts you do. It's faster, easier and much more fun.

The by product is a natural shift in your thoughts, feelings of empowerment that last and THEN we get to do the conscious work to make your changes a reality in every area of your life.



## You will walk away with:

- A complete understanding of what in your past is driving your current behaviour and how we make it invisible
- Acceptance of yourself - who you are, what your real strengths are and how to use them
- A true appreciation of yourself and your many talents you didn't know you had
- Real tools to deal with your ongoing nasty self talk
- Toxic relationships removed from your life and a new sense of valuing yourself and your needs
- A connection to others around you and a new lease on life
- The realisation that you are truly worthy and the confidence to go after what you want in life without fear



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# TAKE ACTION

## 2 Ways To Work With Me

Knowing you are truly worthy starts with investing in yourself.

When is the last time you did this if ever?

When you say yes to you first you will see the benefits for years to come.

Here is how you can work with me to rapidly transform your self worth and confidence the fast and easy way:

30 DAY SELF  
WORTH  
CHALLENGE

START TODAY

ONE ON ONE  
FAST TRACK  
WITH SARAH

BOOK A CALL