

# AWAKENING WORTH

*Belinda*  
PRUYNE

## Welcome to the Awakening Worth Podcast Series,

I'm so happy you are here. This is going to be a powerful journey of discovery and honoring you.

This Awakening Worth Workbook has questions that go with each episode. There is space for you to take notes or write things up and questions to help guide you deeper levels of self-awareness, fulfillment, and success.

***“The Level of Success You Achieve is  
Directly Connected to Your Level of Self-Awareness”***

## Guidance for a journey of powerful discovery:

- This is a judgement free zone. Truly, no room for judgment here. In fact, drop kick judgment to the curb and replace it with curiosity. Any time a judgment comes up, get curious, where is the judgment coming from, a certain person, situation, lack of belief...the judgment is the surface level awareness, curiosity take you beneath that to where real increased awareness and ability to create change lives.
- Just notice what comes up. Notice, I didn't say, judge, put yourself down, or make you wrong in any way. Truly, it is about increasing your self-awareness and giving you the intel you need to own the full impact of what you have to offer the world.
- It is easier to see and articulate this another person than yourself. This series is to help you uncover this within yourself.
- Success is an inside job and increasing your self-awareness is the master key to greater success and dreams fulfilled.

Be gentle with yourself you have a long journey together. Give yourself permission to grow gracefully through increased awareness and NO judgment.

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## EPISODE #1

### You are Worth More Than You Know Just by Being Unashamedly You

**“And the day came when the risk to remain tight as a bud  
was more painful than the risk it took to blossom”**

**Anais Nin**

### Step One: get a clear picture of your current level of self-awareness.

- Let's begin with how you view yourself and your level of confidence/comfort you have with being you. Below you will see two definitions – of self-esteem and other-esteem.

#### “SELF-ESTEEM”

is when you look within, to yourself to evaluate a job well done, rather than waiting for another to tell you.

#### “OTHER-ESTEEM”

is completely dependent on external circumstances and will be conditional, leaving you struggling, unclear of what action to take and fully reliant on others.

- With **Other-Esteem (OE)** success is yours today and someone else's tomorrow. This is true because you are working to please others. You are basing decisions on how they will react.
- **Self-Esteem (SE)** comes from within and is not dependent on what others think or praise they give you.
  - It is something you build within you
  - It is how you show up and give your best effort regardless of the outcome.
    - **You learn either way**
    - **What to replicate if things went well**
    - **What to adjust, take out, or change if not**

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## **Journal Your Areas of Self-Esteem & Other Esteem.**

Again, don't judge them, just notice.

Look for themes of where you are coming from Self-Esteem or Other Esteem.  
What triggers you to go into (SE) or (OE) vs the other and what are your areas of strength.

The more conscious you are of your triggers the better you  
can navigate them to a healthy resolution.



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**Journal Your Areas of Self-Esteem & Other Esteem – pg. 2**

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## **Step Two: What is in your Career Portfolio and what unique impact does it offer?**

Now that you are looking within for insights & answers – let's begin to explore the unique value you bring/offer just by being you.

To help you with that I want to share an article by April Rinne from the Harvard Business Review, titled: [Why you should build a career portfolio not a career path](#)

In this article April Rinne speaks to how things have changed regarding what careers are built upon and hiring authorities look for. Specifically speaking to building a career portfolio AND understanding how collectively they create your unique story and value add.

Review the Career Portfolio examples on the next page.

Notice the variety of experience each person has to offer.

Now look at how the various experiences build on one another and begin to outline the value add you bring to all you do – professionally or personally.

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graph TD
    CE([Communications Expert]) -.- LA([Leadership Advisor & Coach])
    CE -.- SA([Singer, Actress, & Dancer])
    CE -.- EDCM([EVP Global Director Creative Mgt.])
    CE -.- DCJ([Design & Create Jewelry])
    CE -.- HRI([Horseback Riding Instructor])
    CE -.- KST([Keynote Speaker & Trainer])
    CE -.- ASLC([American Sign Language Certified])
    LA -.- SA
    LA -.- EDCM
    LA -.- DCJ
    LA -.- HRI
    LA -.- KST
    LA -.- ASLC
    SA -.- EDCM
    SA -.- DCJ
    SA -.- HRI
    SA -.- KST
    SA -.- ASLC
    EDCM -.- DCJ
    EDCM -.- HRI
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    EDCM -.- ASLC
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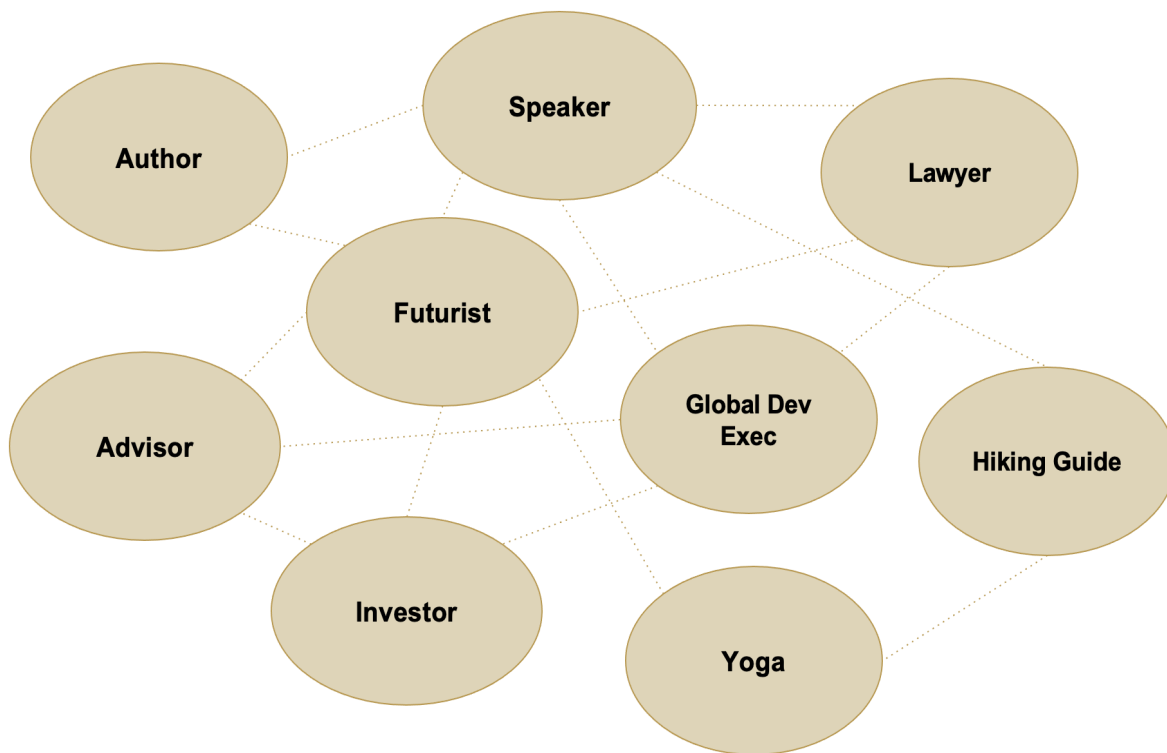
The diagram illustrates a network of professional roles. At the center is the 'Communications Expert'. This central node is connected to seven other roles: 'Leadership Advisor & Coach', 'Singer, Actress, & Dancer', 'EVP Global Director Creative Mgt.', 'Design & Create Jewelry', 'Horseback Riding Instructor', 'Keynote Speaker & Trainer', and 'American Sign Language Certified'. Each role is represented by a purple oval with white text. The connections between the nodes are shown as dotted lines, forming a complex web of relationships.

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## Career Portfolio Examples



In this example the person has an interesting combination of experience. Again, can you see how one experience/skill builds on the next?

Do you see a theme in the various positions?

Transferrable skills that go from one experience to another?

The culmination of which allows them to be even more valuable to their company, department, team, or role?

**Take a moment and identify all the experience you have  
To put in your career portfolio**

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**Step Three: Identify all your various skills, roles, and experiences you have to put in your career portfolio. Use the space below to make a list**



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**Step Four: Create your career portfolio and add your various skills, roles, and experiences**



**Step Five: Draw connections between experiences**

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***“Be Unashamedly You  
It’s where your greatest place  
of Differentiation Is  
Value Lives And  
Fulfillment Thrives”***

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