

# Worth It

## Teachers Guide

Worth It 7<sup>th</sup> & 8<sup>th</sup> Grade Curriculum  
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# 1. Worth It

**Introduce Yourself:** Share your testimony. Share your story. Share why you are here. Why you are passionate about this? Humanize yourself.

Why are we here? We here to help you answer the questions that people spend their lives trying to answer.

“Who am I? What is my purpose? How do live a good life?”

This all stems from the issue of value, worth, and identity. Do you treat yourself with value? If we did, our lives might look a bit different. We would protect ourselves, protect our minds, our bodies, and our hearts. Some of us are treating ourselves like a rag doll. Something to be thrown around, played with, and experimented on. If you have value, you must treat yourself with value. But where do we find this value? Where does it come from?

Everyone in this world places their value in something. In other words, everyone places their identity in something. Where do you find your worth? Where do you find your happiness, fulfillment, and identity?

Sports	Boyfriend/Girlfriend	Friend Group
Grades	# Of Followers	Car/House
Physical Appearance		

These things will bring temporary satisfaction, but they will ultimately leave you emptier than you started. These things are all temporary, they will pass away.

## **Celebrity Example:**

Think about your favorite celebrity. Most likely they have obtained all the things that we look for to fulfill us and make us happy. They are rich, famous, fit, and they hook up with the hottest models and stars. Shouldn't they be happy? Why is it that the majority of celebrities struggle... with substance abuse, addiction, depression, and suicide? Why does almost every celebrity marriage end in divorce? If they have everything, why are they so unhappy? Do these things really make us happy? Or are we spending our lives chasing something that will bring us down?

1. Your worth can't be found in others.
  - a. People are ALWAYS going to disappoint you.
2. Your worth can't be found in your situation.
  - a. You are not defined by your circumstances or past.
3. Your worth can't be found in yourself.
  - a. You are not enough for yourself; you are made for something more

Look for your worth, value, and identity beyond yourself. The ONLY thing that we can place our value in that will give us what we are looking for is what is permanent. Nothing else will satisfy us. People spend their lives trying to be satisfied by the world. Where has it left them?

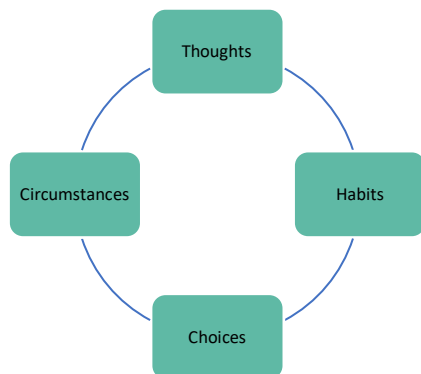
Do you understand that your value and worth is beyond the imaginable? Why does any of this matter? It matters because ALL of our life decisions are based on how we view ourselves and others.

Figure 1 Proof: “How you think about something shows how you treat it”

1. How do you treat your friends?
2. How do you treat your old clothes?
3. How do you treat your phone?
4. How do you treat yourself?

We often think that the circumstances of our lives is decided by exterior people or situations. The primary source of our struggles stems from ourselves. Our thoughts and decisions. How we treat our body, mind, and heart. What we meditate on and what our habits are. I like to use the diagram called the Circle of Thoughts.

1. Your thoughts (What you tell yourself) shape your habits.
2. Your habits shape your choices.
3. Your choices determine your circumstances.
4. Your circumstances shape your thoughts.



This is a continuous circle that most individuals find themselves stuck in. The only way to break this circle is to change your thoughts. Thoughts have a far greater impact on your life than you might think. Thoughts are in fact the source of these problems.