

Life Changing Magic of Self-Worth Checklist

The Power of Self-Worth

- You get to be you
- You understand your purpose
- You accept compliments
- Decisions are easier
- You know you add value
- You stand up more for the important stuff
- You want to reach your goals
- You dream more
- You're a better problem solver
- You enjoy better relationships
- You're more generous
- You have less negative self-talk
- You're in better shape physically
- You are less self-critical
- You don't settle
- You dive into life
- You're more content

Dealing with Criticism

- Stop
- Consider
- React

Do you Have Low Self-Worth?

- "I'm no good"
- "I can't"
- "They don't like me"
- "They do it better"

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How to Build or Rebuild your Self-Worth

- Accept your current circumstances
- Make a list of your talents and strengths
- Remove toxic relationships
- Spend time with positive people
- Journal your appreciation
- Silence your inner critic
- Use the carrot, not the stick
- Remember compliments
- Do something new
- Practice kindness
- Accomplish a single goal
- Do something that scares you
- Rediscover pride
- Try positivity
- Drop the definitions
- Review your accomplishments
- Play with Post-Its
- Stop worrying about what other people think
- Adopt a pet
- Be authentic
- No more perfection
- Cut loose
- Meditate
- Enlist a friend's help
- Try a different channel
- Spoil yourself
- Take control of your social media
- Become less productive
- Take care of yourself
- Learn to bounce back
- Take responsibility for your life
- Talk to a professional

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