



# 5 Ways to Foster Self-Worth



What do you do when you don't feel terrific about yourself? Some people think these feelings need to be suppressed, however, this often leads us to pursue unhealthy coping mechanisms, such as grabbing for an unhealthy snack or spending the entire weekend binge-watching something on our favorite streaming service.

If you're ready to try something you won't regret later, why not work on your self-worth in a healthy way that's designed to build you up rather than tear you down? The following five methods that help you foster self-worth are so comfortable you're going to wonder why you didn't try them sooner.

### **Look at What You're Telling Yourself**

Does your self-talk have a theme? If you find you're putting yourself down in the same way over and over again, it's time to take notice. What is the statement which plagues you the most? How can you rewrite the statement into something positive? For example, if you're telling yourself you're lazy, try switching over to a reminder of something you've accomplished.

### **Reclaim Yourself**

Sometimes a positive statement isn't enough. For this next exercise, sit in front of a mirror. Talk to yourself. Have a conversation about who you are inside. Strip away all lies and show yourself just how worthy you are.

### **Journal**

So why do you feel the way you do? When you take time to journal every day (or even every other day), you help yourself to process your emotions and help figure out why you feel inferior. This kind of self-examination and exploration can be very freeing. Add to this a shortlist of things you like about yourself for an added boost in self-worth.

Here are a couple of prompt questions that will help you uncover and explore the precious gem that you are:

- What would it be like if I allowed myself to....?
- The risk I need to take is....
- I'm tired of trying to protect.....
- Is it taboo for me to want to be or feel special?
- I'd rather 'die' than risk (or risk losing) ...
- What I really want is....
- The number one thing I need to change so I can live an authentic life is....
- The one thing in my life that no one has ever been able to talk me out of being is....

### **Take Care of Yourself**

If you're running around taking care of everyone else all the time, it comes at a cost. Being neglectful of your health and well-being serves no one. If you genuinely want to be of assistance to others, put yourself into a position where you are healthy enough to do so. Make sure you get enough sleep, eat right, and exercise. All these things are crucial to a healthy and well-balanced you.

## **Work with Your Personality**

Who are you? If you've ever done a quiz to determine your personality type or enneagram, you already have some idea of what your strengths are. But what about your weaknesses or the areas where you feel you're lacking? It might be you have skills and abilities which have gone unnoticed, or which have never been fully developed because somehow you're holding yourself back.

To improve your self-worth, take the time to develop who you are fully. Explore all the unique aspects of yourself and refuse to let anyone drive you down. With a little mindfulness, you truly can become everything you are meant to be.