



LIFE CHANGING *Magic* OF SELF WORTH

*You are worth it...
...and it's time you realized it!*

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Introduction



Have you ever seen the classic music movie, *Planes, Trains, and Automobiles*?

In the movie, there is a character named Del, who has been put down repeatedly throughout the movie through a variety of situations.

Finally, it reaches a point where the jokes and jibes aren't quite as funny anymore. Del looks at his tormentor and says:

“You wanna hurt me? Go right ahead if it makes you feel any better. I could be a cold-hearted cynic like you, but I don't like to hurt people's feelings. Well, you think what

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you want about me; I'm not changing. I like... I like me. My wife likes me. My customers like me. 'Cause I'm the real article. What you see is what you get."

Here is a moment of triumph. Think for a moment what it takes to stand in front of somebody else and say these words. Think about how powerful it is to be able to say them.

Do you like who you are? Hopefully, you do. **If not, this book is here to help.**

In the following pages, you're going to learn how to recognize your worth, **because indeed, you are worthy of happiness and success.**

This book will break down the many benefits of having self-worth and then teach you how to deal with criticism and, better yet, what to do if you suffer from low self-worth. **But more importantly, you'll find out how to raise your self-worth to where it belongs.**

Having good self-worth is essential. Hopefully, by the end of this book, you'll be starting to see a difference. You'll feel more energetic, more capable, and more resilient. You'll enjoy closer and more intimate relationships, and like Del, you won't be afraid to speak up for yourself.

It's time to like yourself. Let's get started.

You Are Worthy

Negativity is all around. It seems that no matter who you are, and no matter where you are, somebody in this world is ready to put you down.

This statement might seem overly generalized or even unfair. Sadly, in today's world, this is very much the truth. The thing is, haters are going to hate. What matters here is what you do about it. And more importantly, you don't want the 'hater' to be the voice in your head!



The problem with negativity is we give it far too much real estate in our heads (and it doesn't even pay rent!). You need to remember this one important fact: no matter where you are, no matter what you've achieved, no matter who you are, you are worthy. You have worth.

Do you doubt this? Then ask yourself this: What is the

value of an individual?

Our worth lies in who we are, not in what we've done, how much money we make, what type of car we drive, or what level of education we have. Our worth lies in the fact that we dream. We think great big, brilliant thoughts. We create goals, and sometimes we even realize them. We build relationships. We create. Sometimes we tear down. We try hard, we fail, and we try again. We're human and make mistakes, but we also learn from those mistakes and create amazing things out of them. We affect change in the world just by being here.

Nothing would be the same if you were not here.

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In his book, *You are Enough*, Dr. David Walker wrote, “You're not worthwhile because you have fulfilled your dreams. You're worthwhile because you exist. You're not enough because you have a good job. You're enough even if you haven't worked in thirteen years. You're not enough because you are loved by many people. You're enough even if nobody knows your name. You're not enough because your financial portfolio is enviable. You're enough even if you're dead broke. And becoming more successful doesn't make you enough, either. It only changes your experience. It doesn't change you.”

It's hard to think this way sometimes. The world is significant and we're so small. Yet our very individuality is what makes us special.

So, embrace the amazing person *you* are right this minute, and hang on tight. You're about to discover some of the greatest secrets of self-worth. It's going to be quite a ride! Woo hoo!



The Power of Self-Worth



How important is self-worth? Ask anybody who's ever been the subject of criticism. Without self-worth, a negative comment has the power to change your world. You start to doubt yourself and your negative mind chatter kicks in. And with enough criticism, your mood shifts and you can fall into perpetual negativity or even depression.

Which is why self-worth is such a life-changing and powerful thing.

When you experience self-worth, it's much easier for any criticism to roll off your back. This ability to bounce back from adversity enables you to keep going, even if things haven't been going well.

And this is only the beginning.

Benefits of Self-Worth

Self-worth exposes the lies and reminds you just how wonderful you are. But more than that, self-worth is what motivates, inspires, and takes you to the next level. Read on to discover many of the ways self-worth powers you up, prepares you for success, and helps you live your aligned life.

- **You Get to Be You**

Perhaps one of the most visible aspects of self-worth lies in your ability to be yourself. When you have confidence in yourself, you don't need to prove yourself or force yourself to fit in with the crowd. Self-worth encourages individuality, allowing

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you to be uniquely you. And this is what living your aligned life is all about.

- **You Understand Your Purpose**

When you believe in yourself, by extension, you start believing in your dreams. You don't doubt your goals or your reasons for working to attain them. This gives you a stronger sense of purpose and clarity.

- **You Accept Compliments**

When you lack self-worth, you honestly don't know what to do when someone says something beautiful about you. Sometimes you might even feel embarrassed because they don't seem to know the truth about who you are. With self-worth, these thoughts seldom come up. You know how to accept a compliment, and can even enjoy it, because deep down you agree with what's being said (not in an arrogant way, but in a very humble way). There's no arguing or denying truth, right?

- **Decisions are Easier**

When you have self-worth, you acknowledge your ability to think and reason, meaning you second guess yourself a lot less. This means decisions are much easier to make.

- **You Know You Add Value**

With self-worth, you no longer question whether or not you belong on a committee or project. You know you have something to contribute. Why wouldn't you be there?

- **You Stand Up More for the Important Stuff**

When you have self-worth, you better understand who you are. You know what you believe in and, more importantly, you don't feel like you must hide those beliefs. Any people-pleasing tendencies are greatly diminished. Imagine how freeing it is to be able to share what's important to you without fear of what others think.



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- **You Want to Reach Your Goals**

What are you good at? When you have self-worth, you already have a pretty good idea. By understanding your strengths and weaknesses, you're more likely to challenge yourself to do more. You find yourself wanting to grow and develop and reach your goals. And since actually reaching your goals doesn't determine how you feel about yourself, you have more fun on the way to those goals.

- **You Dream More**

Self-worth means you're already confident enough in who you are to be able to envision where you want to go. It doesn't matter what you dream is, with self-worth you don't need the approval of anyone else to justify your goals or dreams.

- **You're a Better Problem-Solver**

Self-worth means you doubt your thought processes less. You know what you know, and because you have this confidence, you're more likely to make intuitive leaps to find solutions when you're faced with complicated situations.

- **You Enjoy Better Relationships**

Self-worth takes the mask off. When you meet someone, you don't have to pretend to be anyone other than who you are. In a relationship this is crucial. How can you expect to succeed with others if you're never real around them?



- **You're More Generous**

When you don't feel good about yourself, it's hard to imagine you have the ability to help anyone. When you have self-worth, you know you have something to contribute. This translates to increased generosity with time and resources.

- **You Have Less Negative Self-Talk**

With self-worth, you're more apt to engage in positive self-talk overall, as opposed to constantly putting yourself down. You beat yourself up less over things and are more accepting of your mistakes.

- **You're in Better Shape Physically**

With self-worth, you experience less stress and are more likely to have a healthier body and an improved immune system. More importantly, when you feel better about yourself, you're less likely to use inadequate coping mechanisms such as overeating, alcohol, or drugs to deal with external stress or criticism.

- **You are Less Self-Critical**

With self-worth, you are less likely to be overly critical of yourself in ways that are demeaning or negative. You place a high enough value on yourself which helps squash the internal name calling.



- **You Don't Settle**

When you lack confidence in who you are and what you're doing, you're more likely to accept a job or situation that you think you can handle instead of what you want. With this mindset, you're more likely to undercut yourself, doubt yourself, and settle for 'good enough.' With self-worth, you become choosier in your career, relationships, and personal choices. You no longer want 'good enough' but something you deserve.

- **You Dive into Life**

With positive self-worth, you have the confidence to try new things and to experience more. Since you already know that you're capable, when change comes, you're more resilient and less likely to feel threatened by it. You know you can handle it and you're more likely to take a chance and see what happens next. It's easy to say "Yes" to yourself and live your aligned life.

- **You're More Content**

Self-worth means you're no longer fighting yourself. You're relaxed and enjoying who you are. It's no wonder you're happy and at peace with life and yourself.

Dealing with Criticism from a Place of Self-Worth

Because the topic of criticism comes up frequently when it comes to talking about self-worth, it's worthwhile to give a special section entirely to this so you can see the power of self-worth in action.



First, you have to understand criticism isn't necessarily a bad thing. We do need feedback from time to time. Hearing something negative once in a while isn't only inevitable but necessary if we're ever going to learn or grow. The problem comes up when we take the criticism personally, or when the criticism itself is mean-

spirited and is only designed to hurt. This is why it's so important to approach criticism with a calm and clear head.

You start by finding a place of self-worth and it's easier to find when you accept that you are smart, capable, and have valuable skills and assets. Whatever criticism is offered does not in any way change who you are, what you're capable of, or what skills or traits you already enjoy. You are and will be the same person regardless of what is said.

Next, you need to take a three-pronged approach when it comes to dealing with the criticism itself.

Stop

Before you react in any way to what is being said, stop. Take a deep breath. Now carefully consider what is being said from all angles. You always want to give yourself space before

responding to criticism. After all, the last thing you want is to react emotionally, or in a way you might regret later. Also, you'll want to consider the motivation of the person offering the criticism. This will be important as you evaluate their words as it will help you to determine whether or not you need to react at all.

Consider

What is being said? What tone is being used? Is there a hidden agenda (or not so hidden) behind these words? Does this person have an ulterior motive or are they honestly trying to help us in some way? Is there something you can learn here? Or is this something to discount entirely? As you consider what has been said, ask for clarification if you're not sure what the other person meant on any particular point.

If possible, consult with others whom you trust and gain their feedback regarding these words. Try to do all of this in an open-minded way. Do not discount the words offhand. At the same time, do not accept them as absolute truth. Remember, not all criticism is created equal. There might be a part of what is said, which is useful. Or it could be there is nothing of value here at all. No matter what, consider this: there might be something valuable you can learn from this experience, which is why it's so important to take this step very seriously.

React

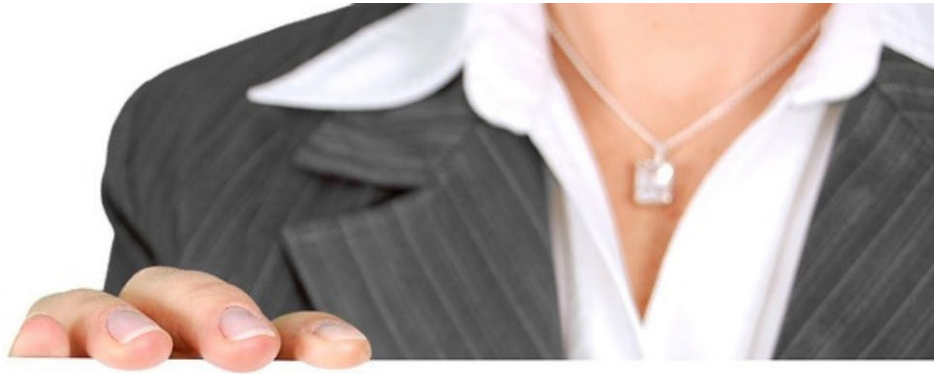
Once you've allowed enough time for these words to sink in, you'll need to determine whether a response is necessary to the person who offered the criticism in the first place. The best response might be to inform the other person you'll take this matter under consideration while you think upon it further. In some cases, when the intent is questionable, you might not want to respond at all. Whatever you decide, remember to choose your words carefully and avoid becoming involved in something which might turn into a sparring match.

Criticism can be a difficult thing to get past. No matter what, try not to take any criticism to heart in such a way as it causes you to question how you feel about yourself (easier said than done, I know). This isn't to say you won't learn or grow from what others have to say. Remember, even if you have proven to be in error in some respect, you're still YOU. You are

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still valuable. You are still worthy. The only thing which should ever change in this regard while listening to criticism is for you to become wiser from the experience.

Of course, this probably all seems well and good when you have a solid feeling of self-worth, but what about when you're not feeling as confident in this area? In the next chapters, we'll explore the world of low-self-worth and how you can improve yourself in these areas.



stop → consider → react



Do You Have Low Self-Worth?



We don't always see ourselves as clearly as we would like. We think we are OK, but as it turns out, we're not. Part of the problem is the difficulty we have in seeing ourselves as honestly as we think we do (and I write from experience here).

There are two problems here. First, since we have an incorrect idea of who we are, it's easy to get overwhelmed in uncomfortable situations. This feeling of overwhelm can lead us to avoid dealing with our feelings and staying stuck. We might give an excuse like "I have no idea where to begin."

Second, and more common, we have a script in our heads which tell us who we are, and it doesn't quite match up to reality. Generally, our self-image is a lot worse than reality. Consider this example.

Picture yourself as a high school student. It's picture day, but acne has struck again, leaving you with a blemish the size of Montana right in the middle of your forehead. You obsess about this as the photographer takes your picture and you are positive this will be the only thing anyone notices when they see you in the yearbook. To your surprise, when you finally get your pictures back, you don't see the blemish at all. It was still there, only it wasn't as big or significant as you made it out to be in your mind.

We're much the same way with our own flaws because we are so self-conscious about them. We're positive every person on the planet knows we mispronounce words, tend to get the hiccups when nervous, or can never remember the capital of Illinois (it's Springfield).

The question is, who noticed any of these things? So, while we're busy talking ourselves down, thinking we're awful on every level, no one else has seen us this way at all. Mostly because none of it is true. Or even if it is, these quirks are nowhere near as important as we think. After all, how many people need to know the capital of Illinois in day-to-day life?

And even if you do need to know the capital of Illinois because you happen to be a teacher and it's part of the curriculum you teach, enlisting the kids to help you remember can become a game with the added benefit there will never be a kid in your class who forgets it from that point forward. Think about this a moment. Your quirks might be more endearing than you previously thought!

And don't forget, everyone else is busy thinking about their own flaws that they think everyone is noticing as well. We don't talk about it, but we're basically all in the same boat!

When I decided to try and finally live an authentic life, I started to share and talk about my main flaw that there was *something wrong with me*. Just thinking about sharing this private mega-flaw¹ nearly caused me to start crying. The shame around this belief was significant and I had spent a lifetime hiding my self-doubt and feeling of brokenness.

¹ Another term I use for my 'mega-flaw' is my "MAC DADDY false belief"

I thought if I shared this secret, people would turn away (or worse yet, agree with me). Or maybe they would minimize my feelings. I didn't think anyone would understand. Yes, I knew it wasn't really true, but it was a deep-seated false belief that I had been living with for my entire life. And it negatively impacted my sense of self-worth big time.

After sharing my 'secret', I found out that nearly everyone felt similarly. Some people believed they weren't lovable or even capable of loving. Others felt they weren't good enough or didn't deserve success. See what I mean? We're all in the same boat!

Giving voice to my perceived (and false) mega-flaw helped reduce its power over me. Yes, sometimes my mind wants to immediately return to that internal voice that says, "There's something wrong with me," but that voice doesn't take root like it used to. Why? Self-worth entered my life.



So, with this in mind, let's take a check-up and find out if self-worth might be a problem for you or not (and maybe reveal what you're afraid your own mega-flaw might be).

The Big Lies We Tell Ourselves

The four sabotaging thoughts below (the lies we tell ourselves) are important in how they negatively impact our self-worth. With each main idea, you'll find a few thoughts which might include other thoughts that creep in unawares.



I'm No Good

At first glance, this seems like a pretty dire statement. No good at what? Bowling? Playing the piano? Life? The problem with not feeling good enough is how easily this can sneak into our thoughts in so many other ways. Generally, you'll find it creeping in alongside thoughts such as:

I should do this better.

No one hears me when I talk.

I have nothing worthwhile to say.

Don't look at me.

I'm not very interesting.

You don't mean that! (usually said when complimented)

I'm not good enough.

These thoughts alone, though, should be enough to diagnose the problem. If you look, you'll see how every one of these is tied somehow into self-worth. But this particular problem can manifest in some other very physical ways. As you read this list, notice how far this can escalate.

- Your house is full of things you don't need or even want.
- You under-bid on jobs because you don't think you're worth more.
- You have frequent stomach/digestive issues related to worry/anxiety.
- You buy cheap or used items because you feel like you don't deserve anything better.
- You sabotage any chance of success.
- You're hard on other people, demanding perfection.
- You're a bully.
- You're proving your power by exerting yourself somehow over others to the point of being abusive.

I Can't

Sometimes you genuinely cannot do something. But when you continually stop yourself because you're sure someone else can do it better, or are confident you'll fail somehow, you're holding yourself back. You're also experiencing low self-worth. With these particular phrases, it's essential to notice how *often* you say them, since the more you repeat them, the more likely you are to have a problem.

They can do it better than I can, so why bother?

I must be wrong if they disagree.

I don't know what to do. Let me ask _____.

It won't work.

Why even try if it's going to fail?

That kind of goal is for someone smarter (more prosperous, more capable, etc.) than me.

They do it so much better than I do.

The physical traits listed here might be harder to spot because they're more of a lack of action than anything else.

- You avoid setting goals without first consulting with others.
- You have a victim mindset.
- You put everything off.
- You experience panic attacks.

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- You avoid change.
- You find yourself worrying a lot, especially about what's going to happen next.
- You have a hard time setting goals.
- You stay in uncomfortable situations because you can't trust change to be better.



They Don't Like Me

Anytime we become overly preoccupied with the opinion of other people, we're allowing them to hold us back. This is a significant sign we don't think highly of ourselves, certainly not as high as we think of *them*. Of course, some people are truly deserving of our utmost respect, but never at the cost of our self-image. You can feel someone is better than you in some regard without losing who you are. After all, we're not all equally skilled or talented.

Celebrate your talents, skills, and passions and don't compare those with anyone else. After all, we can't all be opera singers, math geniuses, or great artists. Appreciate the variety and talents of others and learn to appreciate and recognize your own as well.

Often, the problem with poor self-worth is that everything becomes a competition and it's easy to fall into either/or thinking. For example, if someone is smarter than us in one area, then they must be smarter than us overall. That means they're a 'winner' and we're a 'loser' by comparison.

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When you take a step back, you can see how ridiculous this thinking can be. Unless you're competing in a spelling bee, it doesn't matter how many more words someone else can spell correctly.

Look out for these statements:

They think I'm stupid.

I know they're talking about me.

I wish I could go back and say or do something differently.

Why do I always say the wrong thing?

I'd take time off, but it seems lazy to do so.

I need to try harder.

No one likes me.

No one will ever love me.

Physically this type of thinking can manifest in a variety of ways, starting with a constant need for approval.

- You obsessively try to look/act right, especially in a crowd.
- You jump to the worst-case scenario ("you hate me" or "I'm a failure") when criticized.
- You go out of your way to be a people pleaser.
- You never ask for help.
- You don't take time off from work, ever.
- You spend far too much time and money to try to look perfect/like everyone else.
- You hold back intimacy and are closed up with others.
- You react badly when people confront or criticize you, sometimes by physical means.

They Do It Better

With this last sabotaging thought, you're always comparing yourself to everyone else and coming up short. By everyone, this means every single person from coworkers, mentors, bosses, celebrities, geniuses, and anyone in between. The problem with making lists like this is how easily you're right. With enough looking, you're guaranteed to find someone who does at least one thing better than you. The problem? To someone with low self-worth, this automatically means you're a failure without taking into consideration things such as

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education, training, financial situation, or a dozen other things.

Even worse (in my opinion), is that this kind of mindset also shoves you into a victim role. Not only are people better than you, but the world is holding you back. And because of this, you're caught up in the feeling you *could* be outstanding if only everything would align in your favor for a change. This kind of entitlement is also very damaging because it keeps you from taking responsibility for where you are. Let's look at these statements:



I'm hopeless.

I'm never going to be good at this.

No matter how hard I try, I'm going to fail.

I can't do anything right.

Why even bother?

Well, of course, they're better than me.

I need to matter.

The last one might seem like it doesn't fit, but in truth, it sort of sums up this entire idea. If you feel you have no value or worth, how can your life possibly matter, especially if everyone and everything is set against you and definitely better at life in general? No, you can't matter if you feel this way, and so this thought becomes obsessive to where you can't think of anything else in extreme cases.

These thoughts can manifest in the following ways:

- You tend to want to hide in social situations, especially around new people.
- You spend far too much time celebrity watching.
- You only feel good when other people fail.
- You indulge in gossip, looking for the failures in other people in order to feel better about yourself.

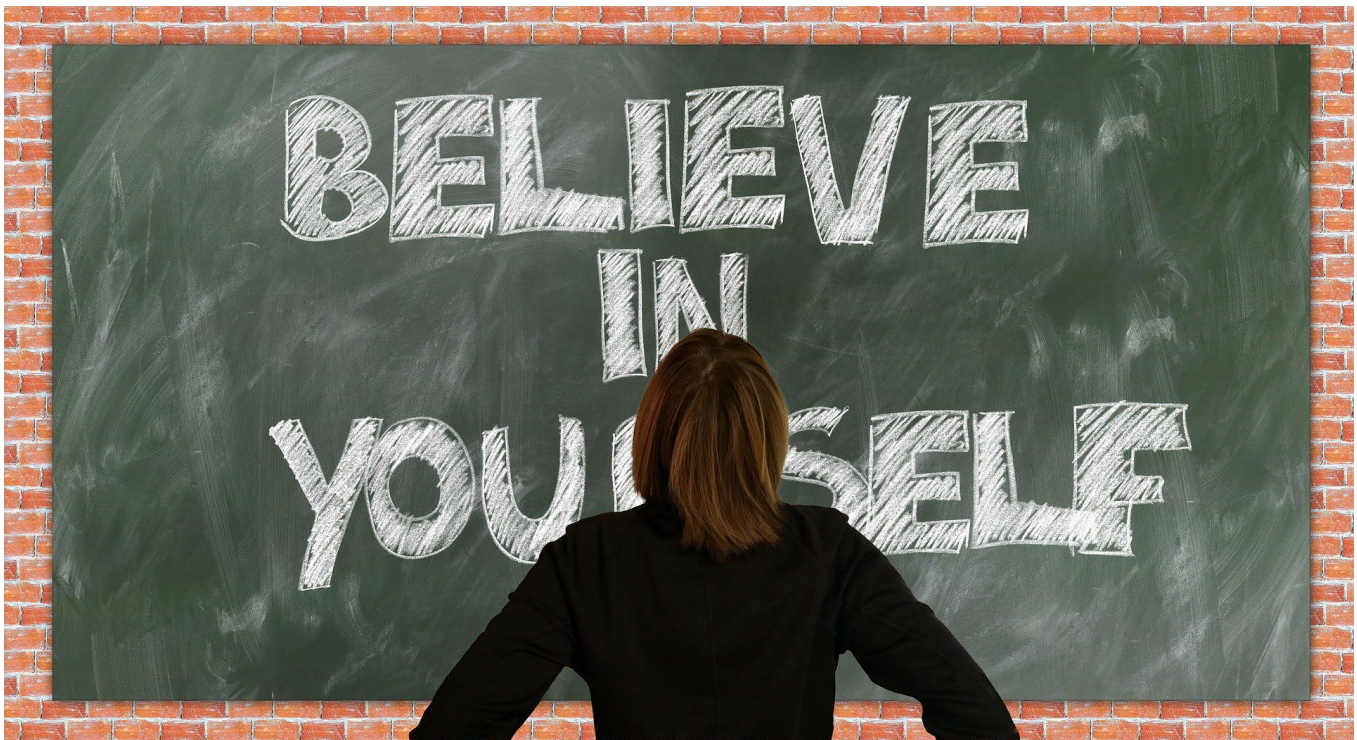
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- You look for ways to 'one up' others.
- You take great delight in pointing out when other people mess up.
- You make elaborate plans to do great things and do nothing to achieve them.
- You know at precisely which age various famous people achieved and compare this to where you were at this age. ("At 16 they won an Olympic medal. At 16 I was delivering pizza").

If you're like most people, you've probably seen yourself in a few of these statements. This might feel pretty discouraging. However, before you give in to feelings of low self-worth, realize this: you're completely normal and there is nothing wrong with you. And better yet,

CHANGE IS POSSIBLE!

The next chapter is full of ideas on how to (re)Build your Self-worth!



How to (Re)Build Your Self-Worth



Here comes the exciting part of the book. You've gained new knowledge about self-worth and you even have a clearer understanding of where you might have room for improvement. Now it's time to take action! And my favorite way to take action is with baby steps (easy-peasy baby steps).

I'm giving you a list of suggestions on different ways you can train your mind to accept this one fundamental reality: *You are worthy of success and happiness. You are enough. There's nothing wrong with you. You matter.*

***You are an irreplaceable, invaluable, never-to-be-duplicated, mega-event in the universe!
You rock!***

Maybe that was six fundamental realities. Anyway, everything in the list of suggestions below are simple things to do and won't take up a lot of your time or energy. Most just

involve minimal changes to your life, such as scheduling your day a little bit differently.

The goal is to use these tips to create new habits over time, not to change your entire world by following a set script or finding an instant magic fix. The life changing magic of self-worth happens over time. After all, your view of yourself wasn't formed in a day. It's only logical that it's going to take time to adapt and shift this image of yourself into something healthier. Be patient with yourself and realize these are tips you'll be implementing again and again until they're a natural part of your life.

Accept Your Current Circumstances

Before you can do anything else, you're going to have to come to terms with who you are right now. Accept you're you. No, you're not perfect (who is?), but you're still pretty amazing with lots of traits that make you valuable and uniquely you. This is not a space for negativity, so while you acknowledge who you are, refrain from judgment. You are who you are.

- Start small: Begin your day with some affirmations that make you feel good. Say them silently in your mind while you're brushing your teeth. Start imagining possibilities. I like to start my day with this declaration: "Something amazingly awesome happens to me today!" And then I follow it with a few fist pumps (and I say "yes" for each fist pump).

Make a List of Your Talents and Strengths

When was the last time you listed all the great things you're capable of doing? A list of this nature reminds you of the talents and skills you might otherwise overlook. Recognize these things are part of what makes you unique. And remember, just because something comes easily to you, it doesn't mean it's not important or that it's easy for everyone. Recognize and appreciate your talents and skills.

- Start small: Write down 2 or 3 things you are good at. Think of the things people compliment you about. And before you quickly deny them (or dismiss them), accept, allow, and appreciate these 2 or 3 things. Do this a couple of times a week until you have a nice list.

Remove Toxic Relationships

While it can seem hard to set boundaries, sometimes (always?) they're vital. If you have people in your life who only serve to bring you down, make you doubt yourself, or drain you

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of energy, it's time to make some changes. Life is too short to waste time with people who are toxic or even abusive.

- Start small: Just set one boundary at a time. Think of a situation that is likely to occur and plan out your script ahead of time. Rehearse if you need to. Imagine both your discomfort as you declare a new boundary as well as the feeling of exhilaration and freedom (not to mention self-worth) when you enforce this boundary even though it was uncomfortable.

Spend Time with Positive People

Now that you've weeded out people who hurt you, why not surround yourself with some better choices. Focus your time on people who are positive and push you to be your very best. Choose those who you find inspiring, encouraging, and otherwise impressive.

- Start small: Think about someone who inspires you. Send them an email (or if they are on social media and you don't have their email, send them a DM). Invite them for coffee. Ask them if they'd be willing to mentor you. There's a good chance that someone who inspires or impresses you will be happy to share their time and wisdom with you. That's probably what makes them inspiring, right?



Journal Your Appreciation

What do you like about yourself? At the end of every day, write down two or three things you appreciate about yourself. Are you stuck? Think back over the day. What did you think you handled exceptionally well? What did you think or say which felt like a breakthrough? Take note of these things. Read your journal over frequently.

- Start small: Don't overlook the mundane. Were you a courteous driver? Did you let someone go ahead of you in the checkout line? Did you take time and compliment someone? Did you give someone your undivided attention while you were listening to them? Did you follow through on a promise you made to yourself or someone else?

Silence Your Inner Critic

Don't you hate the little voice who only seems to exist to bring you down? Your inner critic

loves nothing better than to predict your imminent failure. It's time to tell this voice to shut up. Nothing good comes of giving airtime to negativity.

- Start small: The next time you notice your inner critic (mind gremlin, monkey mind) start to chatter away, see if you can imagine it as a silly or funny character. It could be something from a comic book or cartoon or simply a character that makes you smile. You're less likely to take that character too seriously and you'll feel empowered to just tell it to "shut up."

Use the Carrot, Not the Stick

Need to motivate yourself to get something done? Use rewards that mean something to you instead of shaming statements. Using negative self-talk to create a positive outcome doesn't work. For example, you pass a bakery and you feel the urge to buy some cookies. What will motivate you to refrain from purchasing those scrumptious-smelling cookies? You could tell yourself that you never have any self-control (negative self-talk), or you could remind yourself about how good you feel when you eat right (positive posturing).

Remember Compliments

When is the last time someone said something complimentary about you? Not sure? Start making a practice of noticing compliments so you can take them out and savor them later.

- Start small: Get a jar or a box and label it "I'm Awesome" (or something else that turns you on). Next, on a piece of scrap paper, write down something that someone complimented you on. Find another piece of scrap paper (or just cut up some notebook or printer paper) and write down something else someone complimented you on. Repeat this again until you have at least 5 pieces of paper in your jar or box. Write down the compliment even if you don't believe it's true. Use this "I'm Awesome" jar a couple of times per week and just re-read a previous compliment. And don't forget to continue adding to your jar or box as time goes on.

Do Something New

When is the last time you did something completely new? Exploring interests, taking classes, and otherwise challenging yourself reminds you there are layers to yourself you haven't even discovered yet.

- Start small: Is there something you wanted to learn when you were a child? What interested you back then that you didn't have time to pursue? Is there someone who inspires you? Read their biography.

Practice Kindness

What if you started your day with the intention of doing something beautiful for someone today? You'll make someone's day and you'll find you feel pretty good about yourself as well.

- Start small: Add some fun and anticipation to your day by thinking of own ways to 'pay it forward.' Pay for the coffee order for the person behind you or let someone go in front of you in the checkout line. What else can you think of?



You can download this free book, [Kindness @ Work](#), which is a compilation of stories about kindness. And I'm a guest author.

Accomplish (or take action on) a Life Goal (No Matter How Silly)

What's on your bucket list? Anytime you achieve something, you feel a little rush of endorphins. This is a positive and happy reminder that you are capable, which does wonders for your self-worth. Not only that, but you're also reminding yourself that your goals are important and worth the effort. That's a win-win!

- Start small: Write down (or just think about) a couple of smaller things you'd like to accomplish that have been on your 'to-do' list for a while. Maybe it's learning how to play a musical instrument, learning a new language, writing poetry, or even just getting clear on your values.

Do Something that Scares You

When you attempt things that make you uncomfortable, you're allowing yourself a chance to truly grow. More importantly, you discover new possibilities and remind yourself you're capable of more than you think.

- Start small: Jot down 3 or 4 smallish things that scare you. For example, public speaking, flying on an airplane, approaching someone at a mixer, going out to eat or to the movies by yourself, setting boundaries, telling a friend "No," trying a new recipe, engaging in some sort of self-promotion (telling others you are good at something), etc. Choose one thing and think about one small step you can take in

that direction. Then do it – and don't forget to appreciate yourself for your courage!

Rediscover Pride

What makes you feel proud of yourself? Think back to a time when you did something which made you feel especially useful. Is this related to an activity you can do again? So, while you can't go back and win a trophy for swimming all over again, spending some time at the pool can put you back into those positive emotions all over again as it reminds you very powerfully of your accomplishments.

Try Positivity

How we talk to ourselves is a powerful experience. Don't give negativity a place in your life, especially in the privacy of your head. Look for the positive thoughts to counter the negative ones to keep them from becoming labels that you use to start defining who you are.

- Start small: Do you have a favorite way (or 2 or 3 or 4) that you talk to yourself in a demeaning or negative way? Do you say things like, "I'm so stupid," or "I'll never get ahead?" You might want to go back and look at page 15 and see if any of that negative self-talk sounds like you. Pick out one or two phrases you use most often and prepare a new script that you can use to counteract the negative self-talk when it pops up.

Drop the Definitions

Speaking of labels, it's time to drop those entirely. For example, we look at a situation where we didn't perform very well and call ourselves a 'failure.' Anytime this happens, remind yourself you are not your circumstances. Just because a thing happened, it doesn't get to define who you are.

- Start small: Okay, if you absolutely can't drop the labels, try creating a new and brilliant label for yourself. How about 'amazing friend' or 'considerate co-worker' or 'frequent smiler' or 'astute TV watcher'? Have some fun with this.

Review Your Accomplishments

We're great at coming up with To-Do lists to remind us of all the things waiting to be done. But what about having a list of the things we've already finished? By reviewing your accomplishments, you will be reminded of how far you've already come.

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- Start small: At the end of each week, take a moment and review what you've accomplished and write it down. Remember, your accomplishments don't have to be huge tasks, but anything you set an intention to complete and followed through. Doing something thoughtful for a friend, organizing your workspace, cleaning out the refrigerator, or even making a doctor's appointment can all be listed on your list of accomplishments.

Play with Post-Its

Affirmations are great. By writing down a handful of words that remind you of all the positive things you've done and are capable of, you cement these items in your mind. By putting these thoughts on Post-it notes which you scatter all over your work and living spaces, you'll get a constant reminder of these truths every time you come across one.



Quit Playing to an Audience

Anytime you're worried about what others are thinking of you, you're going to start holding back or acting differently. How are you supposed to feel good about who you are when you're busy trying to be someone else entirely? Stop worrying about what other people think.

Adopt a Pet

While it might seem extreme, adopting a pet has numerous benefits. For one thing, you're going to feel great knowing you're making a difference in the life of an animal who needs you. What's even better? The constant reminder of just how much you're worth their love.

- Start small: Instead of taking on a lifelong commitment by adopting a pet, consider fostering a dog or a cat. Or volunteer at your local animal shelter and walk the dogs or play with the kittens.

Be Authentic

Embrace yourself with all your quirks, weirdness, and all those fun things which make you uniquely you. What's cool about this is just how much the people in your life appreciate this version of yourself much more than they would any made-up persona.

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- Start small: Identify just one of your weird quirks or unique characteristics and take some time to appreciate it and how it has either helped you through the years or how other people have made wonderful comments about it. Savor in the self-acceptance and self-appreciation of this quirk or characteristic.

No More Perfection

Why are you half killing yourself trying to get everything 'just so'? There's no such thing as perfect, meaning all you're doing is finding a way to beat yourself up for not getting things right. Learn to let go. 'Good enough' really is good enough.

- Start small: You don't need to let go of everything all at once. List one thing you are willing to either let go of or that you can take imperfect action on. Maybe you don't have to post to Instagram every single day. Maybe you can leave the house without makeup on. Maybe you can simply try something new knowing you won't be perfect at it – and just allow it to be fun!

Cut Loose

When is the last time you did something ridiculous? It takes a lot of confidence (and builds a lot of self-worth) to lose inhibitions and just play with no care for what others think. Try karaoke. Dance like nobody is watching. Create a costume and become a famous person for a day. Do something which is uniquely you.

Meditate

By practicing mindfulness and putting yourself back into the moment, you calm the mind and give yourself room to simply be. Use meditation as a way to center yourself and re-



discover who you are.

- Start small: So many of us are overloaded with excuses as to why we can't meditate. Start by simply counting your breaths. Breathe in for a count of 4, hold your breath for a count of 4, exhale for a count of 4, and hold your breath for a count of 4. Easy. Remember the point above? No more perfection. This is for you and enhancing your self-worth.

Enlist a Friend's Help

Are you having trouble seeing the positive? Why not get a friend to help out? Approach

someone you trust and ask them to make a list of what they feel are your most positive qualities. You might be surprised at some of the things they come up with.

Try A Different Channel

What are you watching on your favorite streaming service? If the shows you watch leave you feeling down and depressed or becomes an excuse to beat yourself up by comparing your life to that of the hero of the story, it's time to stop. Either pick something which leaves you energized and motivated or walk away and do something else altogether.

- Start small: Take a small break from social media and the news. Sound impossible? Why not give it a try? Begin with a day without social media or the news. If that's too extreme for you and you need to start smaller, give yourself a time limit. Set a timer and keep your promise to yourself that you'll disengage from news or social media when the alarm goes off.

Spoil Yourself

When is the last time you had a little 'you time'? Make a date with yourself to do all your favorite and fun things if, for no other reason than to remind yourself, you deserve it.

Take Control of Your Social Media

If the negativity is getting you down, it might be time to fuss with some settings on your social media. Learn the value of blocking people who have nothing good to say. Change your settings so only friends can respond to your posts if necessary. Do what you need to control the conversation in ways that protect your self-worth.

Become Less Productive

Why does society push us so hard to be productive every minute of the day? It's impossible to feel good about yourself when everything you do is never enough. By cutting back work and setting boundaries that establish a time for you and your family, you're sending a message reminding your boss, co-workers, friends (and yourself!) you are worthy of having this time for yourself.

- Start small: This is a small, but powerful question. Ask yourself if you've sacrificed yourself by over-doing, and people-pleasing because your sense of worth is based on what you DO and what other people think about you? If the answer is "yes," then simply list one thing that you can do a little less of. What can you let someone else do for a change?

Take Care of Yourself

Nothing sends a stronger message to yourself of your value than the way you treat yourself. If you're doing harmful things that damage your body, you're treating yourself as though you have no worth at all. When you do take time to exercise, eat right, and make sure you have enough sleep, you're saying you are worth taking care of.

- Start small: Self-care is not selfish! Engage in a couple of self-care activities every day. Want some examples? Make your bed. Get out of bed when the alarm rings. Get enough sleep. Do something you enjoy. And when you perform this small act of self-care, pay attention and remind yourself that you're doing this for you! When you keep promises to yourself and treat yourself with kindness, it's an indication that you have value and that increases your self-worth.



Learn to Bounce Back

What happens when things go wrong? If you find yourself wallowing in your failure, you're only going to be driving your self-worth down. Instead, allow yourself a set amount of time to feel rotten about things before you push yourself back into motion again. Sadness is a normal, healthy emotion and allowing yourself to feel bad for a while can be a key to healing an emotional wound.

- Start small: If you let your sadness linger too long, it might turn into self-pity. Set a specific amount of time you let yourself 'wallow' in your sadness – and set a timer if you can. Also, if you're able, try and keep your sad feelings in your heart area by bringing your attention to the area of your heart. Chances are that the feelings (and your focus) will wander to other areas of your body but keep bringing it back to your heart area. You might be surprised to find that your sad feelings simply vanish after a few minutes.

Take Responsibility for Your Life

When you're a victim, nothing is ever your fault. It's also easy to become trapped in past negative situations in your life. It's time to stand up and take responsibility for you. Yes, things might have happened, but you don't have to let those things define you. You can use any negative past experiences to help you set new goals and move forward in ways you might never have considered before. And as you make progress, remind yourself of how strong and capable you are. Embrace the feeling of pride which comes from knowing you are the master of your destiny.

- Start small: Think of a story that you tell over and over that make you feel powerless, small, or ashamed. Get curious about your underlying feelings and why this 'story' still carries a negative charge for you. Did you feel rejected, or abandoned, or unloved? Can you love yourself anyway? Can you find a hidden benefit from this situation (are you more considerate, kind, compassionate, or courageous?) Can you forgive yourself or the other person? Can you identify a need that wasn't being met? I have a fabulous 5 Day Mini Course [*"5 Days to Finding Fulfillment in Life"*](#) that walks you through finding (and fulfilling) your needs.

Talk to a Professional

If you're still having trouble feeling worthy, even after exploring this list, it might be time to consider getting some counseling. Remember, there's nothing wrong with seeking help to work through the more complicated issues. We all need help from time to time.

Remember, this list should only be a beginning. Use these points to help you think about how you're treating yourself. By being conscious about doing things which only give you value and removing or avoiding those things which detract from this value, you remind yourself time and again of how just worthy you are. Honestly, this is all you need to build (or re-build) your self-worth.

Conclusion



Whew! All this feels like a lot to remember, doesn't it? Let's summarize:

Self-worth is crucial to your happiness in life. It helps you through every aspect of your life and sets you up for success. Without it, you'll stall out and stagnate.

Unfortunately, low self-worth happens to everybody. It hides in a variety of ways, many of which can seem very reasonable at first glance. Unless you're willing to go deeper into the way you look at yourself and why you have these attitudes, it's just about impossible to build up this image of yourself.

Thankfully, there's a lot of different ways you can build your self-worth back up if you feel like it's lagging. The nice thing? This awareness of your actions can quickly be built into

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habits. This means that once you've adjusted your thinking a little bit, your self-worth will increase and you'll be the happy beneficiary of all those benefits which were talked about earlier.

In addition to the benefits of self-worth starting on page 5, here are some key aspects of the positive role self-worth can have in your life:

1. You'll be more satisfied with life because you'll naturally see the good things in life, rather than focusing on the things that are disappointing.
2. You won't be undermining yourself with negative self-talk. The Inner Critic will always be there, but you'll know how to keep it in check and how to harness that analytical capability to keep increasing your self-awareness.
3. Self-knowledge is a key part of good leadership. You are more likely to be successful at work when you have a healthy sense of self. For example, you'll be able to deal with problems before they get out of proportion.
4. You'll be less needy and less reliant on other people's good opinion of you. You will be strong enough in your self-worth not to compare yourself with others.
5. Your relationships will be stronger and more fulfilling because you'll be building them with honesty and self-knowledge.
6. It will be easier for you to be flexible when situations change. The result is that fewer external circumstances impact your happiness.
7. You will be more compassionate with yourself and others. When you make mistakes, you'll be able to view them as lessons rather than failures.

Remember: You are already worthy!

Now is the time to embrace this truth once and for all.

A handwritten signature in black ink that reads "Rock on!" on the top line and "Janet" on the bottom line.



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JANET KINGSLEY
COACH, MENTOR, TEACHER
*guiding you to living
your aligned life*

ABOUT THE AUTHOR

Janet effectively blends humor, inspiration and encouragement with practical tools and innovative approaches that empower women to:

- Identify faulty beliefs that are keeping them stuck & thinking there's something wrong with them
- Reconnect with their dreams and passion & help them remember who they are
- Value and believe in themselves - all of themselves, even the parts they think are unlovable

Janet was honored by being featured in the book, "Women of the Red Rocks" by Dr. Anita Rosenfield. She has also been interviewed on the award-winning shows "Full Esteem Ahead" and "Leading Ladies Leaving Legacies." She has been an invited guest on a number of podcasts and summits on topics ranging from Spiritual Bypassing to Self-Care to Living Your Authentic Life. Janet has also been a frequent contributor to "Creative Thought" magazine.



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