

KNOW YOUR OWN WORTH

**20 Game Changers for Embracing
and Accepting Who You Truly Are**

1. Unconditional love

I love my cat unconditionally.

I love him regardless of whether he throws up on my bed at three in the morning or accidentally scratches me when I'm trying to take him to the vet. I always treat him with kindness and patience.

So....you're probably wondering - why the hell am I talking about my cat?

It's because he lead me to asking a life-changing question.

Why don't I love myself unconditionally?

Why don't I treat myself with the same level of acceptance, forgiveness and patience?

We all know how transformational and powerful love can be, yet so often we channel that power towards someone or something else. We rarely channel the power of unconditional love in our own direction.

In that moment, I made the decision to truly embrace that power.

I decided to love myself unconditionally.

I decided to be kinder to myself and not beat myself up emotionally when I make a mistake. I made the decision to know and honour my true worth.

Make no mistake about it – **loving yourself is a decision.**

You choose how you feel about yourself.

You **choose to let go** of the negative bullsh*t that's been stopping you from treating yourself with respect.

Does loving yourself mean you are never going to have a negative thought or a bad day?

Nope.

Does loving yourself unconditionally mean you are going to turn into some vain, self-absorbed person?

No.

Do I occasionally fall off the unconditional love wagon?

Of course I do.

When I am going through a rough time, I have to gather my strength, remember my commitment to myself and get myself back on track.

I'm going to let you in on a secret I wish I had learnt a long time ago.

Not liking yourself or worse hating yourself is exhausting.

It's exhausting and destructive. It eats away at you from the inside out. It's draining on your time, energy and emotions.

And here's the thing – **I know you have big goals and dreams.**

I know you want to do amazing things. I know you are *capable of doing amazing things*, so how about we harness all of that energy, exuberance and magic and hitch ourselves to the unconditional love wagon!

You with me?

2. Love the person you are right now

Do any of these ring a bell?

“I’ll stop hating my body when I lose weight.”

“I’ll only be happy when I have a boyfriend/girlfriend.”

“I have to be married before I’m thirty – then I’ll be happy with my life.”

Often we place harmful rules and restrictions on how we feel about ourselves. We agree to like ourselves or be happy only when we reach a certain milestone, often disrespecting and devaluing ourselves along the way. **If we don’t reach our milestone we feel like a failure.** We are constantly in a holding pattern of ‘if’ and ‘when’ we can truly love and accept ourselves.

Let’s stop with all the self-loathing and try something different. Let’s try loving ourselves **the way we are right now.**

It’s time to embrace all aspects of your amazing self. You are a precious unique blend of strength, weakness, light, dark, triumph and struggle.

Let’s try an exercise. Grab a piece of paper or digital device and write down **100 things you love about yourself.** Yes you read that correctly - 100.

Not sure where to start? What do you love about your personality, values, mind, emotions, body, looks, quirks, creativity, generosity, spirit, beliefs and habits? Get creative and have some fun with this.

Don’t worry if you don’t reach 100 straight away. To be honest, I didn’t the first time around. Put your list down, focus on being kind and caring to yourself and come back in a week and try again, till you get 100.

It’s fantastic to want to improve yourself (it’s what Write Change Grow is about after all) – just make sure you love yourself throughout the process. **Love isn’t the destination - it’s the starting point!**

Love yourself right now - no restrictions.

3. Be proud of yourself

What 5 things are you proud of right now?

If you struggled to think of anything, you are either being too hard on yourself or not digging deep enough.

Here's a few ideas to get you thinking -

- Have you helped a complete stranger recently?
- Have you helped someone less fortunate lately?
- Have you been there for a loved one?
- Have you done a great job at work?
- Have you learnt from a mistake or grown from a recent experience?

Remember it's not just the big ticket items we should be proud of.

If like me you can sometimes be hard on yourself, it's even more important to stop for a moment, take stock of your accomplishments so far and be proud of how much you have achieved.

Acknowledging your progress is important when working on a long term project. Stopping to be proud of the work you have already completed, goes a long way to getting you over the finish line.

Tell people that you are proud of them.

Sometimes *I'm proud of you* can be more powerful than *I love you*.

I'm proud of you is something that many people are crying out to hear. Make someone's day (possibly even their year) by letting them know you are proud of them.

4. Don't let anyone else define your worth

You are in charge of defining your own worth.

Not your parents (no matter how much you love and respect them), not your partner (no matter how much you adore them), not your friends, children, boss or anybody else.

You are the only one who can define your worth.

Your worth doesn't decrease because someone decides to break up with you or not be your friend anymore. Feeling hurt and sad is normal but don't let it define your worth. Grieve the loss but hold true to yourself.

Your worth doesn't change because you have a bad day at work or get told off by the boss. Your ego might take a bruising but the core of who you are is still the same.

Your worth is not something you hand over to someone on a silver platter.

It's not something anyone can take away from you.

Your worth has *absolutely nothing to do* with likes, shares or followers on any social media website!

People will try to label you (pretty, shy, stupid, smart, popular – just to name a few). They will decide that you're only good at or good for certain things. People will judge you on a small part of yourself *that they think they know*. But you know better.

Don't let labels define you – you are worth so much more than that, *you are* so much more than that.

Occasionally we have to hold strong against people (sometimes whom we love) who don't believe in us. It's hard and it takes courage – but you can do it.

You are in charge. Believe in your worth. Be your own super-charged cheer squad because damn it you are worth it.

5. Stop being your own worst enemy

The way I see it you have two choices. You can either be your best friend or your own worst enemy.

For years I was the later. I was enemy number one.

I constantly listened to the nasty voice in my head that said I wasn't good enough. I not only listened but **I believed** that rubbish.

I decided I'd had enough. It was time to take control.

I started being aware of what the negative voice was saying instead of letting it rattle off crap on autopilot. I started questioning, challenging, and calling its bluff. I stopped believing its hit list of nastiness.

Through awareness, persistence and probably a good dose of stubbornness because I wanted to improve my life, I learnt to tame my inner mean girl.

Understand and accept that you will have negative thoughts. Trying to never have a negative thought is a waste of time. **How you deal with those thoughts is what matters.**

It's time to stop bullying yourself. Be on guard for phrases like I'm not good enough, I'm unlovable or I'm a failure.

Call enough on your nasty self talk! Don't let that pesky negative voice in your head run the show.

You can be mega successful but still not like yourself or your life because of the way you speak to yourself.

This stuff is really important. Work diligently on improving your self-talk. This one improvement can reap massive benefits in your life.

If you are having trouble in this area – **start now!**

It's time to be your own best friend...

6. Stop seeking outside validation

Too often we look outside ourselves for validation. We need other people to tell us we are attractive or smart or valuable as a human being.

We let other people define our worth instead of owning our own.

That's just crazy!

You were valuable as a human being the minute you were born and you have stayed that way ever since. That doesn't change no matter what your circumstances were when you were born!

It's time we accept ourselves instead of relying on other people to do it for us.

People have their own insecurities and sometimes their own reasons for holding us back or trying to control us.

Some days you might struggle (which is completely okay) and need to give yourself a reminder of who you are and what you represent but your internal light of self-worth is always shining, you just have to be courageous enough to let it lead your way and always believe in its presence and power.

You don't need anyone's permission to accept yourself. I got to say, that's pretty damn powerful.

The great news – **you have all the power.**

7. Rise above your self-doubts

Sounds easy right? The truth is some days we soar above any doubts we might have and accomplish incredible things.

Other days we struggle a little and occasionally we wonder why we even bothered to get out of bed in the morning.

We all have moments of insecurity. We all have moments where we doubt ourselves. That's perfectly normal. Don't beat yourself up.

It's what you do to power through self-doubt that matters.

Compartmentalise your self-doubt. By that I mean, if you are feeling insecure at work, don't let that spill over into your personal relationship which is doing just fine.

If you are struggling with self-doubt regarding a particular situation, ask yourself these questions?

- What are the three things I am great at that can help me through this situation? (examples problem solving, being tactful, diffusing a situation, coming up with creative ideas, listening to other people's opinions, holding your ground, staying calm)
- How did I overcome a similar situation in the past?
- What will I feel proud of when I look back on this moment?

Don't let your self-doubt paralysis you.

Imagine all the amazing businesses that wouldn't exist and incredible travel adventures that never would have happened if people had stayed afraid.

Be brave. Rise to the challenge – you can do it!

8. Don't settle for less than you deserve

I haven't always enjoyed the best relationships with the men in my life. Years ago when I was reflecting on my relationships, one question kept coming up in my mind.

Why did he treat me like that? The answer came as a bit of a shock.

Because I let him.

Let me elaborate. Because I struggled with low self-esteem, I stayed with or took back partners who treated me badly.

On top of that, I got involved with inappropriate people who I knew couldn't commit. At some point, I had to be honest with myself and admit the part I was playing in my relationship melodrama.

At the time, I thought my relationship decisions were based on love – but in reality they are all **fear driven**.

Are you making fear based decisions? (No one will ever love me again, so I need to stay with my current partner). Are you creating unnecessary drama in your life because you are feeling insecure, bored or looking for excitement?

This is where you need to ramp up your self-esteem and self-worth.

Start by setting clear boundaries with people. **More importantly set clear boundaries with yourself.**

Make sure people know what is and is not acceptable behaviour. Don't assume people will work it out for themselves or read your mind. Know your deal breakers and make sure they are clearly communicated.

Know that you deserve to be treated with respect and dignity and don't settle for anything less.

9. Don't take crap from people

Knowing your own worth means speaking up for yourself and if need be walking away from unhealthy situations.

This stuff is not easy. Let's not sugar-coat this one, walking away from someone we love because they are treating us badly is difficult. Letting go and starting again can be hard. But it's also necessary.

This is where we need to **love ourselves more than we love the other** person and do what we know is right despite knowing we face some short term heartache. (As you can see from the previous chapter, I learnt this one the hard way!)

While many of us are good at being assertive with family and friends we struggle maintaining the same level of assertiveness and confidence at work.

Let's face it - incompetent or control freak bosses can have us questioning ourselves!

If you struggle standing up for yourself at work - start with something small, build up your confidence and take on a bigger challenge next time. Stay strong and hold your ground when you need to.

Remember it's a two way street. Don't treat other people like crap either!

Don't think that looking down on other people or saying nasty things about them will make you feel good about yourself – it won't.

Be bold, be empowered and stand up for yourself.

10. Don't compare yourself

We all have moments where we look at someone else and think – I want his/her life.

It's the old 'I'll have what she's having'.

While the odd comparison is perfectly normal (and human), it's when comparing ourselves to other people stops us reaching our own marvellous potential that it turns unhealthy.

When the comparison monster comes a calling – take a deep breath, remember all that you have to be grateful for, remind yourself that you are **following your own path at your own pace** and get back to doing whatever is important to you.

Get back to focussing on what you want and what you need to do to make that happen – instead of worrying about what other people are doing.

Don't get pulled into the trap of comparing yourself to people on social media. Don't fall down this particular rabbit hole.

By all means enjoy social media but be fully aware that it's often about deception (making things look better than they really are), people trying to sell stuff (nothing wrong with that but again important to be aware of) and images that have been Photoshopped beyond recognition (what you see is not what you get).

As far as competition goes - **compete only with yourself.**

If you are learning, growing and moving forward – **you are doing just fine.**

Accept that everyone runs their own race and moves at their own speed. Stop looking at what everyone else is doing/buying/achieving and get laser focused on what you want.

Focus on being a better you than you were yesterday.

11. Be crystal clear on your values

To know your worth you must know yourself.

Your values are a fundamental part of who you are. They help you choose your goals, direction and purpose in life.

What are your top 5 values?

Are you crystal clear on your values or do you have no idea?

If you are not sure what your values are that's okay. Take some time to work them out. If you are looking for inspiration, Google **what are your values** or **list of values**. A word of warning – don't be overwhelmed by the long lists that this produces! Read through them and see what keywords or phrases jump out at you and go from there.

Do you know if any of your values conflict with one another? For instance, if one of your values is freedom and another one is power you may be faced with a clash.

Of course it's not just about knowing your values it's about aligning them with the actions you take every day. It's about living your values on a regular basis.

Be clear about what you value more – experiences or possessions. Neither is right or wrong but knowing which one is more important to you will impact your decisions (particularly when it comes to spending money).

Are you living **your values** or someone else's? Are you constantly trying to please your partner, your parents or family but neglecting yourself and your own needs and values?

Chasing someone else's values may seem honourable short term but over time will most likely lead to frustration and resentment.

Know your values.

Pursue a values based life with gusto and passion.

12. Know your strengths and maximise the hell out of them

We can't all be great at everything. We each have areas where we excel.

All too often we can rattle off a long list of our weaknesses but struggle to compile a list of our strengths.

For many years my chief motivation was to work on eliminating my weaknesses. Now I realise I had it backwards.

It's time to stop focussing on your weaknesses. Instead switch your focus to maximising the hell out of your strengths.

What are your top 5 strengths?

Did your top 5 strengths come easily or are you struggling to figure them out?

I recommend heading over to gallupstrengthscentre.com to take their Strengthsfinder assessment. You will get a detailed report covering your top 5 strengths. There is a small fee involved but it's worth doing.

Chances are your strengths may be very different to what you expected!

Rock on. Play to your strengths!

13. Embrace your uniqueness

You are a unique amazing individual. Hallelujah! Sing that from the rooftops!

We try so hard to fit in with everyone else. We work so hard to conform to other people's expectations.

Honestly I say 'screw that'.

Stop trying to bend yourself into a pretzel to get people to like or accept you.

Instead be your glorious self (messiness and all) and find people who like you exactly the way you are.

Spend your time with people who treasure your uniqueness - not people who want to **change you into someone else.**

As an adopted child I once heard my grandmother say – 'She's different from us isn't she'. I'll admit her words hurt at the time but as I got older I realised one she was right and two just how great that was!

I stopped seeing being different as a source of isolation or loneliness. I stopped seeing it as a liability.

Instead I grew even more into the person I truly am. I embraced my quirks instead of trying to cover them up in fear of people not accepting me.

I decided to fully accept myself.

Be proud of your individuality. Understand you have your own mix of magic and value to add to the world.

Treasure your uniqueness. It's a precious gift.

14. Trust your instincts

Your stomach churns and your pulse quickens. You know something is not right but you can't quite work out what it is.

That's your instincts.

There's something about a situation or person that just doesn't sit right with you.

That's your instincts.

I didn't always trust my instincts. I ignored them for years. I didn't understand their true power.

To be honest, as someone who used to worry a lot, I had a hard time working out when my instincts were trying to tell me something and when I was worrying unnecessarily.

Travelling the world by myself helped sharpen my instincts. Travelling on your own means you are constantly making quick decisions on your safety and wellbeing. You develop a feel for who you can trust and who you should avoid. You learn to not be easily swayed by outside influences.

Learn to trust your instincts.

They can be a powerful driver in decision making.

15. Understand you are more than your looks

In a society where so much (or should I say too much!) emphasis is placed on the way we look, it can be hard not to be get caught up in the whole looks thing.

Knowing your worth means knowing in your heart of hearts **that you are about so much more than how you look.**

Your looks are just one part of the big picture that is you.

I can't stress this one enough – **your worth is not defined by how you look.**

People will make judgements and assumptions based on your appearance. People will have opinions on your body. There's no pretending that won't happen - it happens to everyone no matter what they look like.

What's important to remember is – your self-worth is about how *you feel about yourself*. **Yours is the only opinion that matters, so make it count.**

Know your true beauty. Stop looking for flaws and imperfections. Instead embrace the stuff that you love about your body and appearance. Stop doing battle with yourself (you have much better things to do with your precious time and energy) and start loving what you see in the mirror.

For that matter step away from the mirror!

My take on this whole looks thing - **focus on your health.** Focus on being healthy and happy. In the end it's what truly matters.

Focus on treating your body, mind and spirit with the love and respect it deserves.

16. Appreciate and cherish your supporters

Whether its friends, family, partners, co-workers, coaches, mentors or team mates we all need people who support us.

Appreciate and nurture your friendships.

Friendship is not a numbers game - **so don't get caught up with who has more friends than who.**

Truth be told friendship is more a quality over quantity gig!

One truly amazing friend can make the world of difference in your life.

My best friend has been a force in my life for 37 years and I would be lost without her. First year of high school at the ripe old age of thirteen she changed my life for the better.

Don't forget friendship and support work both ways. No one wants to be the one doing all the chasing.

Cherish and support the important people in your life. Be there when they need help. Be a person they can confide in.

Work at being a good listener. This means truly listening and concentrating on what the other person is saying (instead of planning what you are going to say next). It means no interrupting or diverting the conversation back to yourself. If someone opens up and shares a vulnerability don't harp on about how good you are at the same thing.

Let people know how important they are to you and how much you love and appreciate them.

Be someone's personal cheerleader – **because we all need to know someone believes in us.**

17. Stay true to your word

We all know people who promise the world - yet don't deliver.

Don't be the person who always says – I'm going to do 'such and such' but never does.

“Do what you say you're going to do” – Danielle LaPorte

To help stay true to your word, cultivate the **art of saying no**.

If someone asks you to do something that you don't want to do, politely and respectfully say no. Don't pretend you will think about it, full well knowing that you have no intention of following through. Say no.

Learn to say no without a detailed explanation. Don't worry if this one is a work in progress, we get so used to explaining ourselves it can be a hard habit to break!

Understand when you are *lying to yourself* about what you plan on doing. We all do it, often without realising.

Take a look at your excuses for not doing what you want to. When it comes to excuses, we tend to have a few repeat offenders in our arsenal. Here are a few of the heavy hitters.

I don't have time.
I'm too tired.

I don't have the money.
I can't do it.

While some excuses occasionally hold weight (the money one sometimes has merit), most are just a cop out. Most simply mean **I don't want to** or at the very least **I don't want to right now!**

To counteract your excuses compile a list of motivation boosters. Think about what motivates you? It could be rewards, affirmations, meditation, exercise, praise, acknowledgement or a variety of other things. Have a motivation booster (or two) for every one of your favourite excuses.

When you know you really want to do something - bust out your motivation boosters to get you moving!

18. Be a person of action

No matter how much you study, know or learn - none of it matters if you don't take action!

Before you start you need to work out **what you want to achieve**.

Don't panic if you don't know what you want right this second, you can take the time to work it out.

Once you have decided on your big juicy project, it's time to make a plan on how you are going to make it happen.

Set action items to be completed. Set deadlines for each item. Put everything into your calendar system. Free time won't magically present itself so make sure you set aside time in your calendar to complete the work.

Expect fear to come to the party at some point. Don't be surprised when it rocks up full of name calling and excuses. Don't try to fight its existence. Let it sit ranting in the corner while you go about your business.

Ignore fear when it whispers – You're not good enough. You can't do it. Hold firm. Don't be intimidated.

Instead answer back with conviction – You just watch me!

Master the process of follow up. Learning to consistently follow through can be the difference between success and failure.

Accept that you are going to make mistakes. Hell you might fail the first time or even the time after that. If that happens, you pick yourself up and keep pushing forward.

Learn. Grow. Improve. Make sure you have fun along the way!

Wonderful things happen when you become a person of action.

19. Be a person who finishes

This one trait can have a massive impact on the course of your life.

Taking action and starting is one thing – finishing is a whole different ballgame!

Many of us start things and never finish.

So what stops us from finishing?

We get de-motivated and give up or shift our focus onto a shiny new project to work on. We struggle with self-doubt and worry we aren't good enough. We have to deal with obstacles that consume our time and energy.

When we get stuck we need to call in the reinforcements. Reach out for help from friends, family, spouses, co-workers, mentors or coaches. Seek out an accountability partner to keep you on track.

My life changed for the better when I hired a life coach to help me finish a writing course. I look back now and realise it wasn't really about the course itself, **it was about finishing.**

It was about learning how to motivate myself, developing skills to bounce back quickly after a setback and most importantly to be accountable to myself.

Listen to that voice in our head saying –

You can do this! I believe in you.

Finishing gives us an enormous sense of pride and accomplishment. It fuels and energizes us to take on bigger challenges, to up the ante and push ourselves forward.

Be a person who finishes what they start.

Be the person who says – 'I did it and it was glorious.'

20. Define your own version of success

What does success **mean to you**?

Not what does it mean to your family, friends, spouse, children, co-workers or boss.

What does success look like and feel like to you?

Knowing your worth means defining your own version of success.

Your version of success may mean having a high paying job, big house, spouse and children. It might mean travelling the world or volunteering to help others less fortunate. It could mean working for yourself or working for someone else.

Success rarely just happens. It involves planning. It involves regular reviews of what's working and what's not (and the willingness to stop doing what's not working). Success requires working out solutions to challenges.

Set aside a regular time (Sunday night tends to work for people) to plan out your week and take stock of what's working and where improvement or change is required.

What are you waiting for?

It's time to celebrate and love all that is you.

It's time to pump up your awesomeness, be bold and go after what lights you up from the inside.

It's time to truly know your own worth!

About the Author

Hey Guys

I'm Thea Easterby. I'm a blogger, solo world traveller, big city girl, avid reader, occasional fiction writer, proud cat mum and owner of Write Change Grow.

Write Change Grow is a resource for anyone wanting to improve themselves and grow as a person. It helps people cope with change, overcome adversity and truly love and accept themselves.

It's about moving up and moving forward!

My mission is to help you turn inspiration into action on your kick-ass goals and dreams.

I hope this eBook has inspired you and I look forward to interacting with you over on the blog.

Talk soon. Sending lots of confidence and joy your way!



Contact

Website	www.writechangeGrow.com
Email	thea@writechangeGrow.com
Twitter	@writechangeGrow
Facebook	facebook.com/writechangeGrow
Pinterest	pinterest.com/theaeasterby/

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