



HELPING OURSELVES FIND SELF-WORTH

STEP 1: BECOME CONSCIOUS OF HOW YOU VIEW YOURSELF.

Are you actively aware of how you view yourself as having either low or high self worth or are you letting your unconscious thoughts control you?

STEP 2: UNDERSTAND WHY YOU FEEL THE WAY YOU DO.

Why do you think you have low or high self-worth? From where do you derive your sense of worth? Is it from internal or external factors?

STEP 3: NOTICE THE IMPACT FEAR HAS ON SHAPING YOUR SENSE OF WORTH.

Often our self-worth is tied to how much fear we have, particularly fear of how other's might view us. How much is lack and fear-based thinking impacting your sense of worth? You can gain mastery over this downward pull by confronting fear and asking yourself The Power Question®.

STEP 4: GET A CLEAR SENSE OF YOUR TRUE IDENTITY.

Self-worth is tied to our sense of identity. So how do you identify yourself? Our *true* identity is good and immeasurably valuable. You were born pre-approved by a Universe who loves you. Get clear about who you *really* are beneath the mask of low self-worth thinking.

STEP 5: LEARN TO LOVE YOURSELF UNCONDITIONALLY.

Develop a deep and abiding sense of connection with love, which sees you as good and deeply worthy. Go to a higher level of thinking about yourself and others as you cultivate a fuller sense of love in all areas of your life. Learn to love yourself unconditionally.