



You are not alone guide #2

Instant self-worth:

an easy 4-step solution to heal your
self-worth in under 5 minutes a day

Everything that happens to you reflects what you think about yourself. We cannot draw to ourselves more than we think we are worth.

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Instant self-worth: an easy 4-step solution to heal your self-worth in under 5 minutes a day.
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Right now, low self-worth is ruining your life.

- **It causes you to doubt your abilities.**

So, you procrastinate new projects because you are terrified to fail. You beat yourself up for every tiny mistake because it might cost you the respect of others. And you gave up on your dreams a long time ago because subconsciously, you don't believe you will succeed and you are convinced that you are incapable of competing with others.

- **It misleads you to believe that you are worthless without other people's approval.**

Hence you anxiously lay awake at night wishing you had a crystal ball that could disclose what others think of you. You replay past conversations in your head until you are convinced that you made a fool of yourself. Again! And you live with the constant guilt of letting everybody down despite almost killing yourself trying to please everybody.

- **It tricks you into thinking that you aren't good enough.**

Consequently, you feel self-conscious about your body and personality and constantly worry about how to lose ten pounds, earn a different degree or land a higher paying job, so you can finally be accepted and happy. Your stress levels are skyrocketing. You feel exhausted and overwhelmed but you never ask for help because people might think you are too weak to cope on your own. You live in constant fear that you will be exposed as a pathetic, incapable and unworthy fraud.

- **It convinces you that you are unlovable.**

So, you suppress your true self because you consider yourself unacceptable. You are desperate to prove your worth. Hence your relationships are one-sided and unfulfilling and other people take advantage of you. And sometimes you wonder whether anybody would even notice if you vanished from the face of the Earth overnight.

Low self-worth scams you into believing that you are worthless. In all areas of your life. Now and forever. I know it sucks. Because only a few years ago, I felt the same.



The vicious circle of an unworthy existence

For me, high self-worth (aka self-esteem) had always been this elusive quality of famous, attractive and influential people.

People suffering from low self-worth feel anxious, insecure and lack confidence. In contrast, people with high self-worth are usually content, more balanced and successful.

If you desire a happier and more fulfilling life, the general idea is that you need to work hard and consistently to build up your self-worth like a weak muscle that requires training. And I tried.

For years, I kept gratitude journals, practiced saying “no”, sought reasons to be proud of myself and unconvincingly declared my love to my mirror image. I forced myself to think positively, forgive and be patient with myself and unsuccessfully battled to defeat my inner critic.

Yes, I learned a ton and had small successes. But I still felt anxious when I met new people. I still perceived myself as inferior compared to others. And I still beat myself up for weeks if I was criticised, rejected or disliked.

The self-help books I studied stated that without practising self-love and self-respect it would be impossible to improve my self-worth. But it pained me to express affection, approval and appreciation towards myself when, despite all my efforts, I still felt completely unworthy.



How could I ever love myself if I was so entirely undeserving, inferior and worthless? And how could I ever increase my self-worth if I couldn't love myself?

I was caught in a depressing downward spiral. A vicious circle. And I was miserable! I believed that I was the only loser in the world who was even too pathetic to overcome her low self-worth.

I would have been stuck feeling like a massive failure for the rest of my life if it hadn't been for my daughter. Because about 3 weeks after she was born, she helped me discover the real reason why I never succeeded.

And it was the revelation that instantly turned my life around.

The most tragic misunderstanding of our time

I struggled as a new Mum. My old, familiar life had vanished overnight and I felt lost and insecure. Furthermore, I never experienced that instant connection with my child and required a few weeks to slowly develop motherly love.

But one day, while I was sitting on the sofa rocking my daughter to sleep in my arms, I looked at her and suddenly realised how infinitely worthy and valuable she was.

Yet, she wasn't famous, influential or wealthy. She wasn't successful, had no University qualifications or impressive achievements.

She just was worthy. She didn't need to be or do anything. She was worth personified. And that's when I started to understand that, all this time, I had been the victim of an enormous (and disastrous) misunderstanding!

Self-worth cannot be increased through our actions or achievements. We cannot force ourselves to overcome feelings of unworthiness. And it's also unnecessary.

Because our commonly accepted concept of self-worth is flawed!



The surprising truth about self-worth

We usually define self-worth as the perception of our own worth. The problem is that our industrialised societies focus intensely on competition, materialism, image, prestige, power, achievement, beauty and fame.

Hence, our worth becomes externally dictated. We are assigned a certain level of worth based on our bank account balance, (society defined) success level, popularity or usefulness (to society). If you don't fulfil the criteria, you have no worth. If you work hard and achieve greatness, you gain worth. If you fail or make a mistake your worth is diminished. Simple as that! But if that was actually true, my little daughter would be completely worthless! And that's when I finally realised that the elusive self-worth I had been chasing for most of my life is not a character trait, physical feature or invisible muscle. It isn't even an emotion. Self-worth is awareness. Nothing else.

The awareness of our true inner worth. We ARE worth personified. Every one of us. This realisation was the fundamental step to healing my self-worth. And it will be the first step to your new life too if you follow the 4 steps below.

1 Realise that your worth is infinite and inherent

Have you ever looked at a newborn baby and thought: "This thing is worthless! Let's hope he will grow up to be smart, attractive or famous so he can earn some worth in time."

Or have you ever watched a toddler stand in front of a mirror in a sparkly dress and tell herself: "You even make this gorgeous dress look atrocious. You are so ugly, fat and pathetic."

Honestly, I would be shocked if you have! At the beginning of our lives we just know that we ARE worth!

We trust that the world is an amazing, friendly place and understand that the Universe caters to all our needs because we deserve safety, love and happiness.

We incessantly fight for what we want and we express ourselves confidently (and loudly) in order to achieve our goals.



We don't care what others think of us, we aren't bothered about making mistakes. We just try again!

We are proud of the tiniest achievement. We know we are awesome. We even love our poo... because we made it!

But then life happens. We are exposed to society's values and judgements. We experience failure, disappointment, criticism and rejection. We start to doubt our worth because others don't seem to see it.

And little by little the awareness of our true inner worth disappears. We forget our true self. Low self-worth is born. We henceforth struggle through life unknowingly suffering from worth amnesia!

But here is the deal! **You ARE worth by default. It's a pre-existing feature. It is who you are!**

Your true inner worth is infinite. And because it is limitless, it can never disappear. Yes, you might FEEL unworthy, inferior or undeserving because you have no memory of your true worth. But you ARE still worth. Always! Forever. No exceptions!

And now is the time to remember it!

ACTION STEP 1

Realise that you ARE worth! Inherently and infinitely so. Accept it as your truth now and remind yourself regularly throughout the day (even if you can't believe it yet).

I AM WORTH!

2

Realise that your worth is equal

For years I perceived myself as insignificant compared to more successful and wealthier people. I felt inferior to taller or slimmer women with longer legs and narrower hips. I believed I was less deserving than influential, famous and more qualified people.

As a consequence, I lacked confidence, suffered from anxiety and severe shyness. I felt irrelevant as if my achievements were always unimportant, meaningless and forgettable.

You see, we constantly compare ourselves to others. Society teaches us to believe that our achievements and attributes influence our level of worth. Thus, everybody's worth is different.

But in reality, we are all the same! **We ARE equally worth!**

The atoms and subatomic structures in our bodies are pure energy. They create molecules, cell structures and organs that form your physical body which is energy vibrating at different frequencies. Divine energy flows invisibly through your chakra system and regulates your emotional, psychological and physical health.

You are literally made from pure energy. **You ARE energy!**

But most importantly, you are made from the **SAME** energy as the Universe and all its stars, planets and creatures. And you consist of the exactly same universal energy as any other human being on this planet (and any other planet for that matter)!

Consequently, you are worth just as much as any other person. Nothing more and certainly nothing less.

Let me repeat this crucial fact one more time:

**Your worth is equal to everybody else's worth!
Nobody is worth more or less than you!**

How could it be any different if we all consist of the same stuff?

All the differences in our perceived worth are society imposed. They change depending on what country you live in and shifted throughout time. They are volatile. Unstable. Changeable.

Why?

Because they aren't real!

What is real is your inherent, infinite worth. Which is equivalent to everybody else's. **Always.**

ACTION STEP 2

Realise that all living creatures are worth the same!
Accept it as your truth now and remind yourself regularly throughout the day (even if you can't believe it yet).

I AM WORTH AS MUCH AS ANYBODY ELSE!

3 Realise that your worth is unconditional

That day, when I cradled my sleeping daughter in my arms, I understood that we ARE worth personified. But I also realised that our true, inherent worth doesn't change throughout life.

Why? Because it is unconditional!

It doesn't depend on your level of success, your bank balance, your physical appearance, your intellect or your relationships.

It doesn't vanish in a dramatic cloud of black smoke if you slip up, are broke or do something you regret. It doesn't expire like a carton of milk if you lose somebody's love and respect, your business fails or you gain 20 lbs.

You ARE worth. Always.

You were born worth and you will die worth. And nothing you do can ever change anything about it.

A diamond is a diamond. No matter what it does or fails to do. No matter what people think, say or believe about it. Its worth remains untouched.

And the same applies to you.

ACTION STEP 3

Realise that your worth is unconditional!
Accept it as your truth now and remind yourself regularly throughout the day (even if you can't believe it yet).

I AM WORTH NO MATTER WHAT!



4 Keep reminding yourself of your true worth

When I first started my own healing journey, I felt too undeserving to believe that I WAS limitless worth!

You might feel similarly right now. You might think: “It’s all well and good to say that I AM worth but I’m not feeling it”.

That’s normal! You suffer from worth amnesia!

Imagine Mark Zuckerberg banged his head and was admitted to hospital with amnesia. If you told him that he was one of the richest people in the world, he would probably call you a lunatic! Because he lost his memory! He will require rehabilitation, practice and regular reminders to regain full recollection of his true identity bit by bit.

It’s the same for you! The realisation that you ARE worth (as discussed in steps 1 to 3) will instantly kick-start the healing process. You have already started to remember your true worth, if you can currently believe it or not.

But if you seriously want to rehabilitate your self-worth, you need to keep reminding yourself that you ARE worth until you actually believe it!

Be mindful.

Whenever you feel criticised, rejected or ignored and you start to become upset, STOP.

Whenever you fail, quit or make a mistake and begin to beat yourself up, STOP.

Whenever others are disrespectful, demeaning or condescending and you start to feel worthless, STOP.

Ask yourself: “What does this change about my true worth which is infinite, equal and unconditional?”

Deep in your heart where you secretly know the truth, realise that the answer is always: NOTHING.

You ARE worth!

ACTION STEP 4

Whenever you feel insecure, anxious, inferior, criticised, ignored, rejected or like a failure, ask yourself:

**What does this change about my true, infinite, unconditional worth?
The answer is always NOTHING!
I AM worth! No matter what!**

Your new life starts here

Our lives are crazy busy. Merely surviving is sometimes completely overwhelming us. I never managed to keep up regular meditation. Not even 20 minutes a day. I could never find the time to practice yoga. And I only sporadically got a chance to exercise gratitude, mindfulness or self-love. And I guess that was partially why, in all these years, my self-worth had never improved dramatically.

Yes, we all know we should prioritise ourselves sometimes. But bills need to be paid, children looked after and chores completed. In reality, our self-care only exists at the distant bottom of a massive to-do list that is constantly topped up.

But if you want to transform your life from simply surviving to thriving, you must prioritise the self-worth healing process.

Remind yourself 10 times throughout the day that you ARE worth. Remember that you are worth as much as everybody else whenever you feel inferior. Recall the memory of your unconditional worth when you feel you failed.

And whenever other people don't approve of you, tell yourself that it changes nothing about your true worth.

Yes, you will need to practice consistently. Every day. Whenever necessary. For however long it takes.

But the good news is, that it won't take more than 5 minutes a day. And your life will be transformed if you persist. Sometimes you might feel too unworthy to even stammer the words **"I AM worth"**. But that's when you need it most.

Say it loud! Repeat it to yourself! Print the worksheet at the back of this guide and pin it to the fridge for a constant reminder of your worth. Completely healing your self-worth will take time but you will see positive results within days. I know you can do it. I believe in you!

You can finally accept that nothing is wrong with you. You do not need to resign yourself to an unfulfilling life of mediocrity, a depressing dead-end job or an unhappy relationship. You ARE worth! You are good enough! And you can be proud of yourself!

You just need to remember!

Start reminding yourself now! **Your new life awaits.**



The **Self** **Worth** Experiment

Instant self-worth: 4-step rehabilitation worksheet

(Please print and display where you can see it regularly throughout the day, e.g. on the fridge)

DAILY ACTION STEPS

Daily action steps (repeat 5-10 times a day):

- 1. I AM worth!**
- 2. I AM worth as much as everybody else on this planet!**
- 3. I AM worth no matter what!**

ON- DEMAND ACTION STEPS

On-demand action step (repeat whenever required):

Whenever I am criticised, ignored or rejected and I feel worthless, insecure or inferior, I ask myself:

What does this change about my true, infinite, unconditional worth?

The answer is always: NOTHING!

I AM worth! Always! No matter what!

