

Importance of Self Worth

One of the most important things that forms the basis for effective communication and positive interpersonal interactions is self-worth. If an individual is unhappy with him or herself, they will frequently be unhappy with others. How we feel about ourselves, to a great extent, determines our feelings toward other people. People who love themselves and take care of themselves are able to reach out to others with respect, understanding and compassion. Loving yourself and accepting who you are, with all your attributes, limitations and potential, is what self-worth is about.

Why is high self-worth important? Feeling good about yourself enables you to accept challenges of everyday living. You are not afraid to develop your abilities. You're willing to take risks and to try new things. You understand that if you don't try, you don't grow. Having high self-worth also enriches your life. Happy people are a joy to be around. When you're happy with yourself, you'll enjoy meeting new people and people will be attracted to you. By being more comfortable and open about yourself, you'll develop closer, more intimate and deeper relationships with others.

If you have experienced difficulty communicating effectively with others or in building positive interpersonal relationships, take a few minutes to look at yourself and try to discover how your feelings of self-worth may be affecting your life. If you have inadequate self-worth, don't be

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discouraged. You can learn how to change, which will change your life and interactions with others.

The first step to beginning to think positively about yourself is to make it a point to be your own best friend. This can be done by daily giving yourself some specific gifts.

You are Worth it

Start by **accepting yourself** – all your strengths and weaknesses. Set some realistic goals and learn new skills for developing your abilities.

Encourage yourself - tell yourself you “can do” and establish time frames for accomplishing tasks or goals. When you've accomplished them, give yourself

praise. Give yourself the gift of time. Allow yourself to regularly be alone with your thoughts and feelings and to really feel. Learn to process your feelings in a positive manner. Get involved in an activity that you can enjoy by yourself. If you can't live with yourself, how can anyone else enjoy your company?

You can only make of others what you make of yourself. Begin today by accepting, encouraging, trusting, and most importantly, loving yourself.

Start trusting yourself – your thoughts and feelings. Act on what you think is right and do what makes you feel happy and fulfilled. Stop allowing others to dictate how you spend your time, money and energy.

Respect yourself. Don't try to be someone else; be happy with your own uniqueness. Explore and appreciate your own special talents.

And finally, love yourself. Learn to love yourself, even with your imperfections. We all have them. Don't overreact to errors you make. Don't mistake disappointments for disaster. Accept your successes and failures; those who love you accept you for who you are, and you can, too.

Special Note: Before beginning any health or exercise program make sure you have clearance from your physician. Any major changes in your diet or activity level should be discussed with your physician prior to making the change.

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Anyone interested in becoming involved in increased physical activity or changes to their dietary habits should consult their physician prior to making any change