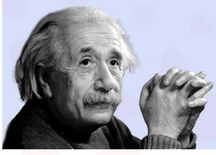
You are Worthy Regardless of What you Achieve

You are worthy, but that's a hard truth to swallow when you make mistakes, don't reach goals, get lost in comparison, and believe all the negative things you think. Human beings are built for progress, though, not perfection.

"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit." — e. e. cummings

You have such a great gift to give to the world that no one else can give: yourself. That is the foundation for all other gifts you have to offer. Honoring that allows you to be free of small thinking because you're curious about what's on the other side.



"Try not to become a man of success, but rather try to become a man of value." ~Albert Einstein

Offering yourself the chance to be what you are, and the space to contemplate the gifts you have to share opens your heart in a way that can transform your life. You give yourself permission to explore your potential to create, and to create with greater ease and joy. You start sending out new signals, casting your net wider.

Strength doesn't come from freedom from internal struggle. Strength is born during the time of struggle; it builds up every time we fall. It's validated every time we stand by our own side, in our own worth, affirming that we can do the things we once thought we couldn't. Then, we practice how strong we can be, and we do the things.

Whenever you forget about your own worth and potential, blanket yourself with affirmations of how capable and resilient you truly are. You are worthy and much more than the thoughts that have kept you small. You are here, and that in itself is the one gift you need in order to discover all the gifts buried within you.

Things That Don't Determine Your Self-Worth

1. Your To-Do List
Crossing off items on your to-do list is a satisfying feeling, but you can't let the number of things you crossed off your list (or the number of things you don't) control your worth.

"While it's normal to feel proud of your accomplishments, basing your entire self-worth on your achievement is like building a house on an unsteady foundation," psychotherapist Amy Morin wrote in an article for Psychology Today. "You'll need to experience constant success to feel good about yourself—and that means you'll likely avoid doing things where you could fail."

2. Your Job
No matter the type of job you have or how much you love (or hate) it, your job doesn't define who you are as a person.

3. Your Social Media Following
So what if you don't have a million Insta followers or Twitter retweets? In this digital world, it can feel like that number determines your value, but you're more complex than what anyone can see on a screen.

4. Your Age
Speaking of numbers, your age is just a number. Some people may say you're too young or too old, but that's just who you are at the moment, so just be.

5. Your Appearance
If you want to change the way you look, do it for you. But know that your physical appearance shouldn't define how worthy you are. "A beautiful body or a handsome face won't last forever," Morin writes. "Hair loss, wrinkles, and a middle-age spread can feel catastrophic for someone whose self-worth depends on their physical appearance."

6. Other People
You may be guilty of comparing yourself to others who have the same job title as you and others your age. But learn to manifest in your own lane.

7. How Far You Can Run
Ever tell yourself you'll run a mile and then beat yourself up when you weren't able to? It happens, but know that your worth comes from trying at all, not how quickly you crush a goal.

8. The Number of Friends You Have
The more friends the merrier? Sometimes. But whether you have a ton of friends or just a couple, what matters is how you treat one another and if you can turn to them in times of need.

9. Your Relationship Status
Single schmingle. It doesn't mean you're not worthy of loving or of being loved—it means you're doing you and focusing on loving yourself.

10. The Money (or Lack Thereof) in the Bank
Whether you're a billionaire or don't have much in your wallet, the amount of money you have or are making doesn't define your worth. "Going deep into debt to create a façade of wealth backfires in the end because while goods and services have monetary value, they don't reflect your value as a human being," -Morin

Reevaluate Your Worth

If you have been judging yourself negatively, stop and reevaluate your worth. You are valuable. You are worthy.

One way to help re-evaluate your worth is to journal to get some distance from whatever you think is hanging over you—so here's what you should do. Write advice to yourself like you would give to a friend.

Here's some examples of what to write:

- Some days are more difficult than others.

- Some days you're tired from nights of not sleeping well, and others you're on top of the world.

- Some days the luck of the day breaks your way, and some days it feels like a pile of rocks has been dumped on your shoulders.

- *Through it all, you're the same person. You're you.*

- No matter what circumstances you find yourself in, remember to be kind to yourself.

- There is only so much that you can control about the day, the week, and, at a greater level, your life.

- Be a friend to yourself.

- *There are so many other things that can drag you down—don't be one of them.*

- Surround yourself with people who share light and love with the world, and share it with them too.

- Take a breath. Take a beat.

- Remember you're strong, you're kind, you're brave, and you have the resiliency you need to tackle whatever lies ahead.

- And in most cases, you don't have to do it alone.

It's OK to lean on others for strength and support–burdens are much lighter when the weight can be shared.

- *Choose to love yourself and to love those around you.* And at the end of the day, if that's all you've done, you will have succeeded in what is ultimately the most important thing of all.

After getting the words out, you should realize that you were being much harsher to yourself than you would ever be to anyone else.

You're just as worthy of love as everyone else around you.

And... remember to keep smiling! Take care of yourself and others.

Sources: https://healingbrave.com/blogs/all/you-are-worthy-quotes

https://advice.theshineapp.com/articles/12-things-that-dont-determine-your-self-worth/