



Improving your self-worth

I read an article recently which stated that if you had to pay for all the services a mother undertook whilst raising a child from 0-18 years, you would have to pay £1,425,104. These tasks included taxi-driving, nursing, cleaning, nutritionist/cooking, childminding, counselling, PR etc. The list is obviously more extensive, but it raises the question, if you had to put a monetary value on everything you do outside of work, how much would another person have to pay?

When working on improving your perception of your self-worth, it might be worth considering how much someone would have to pay to receive the benefits of what you do through love, commitment or duty. We all complete many tasks each week which add value to our lives and to the lives of those around us and it is very important that we acknowledge that. Consider how each act we perform, no matter how small, enhances the wellbeing of others and improves our immediate environment. Did you take time to listen to someone without interruption? Did you see through a commitment regardless of the other demands made on your time? Did you make someone laugh or nurture a child? It is important that we don't take these acts for granted and value ourselves for them.

Whilst it is important to acknowledge our value to others it is also our responsibility to support ourselves in keeping our self-esteem high.

At certain times events may occur which have the potential to knock our confidence and dent our sense of self-worth. Whilst we cannot control what happens to us, we can control how we respond to those events. When we have a high level of self-esteem and strong self-confidence, we have the courage and conviction to face these challenges, assess what action is best to take and move forward proactively. As the NLP principle states, "there is no such thing as failure, only feedback." Understanding that when we do not achieve the desired result, we have learnt the valuable lesson of what did not work helps protect any damage to our sense of self-worth. If we had not taken that action, we would never have known whether it would produce the result we desired or not. Now we know we can adjust our approach accordingly.

Also consider what you are tolerating in your life. Negative influences can have a draining effect on your self-worth and you deserve to reduce these as much as possible to avoid unwanted distraction and stress. Take steps so that these influences can be avoided or reduced so that you are able to be true to yourself and perform at your best?

The way we talk to ourselves can massively boost our self-worth. You are a unique human being. No-one on this planet has the same combination of personal attributes and skills as you do and therefore only you can harness these resources to offer value to those around you and progress your own personal development. How much would others have to pay for those benefits if you charged them? Whether you give it a monetary figure or not, the benefits of what you offer must not be underestimated. You may motivate, inspire, support, champion, empathise, nurture, forgive or educate. What a loss it would be to not acknowledge the value that holds.

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