

Day 4: Today's Lesson: Knowing you're worthy is knowing you deserve to take up space.

There's a quote from Beyoncé that says it all, "Your self-worth is determined by you. You don't have to depend on someone telling you who you are."—*Beyoncé*

You don't have to depend on someone telling you who you are, although a lot of us do this based on our need to feel like we belong, that we are loved and that we feel connected.

Unconditional self-worth is the sense that you are no better or no worse than anyone else. We are all equal and we deserve to be alive, to be loved, cared for and to take up space.

Most of us got some sort of message, in childhood, directly or indirectly, that we were either too much, too little, not good enough, not smart enough, and that we really didn't deserve to take up space.

Maybe you experienced some sort of physical, sexual, or emotional abuse.

It could be that you had neglectful or emotionally vacant guardians, or people who never saw or validated you as a child.

It could be some sort of guilt (which is I've done something bad) associated with religion.

You could be comparing yourself to someone else and have unrealistic expectations about what you think you should be doing, or the way you should be living.

You could've had difficulties in school, where you may have been ridiculed for these challenges. It could be anything. There are many reasons why we don't feel worthy.

It's tricky because we got these messages and they impacted how we think, what we feel about ourselves and how we view ourselves, and now, what we believe about ourselves.

Your value determines your worth and your value doesn't depend on your bank account, your job title, or your social media following, none of these things determine how worthy you are.

When we tie our accomplishments or possessions to our worth, whenever we lose one of these things or lose approval, we associate it with not being good enough.

When we let external factors determine our worth, this can cause us to feel shame (meaning I am bad in some way). When we walk around with shame, we continue to repeat the same patterns of looking outside of ourselves for our worthiness, which keeps us disempowered.

Most times when we are letting other people decide our value, it's because we had to sacrifice our own needs in childhood to survive. You most likely acted in ways where you had to give up a part of yourself so you could feel safe, loved or accepted.

I'm here to tell you that your value does not depend on what anybody else thinks of you....and you do not have to struggle or have hardship in your life in order to prove you are worthy! When you are in hardship or struggle all that means is you are not connected to your higher self. When you feel like you have to sacrifice something, it's time to stop and get yourself realigned. Because your higher self KNOWS how worthy you are, so that's the best thing you can do is to connect to that part of you. If you can't access that part of you, get out into nature where everything is aligned, do some exercise, get really present in the moment and start listing things you are grateful for. This will help bring you back into alignment.

We have these beliefs from childhood that aren't serving us anymore. And a belief is just something we are thinking over and over so we can actually change our beliefs when we take the time to change our thought patterns.

So are you hearing the the voices of what someone else said to you, the messages you got from childhood or are you choosing to have a different opinion about yourself?

You are here to make your own decisions, to know your own value and if you let someone else decide your worth for you, you will constantly live a life where you put everyone else's needs and opinions before your own.

Finding your worth may require you hire a therapist or coach to look at childhood trauma so it may be felt and released. It may be that you need to reparent yourself in a way that never happened for you so that you give yourself the experience of having what you didn't get, but needed as a child. No one can change what has happened in the past but you can change your future by making different choices. And those choices include how you treat yourself, how you interact with others, and what you expose yourself to, which will determine how empowered you feel.

You get to determine your own worth by DECIDING you are worthy of having what you want, this is your birthright. When you listen to others who were raised by people who didn't know THEIR own value, and then they passed that on to you, you keep yourself in generational trauma. You get to decide the pattern stops with you and that you will live differently, so that your children or the younger generations can live with self worth.

The most important thing to know about this is it doesn't have to feel hard. Even though it probably has felt challenging, when you make a decision to make a change and focus on what you want to create, instead of the way you were living in the past, the universe starts to bring you different circumstances.

Let's talk a little but more about your value and what does determine your value.

Acknowledging who we are and how we act helps us to feel worthy. Part of your value is determined by, how kind you are, how compassionate you are, your respect for others, and how well you treat those around you.

It could be finding a way to be in service. This increases our sense of worth and value and when you live in service, you find more fulfillment in your life. Most mornings I wake up and the first thing I ask is how can be of service today? And then feel inspired to take some sort of action. This keeps me feeling connected to who I am and what my purpose is.

Here are some ways to build your self worth:

1. Acknowledge your gifts
2. Let go of comparisons
3. Practice radical self acceptance

Forgive yourself, you are human and you will make mistakes. This is how we learn and as long as we are looking at how we can grow and be better, we are on the path to becoming more, which is part of what I think we are here.

4. Show up for yourself
5. Know and acknowledge your feelings
6. Recognize and prioritize your needs
7. And let yourself be seen. If you keep parts of yourself hidden because you are afraid of what others may think, you aren't living your highest potential and you are letting others opinions of what they may think, stop you from becoming who you are meant to be.

People will always have their opinions and their opinions have nothing to do with you. Their opinions have to do with their past experiences and perceptions based on what they have lived. Do you really want to let someone else's opinion affect your worth and your life?

You are so worthy that the universe is trying to change the planet to a higher consciousness through you. Through your choices and through your actions.

When you start acting in ways that says you are worthy, the universe reflects this back to you by bringing people into your life that will treat you as if you are worthy. It starts with you and your opinion of yourself.