5 Ways to Feel More Valuable to Yourself

Setting yourself as a top priority in your life is not only good for you, but it is also good for those who share your life. When you learn to take care of and value yourself, you are more emotionally healthy and available to take care of others. When you learn to appreciate and trust yourself, you can be more open and honest with those in your life, too.

Learning to value yourself is not selfish; it is necessary. Valuing yourself means you become a better person and make stronger choices for yourself. Here are five ways you can learn to start appreciating yourself more and ensuring you are the most critical person in your life.

1. Embrace Mistakes and Learn from Them.

Everyone makes mistakes. And while it's normal to regret things you've messed up in the past, instead of dwelling on your mistakes and living with shame, there is a better choice. How you handle blunders and embarrassments tells a lot about how you value yourself. And when you learn to see mistakes as an opportunity to learn, not something to forget, you will value yourself for the imperfect, evolving human you are.

Instead of turning to negative self-talk and derogatory statements after a setback, ask yourself what you can learn. What will you do differently next time? Mistakes are opportunities to learn from new information and do better in the future. And when you embrace this way of thinking, you place more value on yourself as a growing person than on the mistake itself.

2. Always Do Your Best.

If you want to value yourself more, you have to live by your values and always strive to do your best to uphold your personal standards. When you try your best, even if your best that day was not perfect, you've don't everything you could possibly do, so there's no reason to be ashamed. When you can honestly tell yourself that you have tried your hardest, you can feel nothing but pride in yourself.

3. Stop Settling.

If you want to start valuing yourself more, you need to stop settling. Accepting less than what you deserve or want is devaluing your own needs and interests. Don't settle for a job that doesn't fulfill you, a partner that doesn't treat you well, or a friendship that doesn't lift you up. You deserve the things you want in life, and when you settle for less, you are not valuing yourself above others.

4. Let Go of the Comparisons

When you compare yourself to others, you are shifting attention away from yourself an onto people and lives that have nothing to do with you. Instead, focus on yourself and what you need. Make plans for how you want to reach your goals, because what other people are trying to do doesn't have any impact on your life. When you stop comparing yourself to others and only worry about yourself, you truly value what is most important in your life.

5. Follow Your Passion

Do what makes you happiest in life. Follow your dreams, embrace your passions, and focus on living to your fill purpose, and you'll finally know what it is to value yourself. When you pay attention to your own bliss and stop letting others distract you from that, you place importance and worth on what makes you happy in life.

Final Thoughts

Your relationship with yourself is the most important one you will ever have. Learn to listen to your needs, respond to your wants, and invest in your goals, if you want to learn to truly value the person you are.

5 Ways to Be More Self-Compassionate

The art of self-compassion is something that must be learned and accumulated over time. It's easy to get in the habit of being overly critical or hard on yourself.

As easy as it is, it's also extremely destructive. Many people who are so hard on themselves often experience more anxiety, depression, and a low self-worth.

In order to be compassionate with yourself, you have to be empathetic. This means, acknowledging your struggles without judgment. In addition, this doesn't mean feeling sorry for your lot in life. Rather, it's a healthy acknowledgment of pain.

A good way to look at being compassionate with yourself is to imagine how you would deal with a friend who was expressing negative thoughts about themselves.

Likely, you would feel empathy for their pain and suggest positive things about them to increase their self-love.

You should be doing the same for yourself if you want to develop self-compassion.

If you're struggling with this concept and want to learn how to be self-compassionate, consider these five habits to implement today.

1. Be kind to yourself

This is so important when it comes to developing self-compassion. Sometimes we feel as if we have to challenge ourselves to take on everything just to prove something to ourselves or others.

This could mean working 12 hours a day or pushing yourself too hard in the gym. Whatever it is, it's not being productive. In fact, it's destroying your health.

Instead of trying to challenge yourself to the extreme, do what feels right. Listen to your body and act in accordance with it. By eliminating this extra pressure, you'll find yourself healthier and happier.

2. Give yourself time to rest

In addition to over-exerting ourselves, we may also feel like we have to do everything, all at once. This means neglecting sleep, hobbies and recreation.

If you want to develop self-compassion, you have to give yourself time to restore. Schedule time each day to do nothing. Whether its binge watch your favorite TV show or just rest your eyes for a bit, find some time to rest. You'll find that you'l have more energy to engage in your responsibilities.

3. Practice affirmations

Self-affirmations are a great tool to implement into your daily life. Practice repeating to yourself all of your positive qualities every day.

This could be in the form of writing or speech. Whatever you decide to do, keep at it. By repeating these positive words, you're training your mind to be kind to yourself.

This helps to eliminate negative and overly critical thinking.

4. Don't focus on the negatives

In addition, it can be hard to have faith in yourself when you're constantly thinking negatively. Therefore, switch the narrative of your thoughts.

Instead of saying, "I could never do that" say, "I am going to be patient with myself while I learn this new task." This is giving you the power to make mistakes without judgment.

In addition, focus on what a situation is trying to teach you. This will help you to avoid feeling like a victim and revitalize your power.

5. Practice self-care

Self-care is one of the most important aspects of self-compassion. Indulge in activities that make you happy.

Whether that's reading a good book or watching your favorite television show. whatever it is that makes you feel happy and confident, do it.

Setting aside time for yourself isn't selfish. In fact, it's necessary for regaining your strength. Schedule some time each week that is dedicated only to caring for yourself.

Practicing self-compassion takes time and effort. Be patient with yourself on this journey. Remember, you're re-shifting your mind. You'll begin to notice an instant boost of confidence when you start owning this power.