

## Do You Know Your Own Self-Worth?

Self-worth is your understanding of your value. Self-worth is a little bit different than self-esteem. Self-esteem has to do with how you think of yourself, particularly compared to those around you.

**Self-worth has to do with how you think of yourself, particularly compared to a given situation.** Having a healthy understanding of your self-worth can help you to use your talents when you can make a difference and avoid making decisions that could put you in danger.

### What is Self-worth?

Spending time with positive people can improve your self-esteem while spending time with negative people can damage your self-esteem. Self-worth works similarly, but again is more situational. Spending time doing something that you are good at can improve your self-worth, while being in situations that don't draw on your strengths can damage your self-worth.

This is why a realistic understanding of your self-worth is important. If you have too low an understanding of your self-worth, you may not realize ways in which you can improve situations.

If your self-worth is too high, you may try to involve yourself in situations that you can't improve, or that may even be dangerous for you. With an accurate sense of Self-worth, you can help when your skills would be helpful and stay out of the way when someone else is better suited to handle a situation.



## **How Do People Impact Self-worth?**

People around you play an important role in your development of Self-worth. You may be nervous to help if you are around people who are important to you. Alternatively, people who are close to you may inflate your sense of Self-worth in an attempt to avoid hurting your feelings.

People that you don't get along with may try to damage your Self-worth, even when you are doing something well. However, few things make you feel better than doing something well around people that would like nothing more than to see you fail.

The best people for developing a healthy and realistic sense of Self-worth will praise you when you do well and critique you when you do something. Instead of emphasizing or ignoring your weaknesses or strengths, they will help you to understand what you can and can't do.

## **How Do Situations Impact Self-worth?**

Just like there are ideal and non-ideal and non-ideal people for developing a healthy sense of Self-worth, there are ideal and non-ideal situations for developing your Self-worth.

Situations that use your talents can strengthen your sense of Self-worth, which is good provided that you remember that while some skills are transferable, others only apply to given situations.

Situations that don't use your strengths can make you feel useless, which damages your self-worth.



This feeling is uncomfortable but that isn't necessarily a bad thing, provided that you remember that you have skills, they simply don't apply at the moment. Feeling low Self-worth in a situation can help you to stay safe and stay out of the way. It can also inspire you to learn new things that will make you more useful in more situations.

**The ideal situation for developing realistic self-worth is one that allows you to try new things in a low-risk setting that will let you test your own abilities in different contexts.**

Self-worth isn't talked about as much as self-esteem and the terms are often used interchangeably. However, they do have their differences and working on maintaining a realistic version of both can help you to understand your value while respecting your limits.

High self-worth can contribute to high self-esteem and high self-esteem can keep you from feeling down when you find yourself in a situation that may lower your sense of Self-worth.

The important thing is to remember that you are still important in instances in which your particular skills might not fit the moment.



## Learning To Master Self-Reliance

Humans have survived so long, in part, because of mutual cooperation, because they learned to help each other. So, working together is definitely important for success. However, there will be times where you'll need to rely on yourself and yourself alone.

This can be hard because it's hard to trust ourselves. When we rely only on ourselves, we can only blame ourselves if things go wrong.

This, in turn, is difficult because taking responsibility for our decisions, especially the poor ones, is tough.

Now, if you're going to rely on someone you ought to trust them. So perhaps you don't actually trust yourself to make good decisions. Maybe you don't feel like you're capable.

You point to your mistakes and shortcomings as evidence that you aren't to be trusted. Surely, it's better for others to make decisions for you. Or not decide at all!

To quote Rush, "If you choose not to decide you still have made a choice."



## Everybody Makes Mistakes.

Mistakes are part of being human. Just because you've made poor decisions doesn't mean you should *give up* on making decisions.

**Decisiveness** has been repeatedly shown to be a common trait between lots of successful people according to the Harvard Business Review. Simply being decisive was correlated with success: Not making *specific* decisions but being able to make decisions without suffering from paralysis by analysis.

**A big part of being self-reliant is learning** to let yourself make mistakes without beating yourself up about it. Because otherwise you won't trust yourself enough to be decisive. Consequently, you'll be unable act independently.

Bestselling author Mark Manson states in his book, *If Self Discipline Feels Difficult You're Doing It Wrong*. *"Seeing self-discipline in terms of pure willpower fails because beating ourselves up for not trying hard enough doesn't work. In fact, it backfires.*

*And, as anyone who has ever tried to go on a diet will tell you, it usually only makes it worse."*

The sort of perfectionism Manson alludes to hampers your ability to decisively and purposefully act of your own volition. Give yourself some grace and don't be so hard on yourself for your mistakes or shortcomings.



## **Decide what you want to be.**

You'll need to do some introspection and figure out what kind of person you want to be. You'll need to examine your values. Examine what's important to you as a person.

A good exercise to help you figure this out is to think about things that make you really angry. Usually the things that make you angry are going against some core value of yours. So, thinking about things that make you upset can shine a light on what your key values are.

For example, maybe you got angry when someone acted greedily. What's the opposite of greed? Generosity. So, by recognizing that greed makes you angry, you discover generosity is a key value of yours.

## **Why Is Being Clear On Your Values Important For Self-Reliance?**

Because your values are the building blocks of identity. As such, they'll essentially guide you towards self-reliance. When behaviors are linked to a value or an identity, those behaviors become much more resilient to outside influences. This means your habits, decisions, and behaviors will rely less on external factors and more on yourself.



## Conclusion

You can't depend on willpower for self-reliance. Instead rely on your identity that is shaped by your values. This involves getting really clear on what's important to you and learning not to take mistakes so personally. Once you do those two things, you have the recipe for someone who's self-reliant because they're decisive, self-motivated, and able to deal with any obstacles that arise.

## What Is Meant By Self-Compassion

Self-compassion is misunderstood. It's unfortunate. Because the common myths around self-compassion stand in the way of people improving both their mental and physical health.

Self-compassion myths lead people to actively avoid cultivating something that would be extremely beneficial for their health, success, and well being.

### When You Make A Mistake, What Do You Do?

*What do you say to yourself?*

“I'm so stupid! I'm such an idiot!”

“I can't do anything right. I'm such a screw up. Why even bother?”



“What is WRONG with me?!”

What about when a friend makes a mistake? Do you tell *them* they’re an idiot and that they should just give up?

Of course, you don’t!

That definitely wouldn’t help your friend process those emotions and deal with the situation.

You instinctively know what your friend needs is to be heard and encouraged with compassion.

However, when it comes to ourselves, we don’t view this scenario through the same lens. We think we HAVE to be hard on ourselves otherwise we’ll be even more of a failure. We believe the only thing preventing us from completely breaking down is this self criticism.

People think beating themselves up is the only way to hold themselves accountable. That guilt and punishment are the only way to motivate themselves.

**However, guilt and shame are actually *terrible* motivators for authentic, honest behavior.**

Think about it.



If you feel guilty and ashamed, you're more likely to be defensive. Rather than admitting you were wrong or made a mistake, you'll rationalize your actions and make excuses.

**The reflexive response to criticism is to be defensive. This is true whether someone else criticizes you, or you criticize yourself. So, by criticizing yourself you stunt your own ability to bounce back from failures.**

For instance, Emma Seppälä, Ph.D., the Science Director of Stanford University's Center for Compassion and Altruism Research and Education, says, "*self-criticism makes us weaker in the face of failure, more emotional, and less likely to assimilate lessons from our failures. Studies are finding that there is a far better alternative to self-criticism: **self-compassion.***"

Ok, but what exactly is self-compassion? After all, that's the question we're trying to answer in this video, right?



**Self-compassion is not weakness. Self-compassion requires the emotional strength to fully accept mistakes, because admitting you're wrong is tough.**

Furthermore, this means self-compassion is *not* complacency. Because self-compassion means you're more likely to see failures as an opportunity for growth, rather than a sign of defeat.

**Self-compassion puts you in a better emotional frame of mind to improve yourself.**

“Self-compassion involves treating oneself as one would a friend, being more mindful, and understanding our situation in the context of a larger human experience. When we can be more understanding and gentler with ourselves, identify less with the emotions that surround our mistakes, and understand that failure is a normal part of the larger human experience, we become stronger and more successful in the long run,” says Dr. Seppälä.

So self-compassion leads to emotional resilience. With self-compassion you can handle failures, mistakes, and struggles better. Instead of ruminating and being crushed by feelings of failure, you bounce back. You learn from mistakes, roll with the punches, and move on.

If you want to become your best self, you need to let go of self-criticism and swap it out for self-compassion.

