

28 Days to Better Self-Worth in Your Dealings with Others

A self-study course in 28 daily parts, using excerpts from “The Self-Worth Safari”

INTRODUCTION

These exercises have been specially chosen to strengthen self-worth *in the context of your relationships with other people*. The purpose of this guide is for you to discover and practise self-worth on a day-by-day basis; in easy-to-digest, bitesize chunks over a 28-day period of time.

We live in an age where your friendship with yourself is more vital than ever. The recent pandemic, along with the restrictions and economic impact, has changed every ecosystem of relationships between people. We are driven back on our own resources like never before.

We live in a new Age of Discovery. Whether you are a student, an established professional, a parent, a leader or between careers, the chances are the world around you is fundamentally different to what it was just a few years ago. This puts *added pressure on the individual* to navigate their own future, in a world where nobody can give you a map. There are many times when you need to be your own best friend.

When you are a loyal friend to yourself, amazing things happen. An intrinsic, unconditional sense of self-worth changes work relationships, personal friendships, body image, attitude to money and status, business practice, career-planning.... and just about every domain of life.

“When you possess real self-worth, you are not obsessed with proving yourself. An unconditional sense of your own value gives you a new lease on happiness and freedom. You develop energy and stamina. You recover quickly from setbacks and gain confidence that you can develop and grow. You are not afraid of people or situations, because you trust your power to deal with them. Being able to say yes and no, you negotiate with new clarity and confidence. Your relationships improve. You tackle hitherto difficult tasks with fresh energy, lightness, and purpose. No longer a hostage to prolonged spells of anxiety, frustration, envy, or guilt, you have an enhanced capacity to act. You are therefore more valued as a colleague, advisor, or partner at work. And your self-esteem grows, too, precisely when you are no longer chasing it.

You might imagine that such profound changes take time. While self-esteem certainly does take time to build, a powerful inner foundation of self-worth can be built in a relatively short time via a new awareness of clear distinctions coupled with a few focused affirmative actions. Welcome to the Self-Worth Safari.”

– *The Self-Worth Safari, p.14*

The discovery of unconditional self-worth (not just conditional self-esteem) was for me the discovery of a lifetime. I wish I had learned this earlier in life: when I was still at school or college. It would have made such a profound difference to my decisions and actions. I hope you discover it sooner than I did.

Let’s begin the adventure. Rather than speed-reading, I urge you to do this program one day at a time, and to really apply each day to your life by doing the exercises.

You may wish to start a journal or a notebook to help you along the way. Needless to say, I also recommend you read the book “The Self-Worth Safari”. But first, let’s get a flavour of the adventure!

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DAY 1:

A CULTURE OF ASSESSMENTS

When you were very young, before the age of schooling, you possessed intrinsic self-worth. You cried when you were hungry, you laughed when you were happy, you slept without fear of what others were thinking about you. You didn't doubt yourself or your feelings.

When you played with your toys, you were not assessing yourself on your "performance". Our habits of assessment were constructed later, such as worrying what others might think (or even how we might think about ourselves). We learned these habits of assessment via education, family and the comments of peers. Taken together, these self-assessments are what we know today as our "self-esteem"... which is often confused with self-worth.

"Self-worth is a deep belief in your inherent value as a person, from a position of unconditional friendship with yourself. You don't earn self-worth by doing worthy things: you already have it.

When you are in love, or your career is booming, you feel good about yourself. In those halcyon days, self-worth and self-esteem both seem to be on the rise. The distinction will appear merely semantic, drowned out in the happy song of love or success. The soft whisper of self-worth is hard to hear when an orchestra of romance or success is playing its full crescendo. But when life is tough, or you fail to live up to your own expectations, the difference between self-worth and self-esteem suddenly becomes very real.

Self-worth is intrinsic, not extrinsic. It comes from within, not from your behavior or your performance. It's about you, not your actions or even your feelings. It's already there within; you just need to find it. It's a belly-level sense of being on your own side. It has nothing to do with whether you are eating a bag of chips while you are thinking about it.

Self-worth is not contingent. In other words, you always have it. There are no conditions to be fulfilled. You don't even have to feel it or believe in it; it's yours by the very fact of your existence. Even if you have not found it yet.

Self-worth is a primal belief in your own value as a person. It is not variable based on your deeds, possessions, or whether you go to the gym. It's about you; not your behavior, your current state, or your achievements.

– *The Self-Worth Safari, p.20*

EXERCISE

What assessments am I making about myself today? (Whether positive or negative)

What do I imagine other people are thinking about me?

Can I be a loyal friend to myself, no matter what these assessments may be?



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DAY 2:

ASSERTING YOUR SELF-WORTH

Unlike self-esteem, self-worth grows from the legs upwards, rather than the head downwards. There is not much thinking involved, just a simple **declaration**. You can do this in the form of a mantra, or an action, or a symbol.... whatever works for you.

You can start today. You don't need to first read this entire guide, or read a book, or even think a new set of thoughts. You certainly don't need someone else's permission or validation. Are you ready?

*"As the foundation of all progress with self-worth is acceptance, we build self-worth by **asserting** our value, not assessing it. Self-worth is a declaration, not an evaluation. There are no scales, no points, no scores out of a hundred, no preconditions. There is but a single assertion: "Because I'm worth it" or your own equivalent.*

It's important to make that assertion into a physical action, as well as one of mental awareness. For example, along with your "because I'm worth it," you may:

- take a sip of water;
- stand up or sit down;
- go for a brief walk, for example, to the water cooler;
- call a supportive friend;
- make a note in your journal (but not a self-assessment!);
- make a plan or a decision;
- remind yourself of your resources (sticking to facts, not judgments);
- recall what your purpose is;
- take a few mindful moments;
- glance at your favorite symbolic object or picture; or
- eat a piece of fruit."

– *The Self-Worth Safari, p.62*

EXERCISE

Craft your own mantra, such as "*Because I'm worth it!*" or similar.

Choose a simple action to go with that, such as standing up from your desk, or touching a piece of jewellery.

Today can be your own "Declaration of Independence" ☺

DAY 3:

ELIMINATE SELF-REPROACH

Self-reproach (or self-blaming) is a useless waste of energy. When you catch yourself saying things like “I’m an idiot”, or “I’m ugly”, or “I’m terrible” or “I’m a weirdo”, it’s time to realise the damage such thoughts are creating. Almost invariably, they point to a lack of self-worth.

Let’s distinguish this from guilt. If I’ve done something I shouldn’t have done, of course I will feel guilty. This is healthy. Guilt is about the *action*, not about *me*. In this way, guilt is very different to shame, which is a deep sense of unworthiness that surfaces in statements like the ones above.

“Many of our issues with other people are manifestations of our issues with ourselves. To take one example, the struggle to prove something to ourselves can cause us to be judgmental of others, can make us unavailable (even indifferent) to them, or can make us angry or reactive or irritated. Perpetual anxiety may cause a person to be over-controlling, jealous, paranoid, or unable to laugh and have fun. When low self-worth takes the form of dependence on others, this may lead to manipulation, evasion of responsibility, or casting people as saviours and subsequently as persecutors. As the Four Plagues of anxiety, frustration, envy, and shame set in—usually because of our attempts to prove things to ourselves—relationship problems soon get worse.”

— *The Self-Worth Safari*, p.87

EXERCISE

What negative statements do I make about myself?

How are these judgements influencing my interactions with others? (For example, “I am unattractive” can lead me to anticipate rejection, even when no rejection is intended. Or “I am stupid” may lead me to stay silent, not offer my opinion, and thus limit my career or my participation in a class.)

Can I start eliminating ALL judgements about myself: even the so called “positive” ones? Self-esteem seeks to replace negative judgements with positive ones. Self-worth goes further: it seeks to eliminate *all* superfluous judgements, as the illusions that they are.

DAY 4:

SETBACKS, DISAPPOINTMENTS & IMPERFECTIONS

When it comes to developing self-worth, the days that are often most fruitful are those days in which we have to deal with setbacks and imperfections. When things are going well, it's easy to feel good about ourselves. But when we don't get that job (or promotion, or date, or project, or exam grade), that's the day in which self-worth can really grow in leaps. This is when our loyalty to ourselves gets tested... and gets to grow.

Furthermore, enhanced self-worth empowers us to recover swiftly. The same applies when dealing with criticism. When self-worth is hollow, this magnifies the impact of criticism, particularly if the critique is unfair. Even the slightest indifference or inattention from others can echo down the empty chambers of the void within.

"Disappointment has a subtle way of undermining self-worth. On the surface, we are disappointed at something or someone external: the person or event that did not unfold as we hoped. However, below the waterline, there often lurks a sense of disappointment with ourselves. Questions like "Why do I always fail at this?" or "What's wrong with me?" can easily hide in the muddy waters of disappointment.

At such times, it's all too easy to take the hurt personally, to feel that your very sense of self has been disemboweled by the hurt and loss. In many cases, there is a double hurt: the rejection plus the negative judgment of self, often with words like "useless," "a nobody," "hopeless," or "an idiot." All of this happens in seconds and often without our awareness."

– The Self-Worth Safari, p.215

EXERCISE

Choose a recent disappointment that still hurts. An example might be a romantic rejection, a poor exam result, a job application that did not succeed, unfair criticism, being ignored or disappointing yourself by something you did (or failed to do).

Apart from the pain of the setback itself, how are you blaming yourself? What sorts of things are you saying to yourself in your mind? Examples might be "I'm dumb", "I'm insignificant", "I'm unattractive", "I'll never get a job" etc.

When setbacks do occur, how can you be a loyal friend to yourself? This loyalty will be a rich source of strength for the future.

(Notice how this loyalty usually shortens your recovery time and improves your resilience.)

DAY 5:

ASKING QUESTIONS, ASKING FOR HELP

It's amazing how many people struggle with *asking*: whether this is asking for help, or simply asking questions. While there are many reasons for this, there are some big ones that pop up in nearly all cultures: such as fear of not knowing, or fear of what others might think.

With even a grain of self-worth, we are rapidly free of this constraint. We can enter any situation in a spirit of curiosity. When we are a loyal friend to ourselves, we can throw off the constraints of judgement and reclaim our right to be curious. We can ask for help when we need it.

“Over the years, I’ve worked with many clients who have equally benefited from a spirit of curiosity. Being curious is your innate right: you don’t have to earn it. Just watch a child of four asking all those “why” questions. They have not yet learned the need to prove themselves, so they inhabit a state of constant, unfettered curiosity as they explore the world. As adults, many of us benefit enormously from recapturing that spirit of enquiry . . . without trying to explain it or justify it.”

— *The Self-Worth Safari, p.50*

EXERCISE

What questions are you longing to ask? What's holding you back?

What are you curious about?

How can you practice more curiosity today — and/or asking for help?

Hint: in many circumstances, you don't need to explain *why* you need help! Try asking without explanation or justification.

DAY 6:

BEING INTEREST-ED vs. (trying to be) INTEREST-ING

Most Safari voyagers have found this distinction to be quite refreshing and novel. As one man puts it, "I honestly never thought about conversations that way before. From as far back as I can remember, I've tried to be interesting. Often this was unconscious: I was not aware I was doing it. Putting down the burden of being interesting has been a huge liberation. I enjoy social interaction so much more than I used to."

"A conscious focus on being interested is rewarding at many levels. The quality of connection with others almost instantly improves. I often wonder if this is due to the simple fact that people are now so accustomed to poor levels of attention, they gravitate toward those people who accord them their full presence. You learn so much more. Listening carefully, you hear what's not being said; you hear the subtle ways in which people try to prove themselves, the recognition that they crave. The writer Mark Nepo puts it this way: "To listen is to lean in, softly, with a willingness to be changed by what we hear."

Most people find this shift quite easy to apply. Once we give ourselves permission, it's generally easy to be interested in others. During social occasions that might otherwise be a source of dread, being interested is a game changer. We don't need any special experience or qualifications. We just need to remember to adopt an attitude of curiosity."

– *The Self-Worth Safari, p.167*

EXERCISE

On which occasions can you apply this shift? Social? Family? Work? Networking?

If you are trying to create opportunity (e.g., finding a new client, getting a summer job or internship, making a career shift), try going out to people with a *question* (being interested) rather than a *pitch* (trying to be interesting).

What topics / needs really interest you?

DAY 7: SAYING NO

It's easy to say Yes, to "people-please". Saying No requires courage and self-worth. Similar to what we saw in dealing with setbacks, learning to say No is also one of the opportunities in which we can develop self-worth.

The real issue for many people is one of conflicting commitments or priorities. Often, several commitments are important, several priorities are urgent. For example, there are the demands of customers, but also the demands of your own business development. There are demands of the kids and the demands of the job. Competing commitments are crowding into that very finite space called "this afternoon."

When we say Yes to others, we are often saying No to ourselves. In this way, we may fail to set boundaries which encourage certain people to keep asking for more and more. In this situation, to whom are we saying No?

"When facing a conflict, one of the hidden questions is often "Do I feel entitled to choose in the first place?" The sad reality is that often we don't. For example, we are caught between an important work deadline, the kids, and our own self-care. No matter how imaginative we are with solutions, no matter how we reframe our commitments, there will be casualties. And one of the main casualties can be our self-esteem, accompanied by that nagging feeling that whatever choice we make will be the wrong one."

– The Self-Worth Safari, p.223

EXERCISE

Start making some choices and start creating some boundaries. OK, maybe you cannot stop work at 5pm... but what about 6pm? Or 7pm? Set a boundary and stick to it.

Or practice a simple sentence such as "I'm sorry: I just cannot get to that this week." It's not up to you to manage the consequences of that: this is their business, not your business.

(And please remember even if the boundary-setting does not quite go the way you planned, stay unconditionally loyal to yourself, anyway! ☺)

DAY 8: THAT PEOPLE-PLEASING HABIT

Many of us get our sense of value from being of service to others. This time-honoured value of *service* has been the root of much of what is great about the world.

However, problems arise when we don't just *want* to be of service: we *need* to be of service! In other words, we derive our personal sense of value by solving other people's problems. This produces the phenomenon of the "Needy Helper" (or the Victim), which others soon find very irritating.

"Sadly for them, they frequently drive away the very people whose validation they crave. While their initial attempts to "help" may be welcomed (particularly in a crisis, where they often excel), people soon find their help to be suffocating. Whether with friends or co-workers, many of us have encountered such people, perhaps even recognized in them some of our own tendencies.

This latter realization can be a tough one. Nobody wants to be a needy helper or compulsive fixer. Not only is it exhausting, it's a generally futile habit that only drives people away. This loss of connection is particularly painful for the "fixer," as they usually possess sincere values of service and usefulness to others.

The core issue is often one of self-worth. When values of service are coupled with low self-worth, service is performed with a constant undercurrent of neediness, such as the need for approval or validation, the need to be liked or accepted, the need to be seen, or the need to be in control. Sensing this dependency, others flee or become resentful, often without being able to put their finger on precisely why they feel this way."

– *The Self-Worth Safari, p.231*

EXERCISE

Can I start by being a loyal friend to myself, first and foremost, without conditions?

In what ways am I trying too hard to please people: at work, at home, with friends or family members? Are there typical settings or occasions when this happens?

While not disregarding the wellbeing of others, how can I start to prioritise an unconditional relationship with myself?

DAY 9:

ARE YOU PROJECTING?

The Indian teacher Anthony de Melo once wrote, “*What makes you happy or unhappy is not the world and the people around you, but the thinking in your head.*” Much of the suffering caused to the self is caused by a projection of flickering images in our minds, not by a present-moment pain or problem.

I find it helps me a lot if I can *spot* the projection—while it’s happening—then to ask myself “*Why am I rehearsing this scenario?*” I usually find that I am trying to equip myself to *be right*, or to *be heard* or to *prove myself* in some way. Aha, self-esteem again 😊

The vast majority of my “Imaginary Conversations” are an utter waste of my time. On the few occasions when the real event happened (e.g. a bereavement, or a court case, or rejection) the reality was completely different from all the “Imaginary Conversations” or rehearsals, anyway. Look at all the hours of worry I could have saved myself!

“If irritation is the primary issue, what expectations of yours are not being fulfilled? Where do these expectations come from? Why are they important to you? Must your self-esteem depend on satisfaction of these conditions? And if so, can you at least find a sense of self-worth, accepting (at least for now) that your relationship is imperfect?”

“If anxiety is an issue, how is this influencing your behavior and your feelings toward your partner? Are you harboring suspicion, jealousy, or fear of tomorrow? Do you control, nag, or refuse to join in and have fun? What are you afraid of? Can you trust your power to deal with whatever tomorrow brings? And if not (at least not yet), can you find self-worth even in the person that you are today?”

— *The Self-Worth Safari, p.87*

EXERCISE

What “Imaginary Conversations” are you having in your mind, with your boss / client / partner / teacher / friend?

What’s the aim of these rehearsals?

Can you turn your thoughts to today’s reality, and let tomorrow take care of itself? With self-worth, you can trust your power to deal with tomorrow, when it comes.

DAY 10:

WHAT ARE YOU AFRAID OF?

Without doubt, the world has many difficult people in it. Whether it's the bullying boss, the demanding client, the sarcastic teacher, the untrustworthy friend or the needy colleague, there are many people who can test your sense of self.

This is when self-worth — unconditional friendship with yourself — is doubly important. In most cases, that other person is not going to change. But their behaviour does NOT have to dictate how you relate to yourself.

"When you're stuck with a difficult boss, you have two problems. The first is the situation: the awkward meetings, the anger, getting through the day. The second is the effect on self: the erosion of confidence and joy, the fear of the future, sometimes even not knowing who you are anymore.

Our Safari friend found it helpful to separate these two problems. It was obvious that there was not much she could do about the first problem. Though not completely powerless, it was clear that she was not going to change her boss's way of working. No matter how unjust or intolerable he was, there was a limit to what she could do to influence the situation.

However, she decided that she was not going to allow him to influence her sense of self. Armed with this decision, she made a point of looking him straight in the eye, calmly giving explanations when necessary (as they most frequently were), and not allowing fears to undermine her self-belief. In this context, she found Shift #3—from self-reproach to self-acceptance—very helpful. She could accept her fear without slipping into negative descriptions of herself."

— The Self-Worth Safari, p.87

EXERCISE

What do you need to recognise and accept about some other person? And about yourself?

What's your greatest fear? Is that a projection (see [yesterday's reading](#)), or a fear?

How can you face that fear squarely, knowing that you can be a loyal friend to yourself, even if the associated event did happen (which rarely occurs)?

Try logging the things you worry about. (Exams, interviews, health of family members, being rejected, financial ruin, embarrassment, job loss, being a disappointment to loved ones, etc). Track how many of these events actually take place, in the awful way you imagined. You may be pleasantly surprised by the results.

DAY 11:

WHO BRINGS YOU JOY?

It's so easy for the problematical people to take up all the space in our heads and our lives — often displacing those who bring us affection, joy and appreciation.

To take a simple example: if today nine people are complimentary and appreciative, but one person is critical, who do you tend to think about as you reflect back over your day?

"The ability to enjoy simple pleasures is probably one of the most accurate indicators of self-worth. People who don't value themselves invariably struggle to enjoy life. Or else they require a lot of external stimulation, such as alcohol, drugs, attention, or shopping. On the other hand, when you feel good about yourself, even watching the rain on the window can be pleasurable. The sunlight through the trees becomes your art gallery. Even the most mundane task in a daily routine can be a joy.

If we allow it, our days can be filled with hundreds of pleasurable moments. But what gets in the way of enjoying them? The usual answer is our stresses and preoccupations. If I don't notice the sunlight or don't taste the coffee, it's usually because my attention is elsewhere. Perhaps I'm worried about a presentation or how to respond to an email.

We're often preoccupied by what we don't have and blind to what is there. We don't have the perfect shape, and we fail to enjoy the robust health we do have. We think about the absence of that perfect partner and take for granted our many friends. We may be frustrated that our career is not at another level and we're blind to the kindness of supportive colleagues. It's so easy to think about what is not there and completely miss what is.

When we focus on pleasure in the moment, our attention is brought back to reality. This is its beauty and power. We are not thinking about tomorrow or yesterday. We can release ourselves to the enjoyment of what is, today. This includes our experience of ourselves in that moment—in other words, our self-worth."

— *The Self-Worth Safari, p.189*

EXERCISE

Who brings you joy? (People, animals, memories etc. Solitude, i.e. your own company, also counts.)

How can you spend more time with them? (Or with yourself, in joyful moments)?

Look for tiny moments of joy, particularly in hectic or stressful times. Even if it's just 10 minutes, can you savour your own company in that brief time? The world will wait.

DAY 12:

STOP SEEKING PERMISSION

Children are born with innate curiosity. However, during the process of education and work, we learn to ask permission. This means we are often seeking permission on occasions when we don't need it.

If I am going to pass on your phone number to someone, of course I should ask your permission. Likewise, it is generally wise to ask permission before including people in group messages or emails. However, there are many occasions when I don't need permission, for example...

- To approach somebody and ask a question;
- To choose what I'm interested in / or not;
- To decide my career direction;
- To set a boundary with the behaviour of another person;
- To ask for help

"We don't need any special qualifications or permission to be interested. From a standpoint of simple curiosity, we are entitled to talk to anyone in the world, to ask them questions, to explore their views or ask for their advice. They may occasionally wonder why we are interested, and then we tell them, as simply as possible. Being interested is a passport to any conversation with anyone."

– *The Self-Worth Safari, p.168*

EXERCISE

In what ways can you stop asking for permission?

Do you feel entitled to choose your interests (e.g. musical taste, movies, TV programs etc.)? Or do you find that you are explaining yourself to others, or asking for their permission or approval?

Choose one or two small changes you can make today.

DAY 13:

THE POWER OF SPECIFIC APPRECIATION

Does anybody get too much appreciation? In all the years I've been asking this question, not a single person has raised their hand to say they cannot cope with any more 😊

However, quite a few people have told me how they mistrust vague praise and compliments, which all too often are used as a means of asserting power over another, or in some way manipulating them. To be effective, appreciation needs to be specific, rather than just a form of flattery. For example...

- Thanking a colleague for specific help given, or results achieved
- Appreciation of a friend's encouragement or care
- Thanking a manager / teacher / family member for an explanation or support
- Giving credit to someone for an idea, solution or inspiration
- Expressing admiration for how a situation was handled, or a tricky question answered

"My experience is that people with real self-worth are not lost in self-contemplation. Those who are may be trapped in an experience of past trauma or else hooked on the drug of self-esteem. When people have self-worth, they are more likely to turn outward. Their thoughts naturally evolve toward how they can contribute to the world, how they can be useful."

– *The Self-Worth Safari, p.234*

EXERCISE

Who do you want to thank? For what?

Choose at least one person to whom you can give specific appreciation today. Decide that you will not worry too much about how they respond; you are not doing this to cajole or manipulate them in any way.

Notice what this practice does for your own self-worth. Why?

DAY 14: SENSE OF PURPOSE

Much has been written about Purpose: how a sense of purpose generates energy and resilience, also how it empowers great communication. My experience, plus the experience of hundreds of clients, abundantly supports these views.

So, do you therefore need a sense of purpose in order to have self-worth? Do you need to be able to articulate a clear Passion / Vision / Purpose to others, in order to feel good about yourself?

Undoubtably, a clear sense of purpose is a boost to self-esteem. However, it's worth remembering that self-worth is unconditional. So, even if you still haven't found your "thing" in life, you can still have self-worth. This is true no matter what age you are.

"Some seek worthiness with a new sense of purpose, particularly when it comes to their work life. There is no doubt that a strong sense of purpose is energizing and a great boost to self-esteem. But we should not confuse purpose with worthiness. I know a man who, today, has a great sense of purpose. But it took him several years to find that. Along the way, he had to assert a sense of loyalty to himself, even on those cloudy days when his sense of purpose was unclear. That's when self-worth really counts."

– The Self-Worth Safari, p.121

EXERCISE

Do you find yourself making unfavourable comparisons to others: e.g. people who seem to have it all together and are clear about their path in life?

If so, can you disengage your loyalty to yourself from these self-assessments, and be a particularly good friend to yourself today? Even if the future is unclear to you.

If you have a sense of purpose (whether around family, community, artistic endeavour or business achievement), can you protect your self-worth, whatever ups and downs today may bring?

DAY 15: TAKE TIME OUT

We are human. No matter how much personal development we do, there will always be situations that get “under our skin”. Perhaps someone doesn’t keep an appointment, or is making our life unpleasant by what they say or do.

In all situations, it’s OK to call “Time Out”. It’s self-worth in action. It’s perfectly ok to say something like: *“This is not something I can deal with just now. Perhaps I can come back to this later, but I need to take time out now, to take care of myself. Please excuse me”* ... then leave.

You do not have to explain, justify, promise or make commitments. You are not apologising. You are not avoiding or denying the problem. You are simply doing what you need to do to take care of yourself today.

“It’s important that we look after ourselves, and this sometimes means setting limits with certain situations or people. It takes self-worth to do so and though we may sometimes reproach ourselves for not handling a situation better, it’s important that we respect ourselves first and foremost. If we nurture the roots of self-worth, we can deal with specific situations as they arise.”

– *The Self-Worth Safari, p.169*

EXERCISE

In what situations could you make use of “Time Out”? Consider particularly those occasions when you get angry: when you might say or do something you later regret.

When doing Time Out in a personal relationship, you are not avoiding the problem. Where possible, you can always indicate your willingness to come back to this later. You are just saying that you cannot deal with this *right now*.

What self-worth issues does this bring up for you? Do you feel that you “should” be solving every situation that comes your way? Is this a reasonable expectation? Where does it come from?

DAY 16:

THE PROBLEM WITH RESENTMENT

Resentment is when we replay a scene over and over in our minds, magnifying the faults of another, and reshaping what we are going to say next time (or wish we had said last time). For example, if your partner promises to do the shopping and then forgets, then you may be inwardly fuming for hours.

On the surface, resentment is about the other person. But if you look closely at most resentments, you can usually find a resentment against yourself lurking just below the waterline. For example, “I am easily taken for granted” or “My contribution is not valuable”. This is often linked to a fear of some kind: such as fear of insignificance, or fear of failure.

“But if your self-worth is low, you are (both) likely to have a very different evening. Even if your partner is not angry, you may experience a huge outbreak of self-criticism. Worse still, this may be followed by “self-justification” (for example, “Look at how busy I am, I can’t think of everything!”) or playing the victim (“Why is it always me who has to do the shopping?”). There will surely be drama—whether it’s tragedy or farce is anybody’s guess. Accusations may fly across the kitchen, followed by crockery if things get out of hand. There may be hours of sullen resentment ahead.

Why? Because the burden of self-reproach has inflated the original problem out of all proportion. When I’m acting out of low self-worth, I can beat myself up for hours for a silly mis- take. Or attack the other person, in order to smoke-screen my dissatisfaction with myself. Or I may become anxious about my memory, worried about what else may be slipping out of control. I react to the other person’s angry words, instead of just seeing the hunger or tiredness or anxiety behind them. I feel slighted or humiliated or resentful about the way I’ve been spoken to. In a hundred different ways, I re-experience my inner suspicion of being “less than” or “not enough.”

– *The Self-Worth Safari, p.169*

EXERCISE

What resentments did you have today? In other words, who is occupying space in your mind?

Putting aside for a moment what they did or said, what judgements are you making *about yourself*? Are you concerned about not being good enough, or unattractive, or stupid, or taken for granted? Are you worried about not being a sufficiently good leader, parent, partner, student or professional? Why do you have this fear?

Can you let go of this judgement of yourself, by being an unconditional friend to yourself right now? Remember there are no conditions that need to be fulfilled for self-worth. Even if you still feel resentful towards the other person, can you let go of the resentment towards yourself? In this way, you begin to move from self-reproach to self-acceptance (Shift #3 in The Self-Worth Safari).

DAY 17:

LETTING GO OF ENERGY DRAINS

Emotional energy is a vital source of fuel not only for our daily activities, but also for our capacity to relate well with people and have impact on the world. From time to time, we need to check our “batteries”. Is that vital energy being drained away by recurring tasks or people that are routinely diminishing our emotional energy?

This does NOT mean that we run away from the challenges of life. Our jobs and family roles frequently involve dealing with situations that are difficult. Indeed, that’s exactly why we *need* emotional energy: to be of use in the world, to play our part, to achieve.

With self-worth, we learn to choose the battles that we fight. We learn to protect our battery-power for the key things we’ve chosen to focus on, and to stop the energy-drains.

“Notice those conversations, tasks or social situations that drain your energy. Is the problem in the situation or in the expectations you have about yourself in that situation? Try being interested, rather than interesting (Shift #7). What difference does this make?”

· If the energy drain continues, think about changing the situation. Are there people, places, or tasks that have become so energy-sucking that your self-worth is being corroded? Please remember to be accepting of yourself while grappling with this issue (Shift #3).

· Self-worth does not require you to be self-sufficient. Who can you talk to about the issues that you face?”

– The Self-Worth Safari, p.208

EXERCISE

Where do you need to start creating boundaries?

For example, are there tasks you are being asked to do, that are not a part of your job? Even if you have volunteered to do these things in the past, is it time to revisit some expectations?

Are there friends who reach out to you only when they have a problem? Or do you find yourself listening to other people’s rants or complaints? Why do you feel you need to tolerate this?

Consider how to express your boundaries in terms of your own needs, as opposed to making judgements of other people. For example, with the complaining friend, you might say something like “I really need to detach from political issues right now, to protect my own energy. Can we change the subject?” Rather than “I find this talk very negative.” This is self-worth in action.



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DAY 18: EXPLORING USEFULNESS

Self-worth liberates us from self-preoccupation: we know deep down that we are fundamentally OK. This allows us to dispense with many self-assessments, as the mere vestiges of that culture of self-esteem in which we were probably educated.

One of the first fruits of this liberation is a new sense of *curiosity* about the world around us. This curiosity soon brings tangible results: in terms of opportunities for both career and business. It also brings a new basis for confidence and trust. Other people quickly sense whether your interest in them is genuine, or just an opportunity to introduce your own “stuff”.

In the words of Edgar Friedenberg, “*What we must decide is how we are valuable, rather than how valuable we are.*”

“Our opportunities in life lie in how we are useful. In other words, our value in the marketplace or the world stems not primarily from our intrinsic qualities (such as strengths, talents, passions, interests, and so on) but from the extrinsic context in which these are needed (such as other people’s risks, issues, and opportunities). Put simply, it doesn’t matter how talented you are at something if nobody needs or wants it.”

– *The Self-Worth Safari, p.47*

EXERCISE

How can you be useful today? For example, can you ask people what they would find most useful, rather than telling them what they need? Be prepared for some surprises!

Clarification: it’s perfectly OK to suggest what may be useful, particularly if expressed as “What others have found very useful is to....” However, let them decide what is most useful for them.

On other occasions, you may be the one to say, “What I would find really useful is....”. Whether you are asking for what you need, or allowing them to define their own usefulness, this simple skill is self-worth in action. It builds both confidence and trust. It uncovers the wider context in which the value of our talents lies.

DAY 19:

UNFAIRLY JUDGED? LETTING GO OF ASSESSMENTS

Life is often unfair. People may misinterpret what you say, sometimes even deliberately. The boss or client spots the mistake but ignores all the good work done. You put a lot of work into a proposal or application letter, and it gets rejected for arbitrary reasons. The teacher is much harder on you than on someone else.

Unfair judgements from others can be sharp thorns in the side of self-esteem. There is no suggestion here that such assessments will not be painful; nor any suggestion that you won't do your best to correct mistaken assessments, whenever that is possible.

However, for your own happiness and joy, what matters most is what happens next... in other words, your ability to *let go* of these assessments and move on.

"It's always worth remembering that many people's judgments of you are frequently driven by their own self-worth issues—for example, their need to sound clever, to be right, to assert power, or their fear of being ignored."

"We will always be on the receiving end of harsh or unfair judgments. That's life. Much of the time, the people doing the judging won't have studied nonviolent communication, either. You can expect many judgments to be superficial, arbitrary, unkind, or plain unnecessary, and they are often delivered out of a person's need to assert their power and have little to do with you, anyway. Nevertheless, even when you feel you "should know better," you can occasionally expect a negative impact on your self-esteem, either for the judgment or for the way you deal with it. That's a good day to be a friend to yourself. Self-worth provides a safe place to come home to."

— *The Self-Worth Safari, p.202*

EXERCISE

Whose feedback do you want to take on board? Which parts of that feedback?

While feedback is often valuable, it's important to stay in charge of which feedback you pay attention to. Some people like passing judgement because this behaviour does something for them, such as asserting their power in the relationship, or to "get even". Others make assessments to suit themselves e.g. to get you to do something (like buy their services, or pay them more attention.)

Choose which feedback you entertain. Decide what you want to do about that. And then.... Let it go ☺

Your self-worth is always there. There are no conditions to be fulfilled, in order to be a friend to yourself. You are already OK.



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DAY 20:

DO YOU ALWAYS NEED TO IMPROVE?

Self-improvement has become part of our culture. Without doubt, this has brought us many benefits: among which we could include: freedom from past negative experience, greater empowerment, ability to make new choices and much more.

However, self-improvement can also become an addiction. It's one thing to want to improve, but the *need* to improve can become its own tyranny. This need can also leave us vulnerable to others, who might want to cajole us into doing what they want us to do (e.g. "it will be great experience / exposure for you") or to buy their services (e.g. "you will become a better communicator / leader / lover etc."). Today, there are many parents and teachers getting their own self-esteem vicariously by cajoling the young into a culture of constant, never-ending "improvement".

With self-worth, you know you are OK already. If there is something you *want* to improve or change, that's great... feel free to pursue this objective as an expression of your self-worth. But beware of feeling you *need* to improve. In a very real sense, there are no conditions necessary to be a loyal friend to yourself.

"There's a lot of money to be made from cultivating your insecurities. Gyms, yoga studios, personal branding experts, coaches, therapists, spiritual gurus, and image consultants may vary in their approaches . . . but nearly all take credit cards. Not many of them want you feeling too smug or secure in your skin.

In the meantime, what happens to the individual sitting alone in the city apartment (as more and more are), contemplating career uncertainty, endless possibility, and total responsibility?

At the very least, unconditional self-worth offers a refreshing oasis in the middle of this clamor. In this space, there is nothing to prove, neither about your body's shape nor even the shape of your emotions. The incessant demands of self-esteem can be quieted, at least for a time, to allow us to reconnect with ourselves."

– *The Self-Worth Safari, p.214*

EXERCISE

Make a list of 7-10 things you feel you want to improve about yourself. Please be as specific as possible. So rather than write "*Be a better communicator*", try writing "*Have more impact in interview situations*". Consider personal objectives (e.g. to lose weight) as well as work/career objectives.

When you have finished, review each item. Is it something that you feel you "could" do (i.e. a change you *want* to make) , or "should" do (i.e. a change you *need* to make)? There are no wrong answers. With self-worth, you can be an accurate observer of your own thinking.

Now review the "Need to Change" items. Whose voice is this? If it's really yours (and not just someone else's voice) consider rethinking each of these items as a "want/could" rather than a "need/should". After

all, you are fundamentally OK already. So why do you need those “need to’s”?

DAY 21:

THE NEED TO BE RIGHT

I once heard a great coach ask, “Do you want to be right, or do you want to be happy?” As someone who spent far too many hours of my early life arguing about who was right, that question really struck a chord with me.

In my own case, the drive to be right was intricately bound up with self-esteem. If I made a mistake, I thought badly about myself. If I got something right – whether at school or in later life – I thought well about myself, even if nobody else noticed.

The need to be right can be particularly corrosive in relationships. It can lead to rows and arguments that can take days or even weeks to recover from. How often have we looked back and thought, “was it really worth it to fall out over *that?*”

“The phrase “beating ourselves up” is a pretty accurate description of what happens when we make mistakes. Particularly for those of us driven by a desire to “get it right,” mistakes tend to assume a magnitude that other people find odd, even peculiar. We can lash ourselves with recrimination, both for the mistake and for the resulting feelings about it. We can even reproach ourselves for the self-reproach in an ever-deepening spiral of negative judgment.”

– *The Self-Worth Safari, p.199*

EXERCISE

If you are in conflict with someone at present (or even if there is just tension in the relationship), how much of this is driven by the desire to be right? (Whether theirs or yours, the effect is much the same).

You cannot do much about them. So why do *you* need to be right? How might renewed awareness of your self-worth throw some fresh light on this?

How do you feel about making mistakes? Do you correct them and move on? Or do you indulge in self-reproach?

Next time you make a mistake, how can you be more kind / forgiving to yourself? Note that this will not cause your standards to drop. On the contrary, it raises the emotional energy needed to do high-quality work.

DAY 22:

PLAYING THE VICTIM? TAKE RESPONSIBILITY

Most of us have come across people whose key talent includes *blaming*. They blame their ex-, their boss, the economy, their parents, management, the government.... the list goes on. No matter what the problem is, there is always someone to blame.

We all know that bad things do happen. With self-worth, we also know that we are the pilot of our own lives. After we have given ourselves time to recover (and perhaps sought professional help with the really traumatic stuff), we intuitively know when it's "*time to get off the cross - they need the wood*" 😊

Instead of being martyrs or passive victims, self-worth allows us to take responsibility for our own welfare. The beginning of all change is acceptance of reality as reality, as well as acceptance of our own responsibility to make the best use of the cards we are dealt.

"There are many misunderstandings about self-acceptance. Some people equate self-acceptance with being passive—resigned to whatever life throws at them. Naturally, most people rebel at being such a victim of circumstance. Self-acceptance does not (necessarily) mean acceptance of circumstances. But it does mean acceptance (and kindness) toward yourself. For example, when you see a photo (or a person) that evokes longing or sadness and you remember happier times, this is an opportunity to be extra kind to yourself, as opposed to judging yourself harshly for that relationship's end.

Self-acceptance makes people active, not passive, because they are no longer burning up energy by resisting their emotions or other facts about their lives."

— The Self-Worth Safari, p.96

EXERCISE

In what ways do you blame others? Sometimes, this blaming may be unspoken i.e. it's just a thought in your head, a conversation going on with ghosts in a backroom of your mind.

In what ways are you blaming yourself (self-reproach)? What effect is this having on your emotional energy?

Choose one piece of the Blame Game which you can stop. When you find yourself thinking that thought or voicing that complaint (whether about yourself or others), what can you do instead? How can you take more responsibility for your life, going forward?

DAY 23: IT'S OK TO DISAGREE

When self-worth is low, disagreement can be very painful. For example, even a minor argument can lead to a sleepless night, or rage, or anxiety, or a recurring resentment towards that person that just won't go away.

In today's society, there is a growing tendency to disconnect from those we disagree with. It's as if we "cannot stand" that tense state of disagreement, so we unfriend them on Facebook, or in other ways remove them from our lives.

Without doubt, we want to disconnect from people who are abusive or aggressive. But disagreement alone is rarely a good reason to cut people off. We can often learn a lot from those we disagree with. In particular, we can learn to stand our ground respectfully (with self-worth) and at the same time to respect them and their views. We can express our opinions. There is no need to demonise or mock them. We can disagree... and still be colleagues and friends.

"If you have ever worked for a leader who had low self-worth, you will know from personal experience what a nightmare this can be. In the workplace, the list of problematic behaviors produced by low self-worth is mind-boggling. Here are just a few of them:

- inability to delegate, need to control everything;*
- ego-boosting behaviors, such as talking nonstop or needing to be right all the time;*
- inability to tolerate disagreement or real discussion;*
- difficulty making decisions;*
- unethical behavior, often driven by compulsions;*
- breach of trust and confidentiality;*
- attracting the wrong people, for example, sycophantic or manipulative persons with their own agendas;*
- irrational outbursts, sometimes in anger;*
- inability to retain good people, loss of valued team members who find better places to work."*

– The Self-Worth Safari, p.237

EXERCISE

With whom can you exercise your ability to disagree respectfully, maintaining your position without being flooded by fear, rage or other emotions?

Do you find yourself suppressing your opinions in order to avoid disagreement? Why do you need to do this?

Even if an argument cannot be resolved.... Even if you don't feel you have "performed" very well.... Can you still be a friend to yourself, unconditionally?

DAY 24: LITTLE AND OFTEN

Dramatic improvements are always in vogue. It often seems we crave “transformational change” and so can easily become discouraged when on social media we see others trumpeting their “giant leaps”, such as their “new me” look or their “go for it” new-home or new-job acquisitions.

When it comes to developing self-worth, most of us can certainly remember some key defining moments; often taking place following setbacks or rejection by other people. Nevertheless, most of the time, growth in self-worth happens via small daily actions and kindnesses, that rarely make it onto social media.

Examples: taking a break, expressing appreciation, letting go of a niggling self-assessment... and all the other things we have been practicing for the past 23 days. By now, little gestures of self-worth have hopefully become a habit in your daily life.

As in nature, day-to-day growth is rarely dramatic. Like the garden in spring and summer, it's the aggregation of daily change that makes all the difference.

"The Micro Clearance is one of the little gems that time after time brings tangible benefits in terms of effectiveness. It's a perfect expression of self-worth in action.

Professionals usually know they need the Micro Clearance when things get too much. When they look at the piles of unattended papers and emails, when the whiteboard is full of tasks, when the yellow sticky notes are falling off the wall, when every glance around their space falls on yet another thing to do. Most of all, when the energy to sort it all out just isn't there.

The Micro Clearance is best practiced in ten- to fifteen- minute intervals. The keys to success are a) doing it little-and- often and b) not getting attached to the results. Anything you do is an expression of self-worth. Prepare to be surprised at the effectiveness of this innocuous little practice if it's done in this spirit."

– *The Self-Worth Safari, p.185*

EXERCISE

What routines can you put in place that are expressions of self-worth? For example:

- In the morning, spending good time in your own company before the day begins?
- Taking breaks, particularly at lunchtime?
- Planning your social life, as an expression of self-worth?
- When tired or disappointed by someone / something?
- In the evening, disconnecting from work / news etc, so that you give yourself time to relax?
- Before bedtime?



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DAY 25: FACING FEAR OF FAILURE

Nobody likes to fail. We may like to recite such aphorisms as, “There are no failures, only lessons”, but the feelings that accompany these lessons are usually not pleasant ones.

With self-worth, however, we now know that while failure may dent our self-esteem for a time, it does not need to erode our unconditional friendship with ourselves (self-worth). No matter what the outcome will be, we know we are fundamentally ok—that we can be there as a loyal friend to our own self in all conditions.

This allows us to tackle fear of failure head-on, with fresh courage. OK, you may fail.... So what? You may not get that job, that university place, that qualification, that romantic partner. That event or business may not be a success. You may even lose some money. So what? Your image of yourself (self-esteem) may take a knock, but you can still be a friend to yourself.

For young people in particular, this can be a game-changer. Students are often told things like “this is the most vital year of your life” etc. But is this really true? In today’s world, the reality is that everyone gets to reinvent themselves—often several times in a lifetime. If we are really a loyal friend to ourselves in all conditions, then we know there is little to fear.

*“Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don’t give up though the pace seems slow—
You may succeed with another blow.”*

*(From poem “Don’t Quit”, by John Greenleaf Whittier)
— quoted in *The Self-Worth Safari*, p.247*

EXERCISE

What failures are you worrying about? Choose one of them. What aspect of that failure are of most concern? Reputation? Financial implications? What else? Facing each of these consequences squarely, ask yourself “So what?”

Follow each line of questioning until you find that space in which you can be a loyal friend to yourself.

And then.... Go back to work 😊 Put your focus into success, rather than letting the illusion of projected failure rob your energy. You can deal with whatever outcomes come your way. For now, just detach from the outcomes.

DAY 26: BEING HEARD

Some people find it hard to speak up: to take their place in a discussion. Unless expressly invited, they will not contribute, and will often allow others to interrupt or talk over them.

At the other extreme, some people talk non-stop. They will happily steam into any conversation, start story-telling and hijack the entire agenda. In both cases, self-worth issues are often at play. In the first case, fear or anxiety (or even shame) may inhibit a person from speaking up. In the second case, the need to be heard (even to dominate) is fuelled by some inner imperative about self-value.

In all cases, **boundaries** are needed. Basically, It's a "space problem". For the person who finds it hard to speak up, the challenge is to *claim* their space and to courteously ask people not to interrupt. For those who have to tolerate the garrulous, the challenge is to place *boundaries*. For the talkative, the challenge is to recognise how their inner imperatives are leaving no space for others (and often preventing them forming deep connections as well).

"In practical terms, the issue is often the difficulty of deciding where the boundary should be. For example, is that gentle teasing okay or not? Is it me who's being too sensitive or too rigid? Should I be okay with that level of flirtatiousness? If I stop her repeated interruptions, will I just destroy the mood? By the time one has thought through the answer to all these questions, the moment has usually passed and it's too late to do anything, anyway!

By now you have hopefully developed a sufficient foundation in self-worth to know that you are okay already, whether you set that boundary or not. Our effectiveness at boundary setting may well be important to our self-esteem, but it doesn't have to be a condition for self-worth. However, setting a boundary can be an invaluable expression of self-worth (Shift #2). If boundaries are a particular problem for you, I suggest you think of them in this way. Otherwise you might create another trap for your reputation with yourself."

– *The Self-Worth Safari, p.170*

EXERCISE

Which is your greater challenge: speaking up? Or leaving room for others to speak; without interrupting them? Or do you sit silently fuming at other people who are dominating the whole table?

In all cases, what's the self-worth issue behind that behaviour? Fear of being mocked? Being unpopular? Making a mistake? Or the need to control the discussion? Something else?

What behaviour change do you want to make? "Can I speak?" "I'd like to discuss x" or "Sorry, I haven't finished". Ideally, look for something light and courteous, rather than heavy or angry.

Can you do this as an *expression of self-worth*, rather than (yet another?) condition of self-esteem? And perhaps detach from whether it "works" or not... you are OK already. 😊



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DAY 27:

STOP THE ADJECTIVES

As we near the end of this course, you have probably learned to free yourself from many self-assessments, plus many assessments made about you by other people, too. Hopefully, you are experiencing some of the joy and lightness this brings... and will continue to bring as your self-worth grows.

Now, we build on this freedom: by ceasing some of those unnecessary assessments we make about *other people*. For example, labelling them for their political views, or the way they bring up their kids, or how they dress, or how they choose to spend their money. In short, we extend the same freedom from unnecessary assessments that we've just granted to ourselves, to other people, too.

This practice of compassion has some very practical payoffs: particularly in energy and trust. It does not mean that we tolerate dysfunctional behaviour, or avoid *essential* assessments or decisions. By now, you are probably noticing how much other people's behaviour – both at home and at work – is driven by their own self-worth... or lack of it. Viewing them with compassion vs. judgement empowers you to win trust.

"The desire for connection is everywhere. The more we crowd into cities and become hyper-connected by technology, the lonelier we get. The problem is deeper than loss of companionship or confusion about career direction. As we see with Marianna and Paul, it stems right from a core vulnerability.

You are almost certainly surrounded by people who struggle with self-worth. Outwardly, they may appear confident and even the life of the party. But appearances can be deceptive. Even those whom you might envy—because of their money or status or looks—can still be struggling with self-worth and isolation. A lot of loneliness hides behind those high walls and haughty airs.

Perhaps we can also be compassionate toward those people who appear desperate to prove themselves with their pursuit of money or fashion or status. The universal plea behind all the attention-seeking words and selfies is "See me!" This desire to be seen drives entire sectors of the economy as well as a lot of human behavior."

– *The Self-Worth Safari, p.155*

EXERCISE

Choose one person or group that you tend to judge harshly. Ask yourself, "How is this assessment serving me?" Do you really need to judge them? Or can you just let them get on with their lives?

How might their actions / behaviour / words be driven by their own need to prove themselves?

If you do need to confront them (perhaps because they are in your team or family), then try practicing non-violent communication (see books by Marshall Rosenberg). In short, can you articulate your *needs*, rather than *judgements* about them? Self-worth in action.



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DAY 28:
SHOW UP AS YOU ARE

*“And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.”*

- T.S. ELIOT, FOUR QUARTETS

If you have followed the journey this far, you have probably discovered that the message of self-worth is a radical one in today's world. Most programs sell you self-improvement, based on conditional self-esteem. There are not many approaches suggesting that you were OK even before you started!

Self-worth is something we *discover*, rather than something we *build*. Because it's intrinsically ours to claim, we just need to strip off the paintwork in order to reveal the fine old wood beneath. For many of us, the experience of arrival is one of new lightness and freedom. Many people say things like, “Why did nobody tell me this before?” In a real sense, we are “knowing the place for the first time”, often with feelings of fresh excitement and wonder.

“But deep inside, something significant had shifted. There was a real feeling of having at last come home to myself. Behind all those self-assessments and doubts and uncertainties, I had discovered the possibility of being a real friend to John, irrespective of whether he lived up to his expectations of himself or not. As I ran, I felt immense joy and freedom that had nothing to do with fitness targets or pace. I could marvel at the morning light through the trees even if I wasn't sharing them with anyone else. I was experiencing all this with a true friend: myself.

My joy in that moment was undiminished by the knowledge that my awareness was incomplete. On the contrary, I was thrilled by the certainty that there would be much more to learn. I was filled with conviction that I had just tasted an appetizer for a homecoming banquet that lay ahead. Later on, I would read about how an infant is born with this worldview, which no doubt explains the endless wonder of childhood. In the words of the poet Patrick Kavanagh, “And the newness that was in every stale thing / When we looked at it as children...”

– *The Self-Worth Safari, p.296*

EXERCISE

As you celebrate your arrival, think about others who might benefit from a fresh discovery of self-worth. These could be family-members, team-members, students or professional colleagues. In particular, self-worth is precious to those who are going through hard times, or times of stressful transition.

During transition, people often find themselves between two banks of a river. On one side, there lies the safe, known space they are leaving. On the other is the promised land... but they are not there yet. Crossing that river of transition can be a lonely experience and self-worth is particularly vital at that time.

You are welcome to forward this resource to them, or to avail of other resources at Self-Worth Academy. For whatever reason, we look forward to hearing from you.



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FURTHER RESOURCES

Our resources and associates are expanding all the time. For the latest update, you are welcome to make contact as follows:

1. Career- or Business- Development: For practical resources (e.g. self-study courses, webinars or individual support) on career-transition, re-inventing yourself, negotiation, adding value to your business offer, job-search, getting new clients etc.... you are welcome to email Isabel@SelfWorthAcademy.com for personal guidance towards what will be most useful for you.

2. Developing Self-Worth with Others: Self-Worth Academy offers two levels of training: for Facilitators (which takes one month) and Associates (which takes one year). For further information, email John@SelfWorthAcademy.com

3. Personal Well-being: To find out more about our next “Self-Worth Safari events” (online or in-person), the next Self-Worth Week or conferences, or to connect with a wide variety of specialist talents in the coaching team, email Isabel@SelfWorthAcademy.com for more information.

4. Relationships and Leadership: To explore programs for groups (on such topics as Career-Development, Resilience, Preventing Burnout, 21st Century performance, Communicating with trust, Leading with Self-Worth etc.), please email John@SelfWorthAcademy.com

5. Programs for Students and Young Professionals: For up-to-date information on self-worth programs for parents, schools, colleges and universities, please email Isabel@SelfWorthAcademy.com.

You can also find many webinars and other resources on www.SelfWorthAcademy.com

ABOUT SELF-WORTH ACADEMY

Self-Worth Academy is a global network of people who are interested in promoting self-worth as a foundation for life and work. The purpose of the Self-Worth Academy is to encourage a fresh understanding of self-worth in professional and personal life; in education and in leadership. In doing so, we actively connect self-worth professionals with each other to share their gifts and insights.

We also want to create a learning space for further exploration of self-worth: sharing research and approaches, healthy debate, and also a place where new people can come to experience a taste of what self-worth is all about. Self-Worth Safari facilitators range from professionals in leadership development to education to professionals working in project management and in business development.

We are actively recruiting new Facilitators and Associates. A full list of our current programs can be found at: <https://www.selfworthacademy.com/programs/>