



Presented by BU Happiness College

# Increasing Your Self Worth



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'The only one who gets to decide your worth is you. It doesn't come from your bank account or the number of friends you have. It doesn't come from what someone else says you are worth. And it doesn't come from a number on the scale or the number of nights you go out.

It's called **self** worth for a reason - your worth comes from you.

It comes from you being yourself and being proud of who you are. It comes from being someone you can count on and someone that you love.

Because when it comes down to it, the numbers will change, but what won't change is who you are deep inside - beautiful, limitless, wonderful, creative, strong, capable. And **that** is where your worth comes from.'



# The different types of 'self'

## Self Worth

[ noun ]

Your sense of value. The belief that you are important and loveable. Your innate worth and worthiness as a human being.

Feeling and knowing that you are a good person and deserve to be treated with respect.

Not only are you important in your own life, but important in others lives as well.

## Self Esteem

[ noun ]

This is more surface level. Self esteem is how you think and feel about yourself.

Developing higher self esteem can develop a higher level of self worth.

Self esteem can fluctuate over time - some days you might find your self esteem feels higher if you're having a good day or doing an activity you feel more confident doing.

## Self Confidence

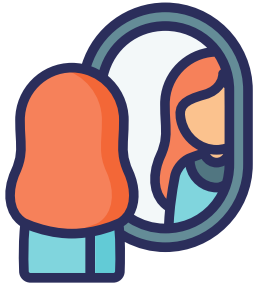
[ noun ]

Confidence related to specific areas.

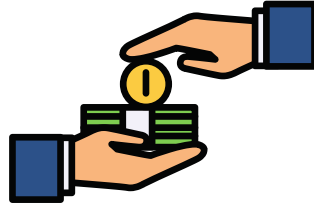
This is your confidence in your ability to do something eg. sport, career, skills, art, exercise, celebrities etc.

Building your level of self confidence can build your self worth, but only if you build your confidence in the things that really matter to you and are meaningful to you.

# How self worth is 'normally' measured



Apperance



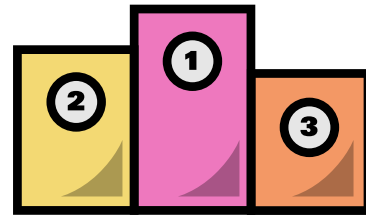
Career



Material possessions,  
income & finances



Social circles &  
relationships



Achievements

Which of these do I recognise I place importance in /  
have placed importance in?



# Signs of low Self Worth



**Not accepting compliments**



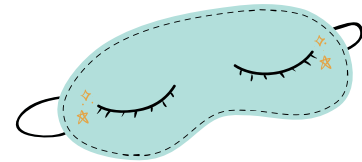
**Boundary pushing**



**Negative self talk**



**Self destructive habits**



**Lack of self care & under-prioritising yourself**

Which of these do I recognise coming up for me?



# Increasing your Self Worth

Yes, focus on them, but not as the sole importance of life. They can play a part in your happiness, but they are not who you are as a person.



**Let go of external measures**

Set goals to focus on accomplishment, achievement, meaning and purpose - but have check in points so you don't get stuck in 'I'll Be Happy When...' mindset



**Set goals, take action & have 'mid-points'**

Create awareness - certain people, social media etc. and reduce these distractions.

Instead, ask yourself 'Do my actions and habits align with the person I want to be?'



**Let go of comparison**



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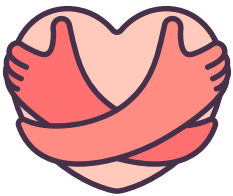
Others opinions, achievements etc. don't matter because that's their life, not yours.

What do YOU want? How do you want to feel?



**Let go of others' thoughts, feelings, opinions**

- Create awareness
- Seperate yourself from your inner critic
- Reframe 'I might not be good at this, but it doesn't mean I'm stupid.' etc.



**Conquer your inner critic**

What am I good at? What are my strengths? What do I like? What challenges have I overcome? What am I proud of? How have I helped other people? I am statements



**Create a strong sense of identity**



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...