

**Do you really value yourself?
Be honest..**

Your self-worth is the way you value yourself. Your mindset and thoughts can make you feel like “I am not enough” is your true reality. However, this is not true! You need to train your mind to value yourself.

Some root causes to low self-worth:



- **Uninvolved parents:** (Mine worked three jobs and were never around to build much of childhood memories).
- **Negative peers:** I had surroundings that were constantly putting me down in high school. I also had my self-worth crushed within my first-marriage era. I took myself out of toxic environments and removed people from my life.
- **Trauma:** I experienced constant trauma in my upbringing from witnessing domestic violence and the wrong idea of what true love is. I forgave my parents, my past, and myself.
- **Body Image:** My weight fluctuates often and when I am so skinny people say I look “sick” while when I gain weight they start telling me ideas on how to “lose weight”. Girls on social media have had an influence on me but I have learned to love my body and natural beauty. Also make baby steps on living a healthier life.
- **Unrealistic goals:** I swore I would become a director overnight and leave my current career as a manager.. Well, I failed to realize and be honest with myself that I still have more things to learn and need to be fully prepared for this title!
- **Negative thought patterns:** As a person with anxiety, my thoughts constantly race.. I have learned to reframe my thinking and put myself into a calm state.

Take the steps to undo some of these root reasons with evaluation of your emotions and experience self-actualization with the help of my workbook --->

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