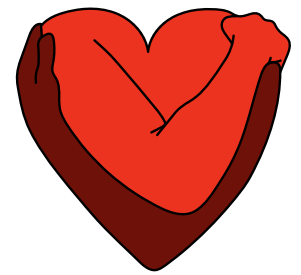


## SELF-VALUE AND SELF-WORTH

Self-value is the internal sense of worthiness and your right to acceptance, love and respect by others. Self-worth makes you feel good enough to be yourself in the way you are.

### The key characteristics of people with self-value:

- Know what and how to create value for them
- Possess the right level of self-worth and relationship integrity
- Give respect and earn respect
- Steadily increase their self-value
- Consistently practice self-worth strategies
- Develop and implement personal development strategies
- Perform regular personal value system audits
- Develop and maintain a growth-oriented mindset
- Breaks comfort zones and push the self forward
- Feeling of 'I am good enough to be treated with dignity'
- Never allow anyone to abuse you including yourself
- Create a complementary self-value and self-worth system
- Uses ability, efforts and performance to earn desired value
- Ensure elegance in personal appearance
- Attain financial freedom and other material possessions
- Create valuable social relationships
- Have a well-defined career path
- Steady achievements and consistent performance
- Apply conscientiousness in everything you do
- Gives priority to physical and mental wellness
- Apply integrated life intelligence system in life
- Aware of your SWOT and make continuous improvements
- Assess 'what is in it for me' before engaging in any activity
- Build self-love with unconditional positive regard for self
- Constantly improves personal brand value
- Builds competence to be successful in desired fields



### KEY WORDS EXPLAINED:

**Self-Value:** means that you have a value.

**Self-Worth:** means that you value yourself

**SWOT:** It is a abbreviation for Strengths, Weaknesses, Opportunities and Threats.

**Financial freedom:** It is the financial capacity of a person to afford the life he/she desires and provide the same to his/her loved ones.

Self-value is defined by your achievements in relevant fields or areas of life such as family, professional, moral, social, financial, academic and physical appearance.



*OPA is a Psychology Digest that provides information on life and mind management. Its aim is to clarify your doubts on mental health and life wellbeing matters in a clear and concise manner. We wish you an astute reading. We welcome valuable feedbacks from our readers. To read the previous issues of OPA please visit her blog at [www.drsusankoruthu.com](http://www.drsusankoruthu.com)*