

A PIECE OF MIND

Define Your Own Worth ©



OMAR LILES
Certified Life Coach

Define Your Own Worth

- Having a sense of self-worth means that you value who you are. You recognize that you are worthy. . Self-worth is defined by Merriam-Webster as: “a feeling that you are a good person who deserves to be treated with respect”



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I create

I honor my principles

I set boundaries

I advocate for myself

I develop stable and mutually supportive relationships

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I work hard and give generously

Self-Reflection Questions

My self-esteem comes from within.

I create my own meaningful and compelling goals. Tackling worthwhile challenges gives me a sense of purpose and adds to my accomplishments. My confidence soars.

I Honor my principles. My actions align with my values.

I set boundaries. I let others know how I wish to be treated. I remove myself from relationships and situations that cause unnecessary stress and interfere with my wellbeing.

I advocate for myself. I ask for help when I need it. **I treat myself with respect and compassion.**

I develop stable and mutually supportive relationships. I surround myself with family and friends who appreciate me for who I am. I welcome constructive feedback and use it to make positive changes.

I manage my time. I treat it like a precious resource. I plan out my days and block out time for the activities I love. I limit distractions, including watching TV and browsing through social media.

I make my mental and physical health a top priority. Investing in myself helps me to stay strong and maximize my potential. I eat nutritious foods and exercise regularly. I sleep well and remain optimistic.

I work hard and give generously. I collaborate with others and leverage my strengths at work. I volunteer in my community and do favors for my neighbors. **Having a positive impact on my world brings me joy and fulfillment.**

Today, I feel confident and secure. I value myself and recognize my own power.

Self-Reflection Questions:

1. Why am I worthy of love and respect?
2. What is the difference between confidence and arrogance?
3. What does my faith teach me about my own worth?

By Omar Liles, Certified Life Coach

www.agapelovenetwork.net or

www.omarthegraude.net

Our Confidence Comes From God

Bible Verses About Your Worth

Philippians 4:13

"I can do all this through him who gives me strength." ([NIV](#))

2 Timothy 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline." (NIV)

Proverbs 3:6

"Seek his will in all you do, and he will show you which path to take." ([NLT](#))

Proverbs 3:26

"For the Lord will be your confidence and will keep your foot from being caught." (ESV)

Psalms 138:8

"The Lord will perfect that which concerneth me: thy mercy, O Lord, endureth for ever: forsake not the works of thine own hands." (KJV)

Agape

LOVE NETWORK

Omar Liles The Life Coach
Changing One Life at a Time

www.agapelovenetwork.net
www.omarthegraduate.net

Omar Liles
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