



PART I

Your Inner Work



MODULE I

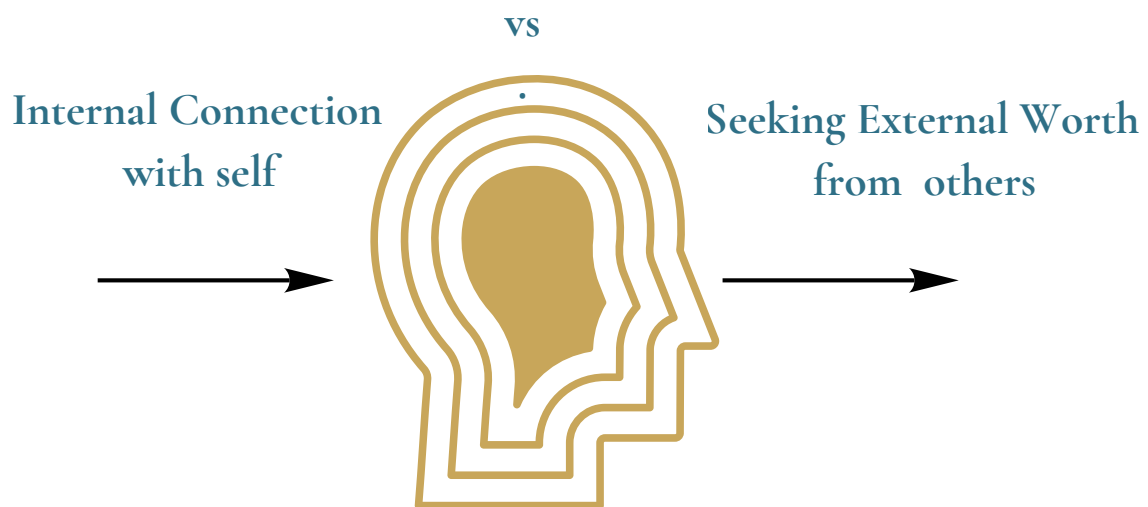
Know It – Sense It – Commit to it

Module 1:

Know It - Sense It - Commit to It

Knowing and OWNING your worth feels good. True self-worth is not boasting or being conceited but it is a natural elixir. It's medicinal. Self-worth is the natural medicine we need to form healthy human connections, which have been deteriorating since the rise of the Internet.

Why? It's time to evolve. Self-worth can only be found internally (on the inside) and we've been seeking it externally (on the outside).



The time to prioritize building the essential skill of Knowing and Owning Your Worth is now.

How? Perhaps you could begin by replacing 20 minutes of screen time per day so you can start to fortify your worth and begin to create a healthier human connection with the most important person in your life: YOU.

*“Our worth and belonging are not negotiated with other people.
We carry these inside of our hearts.” -Brené Brown*

Commit to the Process


Becoming well-aware of the valuable, worthy person you are, while you build a **rich and rewarding** life, takes practice. I recommend prioritizing this time and creating a special, safe space for rest, reflection, and writing in this program book.

Is this something you're ready to commit to? Are you ready to commit to YOU?

Question: How much time and attention will you give to getting to know yourself better so you can strengthen your self-worth and build a **Rich and Rewarding Life**?

Can you find some time and a place to do this?

Answer (This is your commitment and declaration. Consider adding the date.):

A small, stylized sun icon with rays, positioned in the bottom right corner of the answer box.

What does 'Know Your Worth' mean?

Self-worth

/,self'wɜrTH/-noun

an individual's evaluation of himself or herself as a valuable, capable human being deserving of respect and consideration. Positive feelings of self-worth tend to be associated with a high degree of self-acceptance and self-esteem.

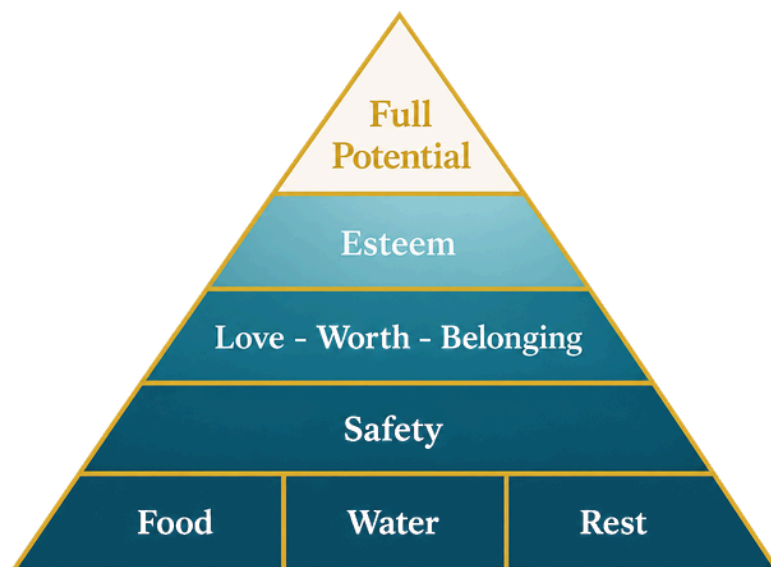
What does 'Know Your Worth' mean?

When you **Know Your Worth**, you know that you are an important and distinct individual with great value. You have dignity and feel good about yourself. You have the internal sense of having great capabilities and are confident you can be successful in many areas of life.

When you Know Your Worth, you know you are valuable – *despite what you may have learned from family, friends, society, or the media.*

Knowing Your Worth has many implications. It's the gateway to being true to yourself and what you believe. It allows you to 'stand tall' and speak what's true for you, even when others may disagree. Knowing Your Worth provides the sense that you honor and **love** yourself; that you **belong**; that your point of view is important and matters, even if you are the only one in the room who feels the way you do.

As Abraham Maslow's original Hierarchy of Needs illustrates, Knowing Your Worth is at the center of who we are as a humans:



Knowing Your Worth in a deep and personal way is a **gift you give yourself**. It is not something to receive from an external source or another person.

When you Know and **OWN** Your Worth, it **cannot** be taken away.

What does ‘Know Your Worth’ mean?

Once you *Know Your Worth*, it's much easier to Find Your Voice, and eventually Speak Your Worth and what is true to you (*while advocating for yourself and others and driving your life and career*). When you acquire the ability to do this and encourage others to do the same while expecting and allowing different perspectives and opinions, you will be much better equipped to build the human connections we so greatly need, both professional and personally.

The work of Knowing and OWNING Your Worth will help you acquire the ability to create healthy human connections through effective communication, in a world where people are becoming more **distracted, offended, guarded, and divided**.

“If we approach other people understanding our own value, being confident in who we are, being centered and grounded, it’s actually easier for us to connect with them because we can listen more deeply and we can express ourselves more authentically without fear of being judged or not being enough.”

-Dr. Vivik H. Murthy, Former U.S. Surgeon General

Those who Know and OWN their Worth communicate more effectively. But there are many reasons why you might be an ineffective and/or passive communicator. You may sometimes choose not to speak or attempt to create healthy human connections because you:

- *Don’t want to ignite any difficult or stressful emotions (in yourself or others)*
- *Worry about what could go wrong or how you will be perceived*
- *Think you will be humiliated if you don’t have all the right answers*
- *Say it is not **worth** the energy or effort*

As you move forward in your life and career, let's look at the word **worth** a little differently and ask yourself...

- *Are healthy relationships worth it?*
- *Are thriving work environments worth it?*
- *Is growing and prospering, professionally and personally, worth it?*
- *Are you worth it?*

You can find your voice and learn to speak what's true to you much more easily if you wholeheartedly know your worth first. When you understand your value, clarify what you want and need, and learn to communicate effectively, you will be much better equipped to reach the goal of building and maintaining a **Rich Life**.

Rich Life:



Our Definition of a Rich Life:

1. A life that includes money and resources to support yourself and people you care about.
...AND
2. The ability to speak and communicate so you can create healthy human connections with others.

We are certain one without the other is not enough.