

Self Worth

Today I am sharing an article on the important links between self-worth and mental health and well-being.

"Knowing your worth and believing that you are indeed worthy is essential for happiness and well-being. Such beliefs can affect one's thought, emotions, actions and experiences."

I hope you have a read of the article here:

<https://www-psychologytoday-com.cdn.ampproject.org/c/s/www.psychologytoday.com/us/blog/click-here-happiness/202201/4-ways-know-your-worth?amp>

I've also included some daily affirmations for building self worth. It might seem silly but positive thoughts about yourself really does make a difference to your daily actions, emotions, how you relate to yourself and others.

1. I am worthy of love
2. I am worthy of good things
3. I believe in myself
4. I can do what I set my mind to
5. I am a unique individual
6. I love myself
7. I can improve myself
8. I love my life
9. I am not my past
10. My past does not define me
11. I can create an even better future
12. I can do anything I want to do
13. I am a likable person
14. There is abundance in life and I am part of it
15. I am open to new experiences
16. I can take up new challenges
17. I am strong and confident
18. I can learn the skills I need to progress
19. I am responsible for creating my life
20. I am optimistic and I think good thoughts
21. I can learn what I don't know
22. I am not where I want to be YET but I will be.

So know your worth.... And then add VAT! 😊

Have a great day!



#mentalhealthmatters #wellbeingweds #selfworth #onlyoneyou #youmatter
#affirmations #lookafteryou #inthistogether

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