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-psychologytodaycom.cdn.ampproject.org/c/s/www.psychologytoday.com/us/blog/click-herehappiness/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.

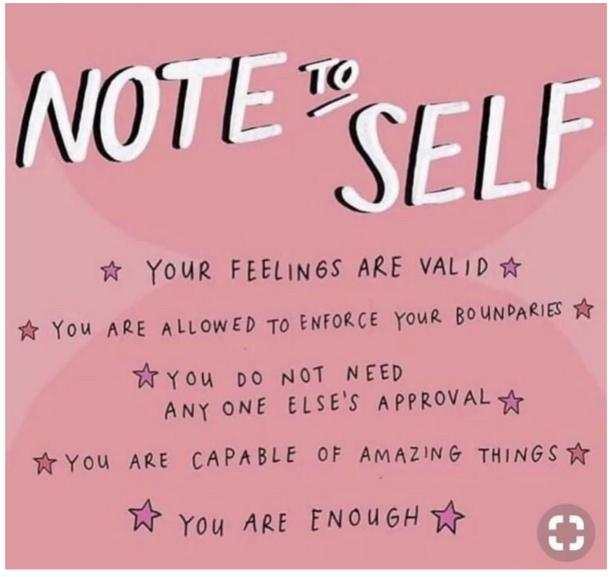
- 1. I am worthy of love
- 2. I am worthy of good things
- 3.I believe in myself
- 4.I can do what I set my mind to
- 5.I am a unique individual
- 6.I love myself
- 7.I can improve myself
- 8.I love my life
- 9.I am not my past
- 10. My past does not define me
- 11. I can create an even better future
- 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
- 19.1 am responsible for creating my life
- 20.1 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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