

NOTION OF WORTH



THE SELF-WORTH STARTER GUIDE

Stop Outsourcing Your Worth

7 Small Shifts to Stop Abandoning Yourself
and Start Rebuilding Your Inner Standard



UNDERSTAND. HEAL. RISE.

Your Worth Was Never Meant To Be a Popular Vote

Most people do not wake up one morning and decide to give their worth away.

It happens gradually.

You begin measuring yourself through reactions.

Praise.

Attention.

Being chosen.

Being useful.

Being needed.

Being attractive enough.

Productive enough.

Easy enough to love.

Successful enough to respect.

And little by little, the question changes.

Instead of asking:

“What do I think of the life I am living?”

you begin asking:

“What do they think of me?”

This guide is not about becoming someone who never needs reassurance.

It is not about pretending rejection does not hurt.

And it is definitely not about repeating affirmations you do not believe.

It is about something quieter.

Stronger.

More sustainable.

Learning to remain on your own side.

Over the next few pages, you will identify where your worth has become dependent on outside approval, notice the ways self-abandonment hides in everyday life, and begin building what we call your Inner Standard.

Not a perfect version of you.

A more loyal one.



WHAT SELF-WORTH ACTUALLY IS



Confidence and Self-Worth Are Not the Same Thing

CONFIDENCE

*I believe I
can do this.*

SELF-WORTH

*Even if I cannot,
I am still worthy
of dignity and
respect.*



Confidence changes.

You can feel confident at work and insecure in love.

Self-worth lives underneath those fluctuations.

It is the internal understanding that failure does not erase your value;
rejection does not reduce your humanity; somebody else's success
does not make you smaller.

The real goal is not permanent confidence.
It is self-loyalty.



EXTERNAL VALIDATION SAYS: TELL ME I AM ENOUGH.

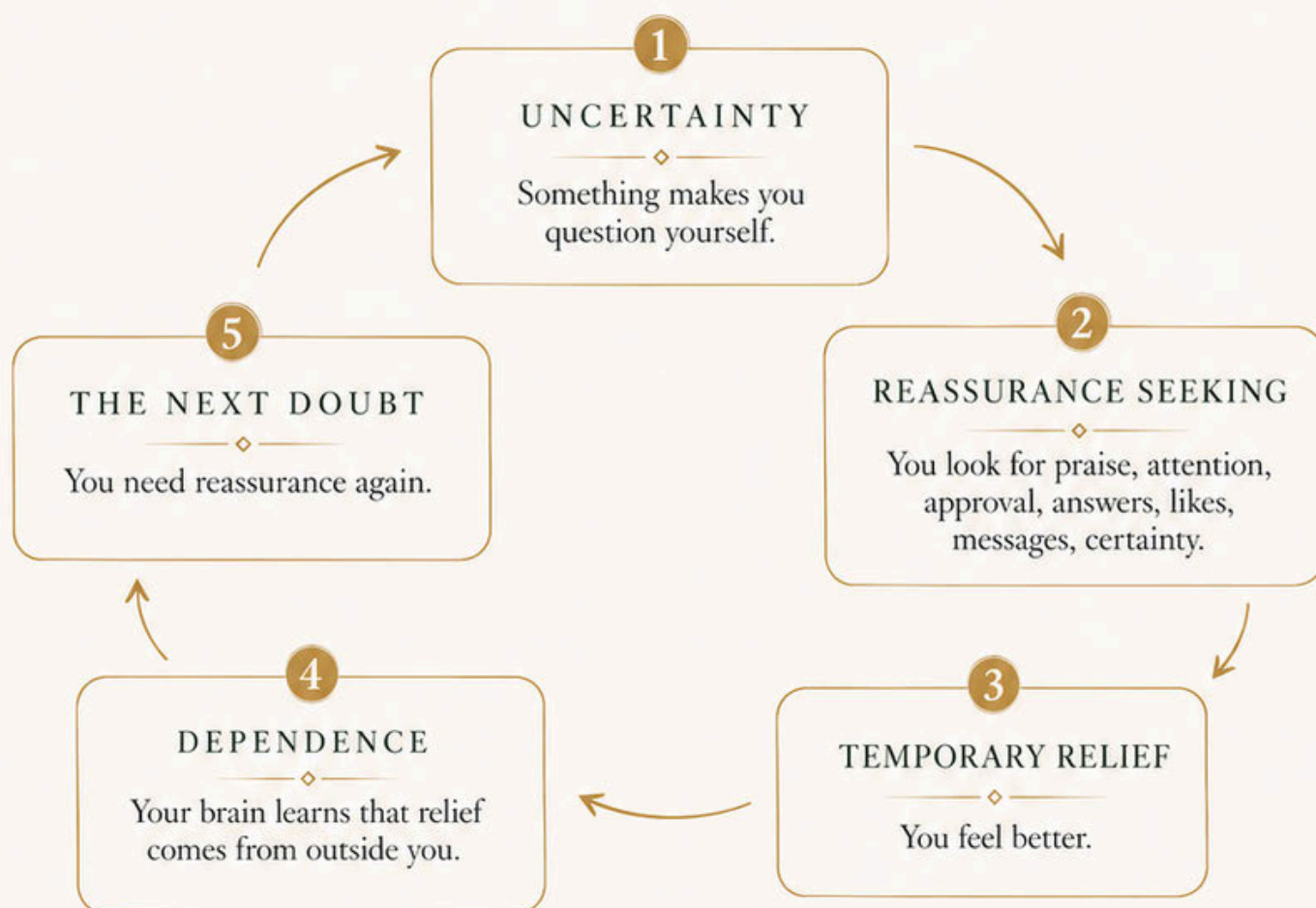
INTERNAL VALIDATION SAYS: I CAN LISTEN TO YOU WITHOUT HANDING YOU THE FINAL VOTE.

How Worth Gets Outsourced

External validation is not the enemy.

Being praised feels good. Being loved matters. Recognition matters. Belonging matters.

The problem begins when these things stop being additions to your sense of self and become its foundation.



✿ The cycle repeats. ✿

THE QUESTION UNDER THE QUESTION

When you ask:
“Do they still like me?”

— ◆ —

you may actually be asking:
“Am I still okay?”

When you ask:
“Was that good enough?”

— ◆ —

you may actually be asking:
“Am I good enough?”

When you ask:
“Did I make the right decision?”

— ◆ —

you may actually be asking:
“Can I trust myself?”

That deeper question is where the work begins.

Where Are You Currently Outsourcing Your Worth?

Do not answer quickly. Circle or write down the areas that create the strongest reaction.

I feel more valuable when...

- ☐ someone chooses me;
- ☐ I am praised;
- ☐ I am productive;
- ☐ I am needed;
- ☐ I look attractive;
- ☐ I receive attention;
- ☐ people agree with me;
- ☐ I am useful;
- ☐ I avoid disappointing others;
- ☐ I am achieving more than the people around me;
- ☐ my work gets recognition;
- ☐ my relationship feels secure.

I tend to question my worth when...

- ☐ someone becomes distant;
- ☐ I am criticized;
- ☐ I make a mistake;
- ☐ someone says no to me;
- ☐ I am not included;
- ☐ another person succeeds;
- ☐ I disappoint someone;
- ☐ I need help;
- ☐ I rest;
- ☐ I set a boundary;
- ☐ I am not immediately reassured;
- ☐ I do not know what someone thinks of me.

WRITE

The person whose opinion has the most power over how I see myself is:

The thing I keep trying to prove about myself is:

The situation in which I most often abandon my own judgment is:

If I no longer needed anyone to validate this part of me, I might:

*Do not judge the answers. Awareness is not accusation.
You cannot change a pattern you are still pretending not to have.*

It Rarely Looks Dramatic

Self-abandonment often looks socially acceptable.
Sometimes it even looks admirable.

- Helpful.
- Easygoing.
- Patient.
- Understanding.
- Flexible.
- Strong.
- Low-maintenance.

But underneath those qualities may be moments
where you repeatedly leave yourself.

SELF-ABANDONMENT CAN SOUND LIKE:

- | | | |
|--|--|---|
| 1.
“It’s fine.”
when it is not. | 2.
“Whatever you want.”
when you do have a preference. | 3.
“I don’t mind.”
when you do. |
| 4.
“Maybe I’m overreacting.”
before you have even
considered your own experience. | 5.
“I’ll do it.”
when your body is
already saying no. | 6.
“They probably didn’t mean it.”
when the same behavior
keeps hurting you. |

THE SELF-ABANDONMENT TEST

	Before saying yes, ask:	If nobody became disappointed with me, would I still choose this?
	Before staying quiet, ask:	Am I choosing peace — or avoiding someone’s reaction?
	Before explaining yourself, ask:	Am I communicating... or asking for permission?
	Before giving more, ask:	Is this generosity — or fear of becoming less valuable if I stop?

Those four questions can reveal more than a hundred affirmations.

Why We Outsource Our Worth

IT WAS NEVER ABOUT US.

We learn early that our value depends on:



Approval

We were praised when we performed, not for who we are.



Safety

We believed love had to be earned to be kept.



Comparison

We measured our value against others instead of with ourselves.



Conditional love

We adapted, people-pleased and shrank just to belong.



UNDERSTAND. HEAL. RISE.

04

The Self-Abandonment Cycle

IT'S SUBTLE. IT'S NORMALIZED. IT'S NOT YOUR FAULT.



AWARENESS IS THE FIRST BREAK IN THE CYCLE.

05

A NEW STANDARD

Self-Worth Is Not Something You Earn.

IT'S SOMETHING YOU REMEMBER.

Self-worth is the quiet knowing that you matter, even when:

- you make mistakes
- you rest
- you change your mind
- you take up space
- you choose yourself

“

You do not need to become someone else to be worthy of love, belonging and respect.

”

You need to come back to yourself.



06

REFLECTION

Where Have You Been Abandoning Yourself?

Be honest. Be kind. This is your starting point.



Where do I most often ignore my needs?



Where do I people-please or over-give?



Where do I silence my truth to avoid conflict?



What do I need to stop abandoning in myself?

YOUR ANSWERS ARE CLUES.
NOT YOUR IDENTITY.

07

Inner Reflection Journal Prompts

GET HONEST. GET CLEAR. GET FREE.



Use these prompts as a mirror, not a test.
There are no right answers.
Just your truth.

HOW TO USE THIS PAGE



BE HONEST

Write without
overthinking.
This is for **you**.



TAKE YOUR TIME

Give yourself space
to go deeper.
There is **no rush**.



COME BACK OFTEN

Revisit these prompts
as you grow.
You will see **shifts**.



- 1 What situations make me feel not good enough?

- 2 What have I been accepting just to keep the peace?

- 3 Where in my life am I abandoning my own needs?

- 4 What would I do differently if I truly believed I was enough?

- 5 What is one small action I can take today to show myself I matter?

The Pillars of Self-Worth

YOU DON'T BUILD SELF-WORTH ON LUCK.
YOU BUILD IT ON CHOICE.



Self-worth is not a feeling that comes and goes. It is something you build — daily, intentionally, with the choices you make for yourself. These five pillars will support you on your journey back to **you**.



1. Self-Awareness

You can't value what you don't know.
Get honest about your thoughts, patterns and needs.

KNOW
YOURSELF.



2. Boundaries

Protecting your time, energy and peace
is protecting your worth.

HONOR
YOUR LIMITS.



3. Self-Care

It's not selfish to take care of yourself.
It's essential.

NOURISH
YOURSELF.



4. Self-Respect

Speak to yourself the way you would
to someone you love.

RESPECT
YOUR VOICE.



5. Purpose & Alignment

You feel most worthy when your life
reflects what truly matters to you.

LIVE IN
ALIGNMENT.

Build these pillars, and you won't need anyone to validate your worth.

The Truths We Forget

SIMPLE REMINDERS.
DEEPLY TRANSFORMATIVE.



These are the quiet truths your soul already knows. Read them slowly. Let them sink in. Come back to them often. Let them **reshape you**.



1



You are not too much.

You are just not for everyone — and that's okay.

THE RIGHT PEOPLE
WILL FEEL LIKE
RELIEF.

2



Saying no is not rejection.

It's self-respect in action.

BOUNDARIES
MAKE SPACE FOR
THE RIGHT YES.

3



Your worth is not up for debate.

It exists whether anyone acknowledges it or not.

YOU DON'T NEED
PERMISSION TO
VALUE YOURSELF.

4



You cannot hate yourself into a better life.

Self-criticism is not motivation.
It's self-abandonment.

KINDNESS IS THE
FUEL THAT CREATES
REAL CHANGE.

5



You get to choose again.

You are allowed to outgrow people, places and versions of yourself.

GROWTH IS
YOUR RIGHT,
NOT A REWARD.

“

*You don't need to earn your worth.
You were born with it.*

”



Signs of Low Self-Worth

YOU CAN'T HEAL WHAT YOU DON'T RECOGNIZE.



These patterns are more common than you think.
If several feel familiar, it's not a failure — it's information.

Awareness is the first step.

1



You people-please automatically.

You say yes when you want to say no,
just to keep the peace.

2



You fear disappointing others.

Their opinion holds more weight
than your own.

3



You struggle to set boundaries.

You feel guilty, selfish or anxious
when you protect your time or energy.

4



You seek constant validation.

Compliments, reassurance and approval
feel necessary to feel okay.

5



You compare yourself to everyone.

You measure your worth against others
and never feel like enough.

6



You talk to yourself harshly.

Your inner critic is louder, meaner
and more persistent than it should be.

7



You ignore your own needs.

You put yourself last, often without
even realizing it.

8



You stay in situations that drain you.

You tolerate disrespect, inconsistency
or mistreatment.



REMEMBER

Recognizing these signs
is not about shame.
It's about compassion
and choosing
something different.



You are not broken. You adapted. **Now you get to choose.**

Daily Practices That Build Worth

SMALL ACTIONS. BIG SHIFT.



Self-worth is built in the quiet, everyday moments — not in grand gestures. These simple practices reconnect you to yourself and remind you that **you matter**, even on the hard days.



1



Morning Check-In

Start your day by asking yourself, “How am I, really?” and listening without judgment.



*Presence over pressure.
Your day begins with you.*

2



Gratitude Journal

Write down 3 things you're grateful for. Train your mind to see what's good instead of what's missing.



Focus shapes reality. Choose to see the good.

3



Boundary Practice

Say no when needed. Protect your time, energy and peace without apology.



Boundaries are love in action.

4



Self-Care Without Guilt

Do one thing today that nourishes you — just because you deserve it.



You can't pour from an empty cup.

5



Affirm Your Worth

Speak to yourself with the kindness you freely give to others.



Your words become your inner voice.

6



Evening Reflection

End your day by celebrating what you did well, no matter how small.



Acknowledge progress. It builds confidence.

“

*You don't need perfect routines.
You need honest moments.*

”



Rewriting Old Beliefs

CHANGE YOUR MIND.
CHANGE YOUR LIFE.



The beliefs **you** hold about yourself were learned, not chosen. And what was learned can be unlearned. Awareness reveals the old story. Intention writes the **new** one.



OLD BELIEFS

NEW BELIEFS

I'm not enough.



I am enough,
exactly as I am.

I need approval
to feel worthy.



My worth is not
up for approval.

I always fail.



Every experience
helps me grow.

I don't deserve
good things.



I deserve all the good
life offers me.

It's too late
for me.



I can begin again,
any time I choose.

REFLECTION EXERCISE

*Identify one limiting belief you carry.
Then rewrite it in a way that empowers you.*



What is a limiting belief
I still hold about myself?



How can I rewrite this belief
into a truth that empowers me?



When you change the way you think,
you change the way you live.

REMEMBER:

You are not your past.
You are not your mistakes.
You are not the story they told you.
*You are the story you choose
to write now.*

“

You have the power to choose new thoughts,
and new thoughts create a new you.

”



From Awareness to Action

AWARENESS OPENS THE DOOR.
ACTION CHANGES EVERYTHING.



Knowing your worth is powerful.
Living it is *transformational*.
These steps will help you move from
insight to *aligned, daily action*.



1



SEE IT CLEARLY

Keep noticing the patterns,
thoughts and habits that
shrink your worth.

FOCUS: *Awareness*

2



CHOOSE DIFFERENT

You always have a choice.
Small choices, repeated daily,
create a new life.

FOCUS: *Intention*

3



TAKE SMALL STEPS

You don't need a giant leap.
You need consistent,
compassionate steps forward.

FOCUS: *Consistency*

4



PROTECT YOUR PEACE

Guard your energy, your time
and your boundaries without
apology.

FOCUS: *Boundaries*

5



CELEBRATE PROGRESS

Acknowledge every win,
no matter how small.
You're becoming who
you were meant to be.

FOCUS: *Self-Recognition*

6



KEEP GOING

Growth isn't linear.
There will be hard days.
Keep choosing you,
every single time.

FOCUS: *Commitment*

“



*You don't rise all at once.
You rise every time
you choose yourself.*

”

Your Journey Starts Now

YOU ARE WORTH THE WORK.
YOU ARE WORTH THE LIFE.



Self-worth is not a destination.
It's a daily choice to show up for yourself,
to keep your promises, and to never
abandon who you truly are.

This is just the beginning.

Keep going. You've got this.



TODAY, I CHOOSE ME



I am proud of myself for...



I commit to...



I promise to...

A NOTE TO MYSELF

*You are enough.
You have always been enough.
And every day, you are
becoming more of who
you are meant to be.*

I choose me.
♡

“



*The moment you start valuing yourself,
the world starts treating you differently.
Not because they change —
but because you do.*

”



Thank you for investing in your most important relationship — the one with yourself.

You are not alone on this journey.
Continue learning. Continue healing. Continue rising.

NOTION OF WORTH



Continue your journey.



notionofworth.com

UNDERSTAND. HEAL. RISE.