

Stop Keeping Score:

10 Things to Stop
Measuring Yourself By



How do you feel about yourself? Are you comfortable with who you are? When you think about your self-worth, you might wonder how are you to create such an evaluation of yourself? Why do you feel great about yourself sometimes and not so much at others? What factors influence this?

At first glance, it's easy to make assumptions about self-worth. We know we feel good when people compliment us, so it's a normal thing self-worth is created by outside influences. At the same time, criticism from those around us can equally tank your self-worth in just a handful of harsh words.

The problem is a lack of understanding of self-worth. We ignore the word "self" and focused too heavily, add the word "worth." Perhaps we do this because we are more concerned with how we value ourselves than how we get to that value.

What we don't realize is just how much of this value comes from inside. To clarify things, let's look at a few items which do *not* determine your self-worth along with a turnaround to show where self-worth should come from.

Getting Things Done

Knocking things off your To-Do list looks pretty impressive. The more you accomplish in a day, the better person you are, right?

The Turnaround: sure, your boss loves it when you get things done, but how much does this really matter? Instead, ask what makes *you* feel accomplished. You might have gotten a lot of things done, but did any of them really matter to you personally?

Your Career Path

You have a great job, and you make lots of money. It sounds like a dream come true, doesn't it? Or is it?

The Turnaround: Someone is always going to be impressed by a fancy title or salary with six figures or higher. But neither of these things says anything about job satisfaction. Are you feeling fulfilled? If not, your self-worth is going to take a hit. What matters is how much you love what you do, not how much money you make.

Your Social Media

How many followers do you have on social media? How many times have your posts been shared, liked, or commented on? It's very easy to think these numbers reflect our value. After all, a higher number must be a good thing rather than a lower number with no regard to the quality of these contacts, whether any of these interactions are genuine.

The Turnaround: Numbers don't matter. Self-worth comes from how much *we* like what we're saying and doing in our lives, not from what someone else thinks of our activities.

Your Physical Self

It's not uncommon for people to spend thousands of dollars on their appearance every year. Between gym memberships, plastic surgery, the right wardrobe, we half kill ourselves just to look younger and fitter so we'll be loved and respected by those around us.

The Turnaround: when you are continually trying to change how you look, you can't help but feel like you're not good enough. If you're working to improve yourself, this needs to be for you, not for someone else. Remember, your attention on your health and taking care of yourself is it reflection and how much you value yourself. In other words, take care of you, for you, not for someone else.

Your Peers

Where do you think you should be right now? If you're comparing yourself is a way to establish where you should be in your life, you're only going to hurt yourself.

The Turnaround: There is always going to be someone further along on your career path than you are. Your peers will marry and have children before you even found your significant other. You're always going to feel behind somewhere. If you allow your worth to be wrapped up in these things, you will never feel like you are good enough. Instead, hit milestones at your own

pace. Fully embrace who you are as you travel your path at exactly the speed best suited to you.

Your Ability to Achieve

Every time something goes right, you feel wonderful. But what happens when you fail? When you get wrapped up in thinking your ability to get it right has to do with your self-worth, you guarantee disaster with every accident or mistake.

The Turnaround: Instead of thinking failure has anything to do with you, accept it as a normal part of the process. Just because something went wrong doesn't mean it has to define who you are. Accept responsibility for the mistake and move on, with a sharp reminder, that this is only one more lesson learned and nothing more.

Who You're With

Are you single? Are you married or in a relationship? Anytime you start defining your worth by the person you're with, you're asking for trouble. People, being human, are going to let you down. This is pretty much guaranteed. But where does this leave your self-worth when this happens?

The Turnaround: Rather than worry about your ability to be loved by somebody else, consider your feelings regarding yourself. Do you enjoy who you are as a person? Are you in love with you? If you're not sure, it might be time to spend some time with yourself rather than someone else. Why not make a date with yourself and spoil yourself silly? Learn all over again just how wonderful you really are.

How Many Zeroes Are On Your Bank Account Balance

Sure, we all love having money. Money does make the world go round in many, many ways. But just as money can't buy happiness, neither can it buy self-worth.

The Turnaround: Instead of looking at money as a status symbol, consider the role it plays in your life. Money should be nothing more than a means for dealing with the basic necessities of life. There is much more value to be had in the content of your character than in the contents of your wallet.

The Roles You Play

What do you know for? Sometimes, we become very caught up in our labels. We think of ourselves in terms of our personality traits. For example, you might think of yourself as an angry individual, or in always having to be the comedian. Sometimes these labels have to do with our health. We think of ourselves as being diabetic or a cancer patient and nothing else. The problem with labels is they never tell the whole story. Nor do they define you. Too often, it's these labels that hold us back more than anything else. We use them as excuses to not try, or as reasons why we will fail.

The Turnaround: It's time to take a step back from labels. Think of yourself as being made up of many parts. Sure, you might have cancer, but you're still *you* with all your other accomplishments, hopes, fears, and dreams. Don't get so caught up in being your label to the point where you lose everything else in the process. Not sure who you are? Make a list of all the roles you play. Think about how all of these contribute to the amazing person you already are.

Your History

We all go through stuff. Sometimes our past can be pretty brutal. But using your history as a means of identifying who you are and what value you have can leave you crushed and broken. You become stuck in the victimhood of a situation that ended a long time ago. You're stuck in a place you never wanted to be in the first place. Your self-worth crumbles under this kind of pressure, and you can never be more than you are right now.

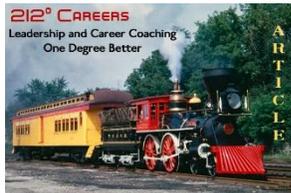
The Turnabout: This is one of those complicated traits. The only way through this is to do some work on yourself. This might be a situation where therapy would be in order. Whether you choose to handle these feelings alone or with help, the outcome needs to be the same. You cannot allow your past to

define who you are, or to determine your self-worth. Instead, focus on just how incredible you are right now. After all, you've come this far, haven't you?

If any of these items sounded a little too familiar for comfort, take heart. Take the focus off your worry about what the world thinks about you. Instead, concentrate on your own thoughts and opinions as to your value.

Even with a different focus, you might find you still have some issues in how negative your own thoughts might be regarding your value. These are areas where some work might be needed as well as you shift your focus over to a more positive point of view.

When this happens, you're going to feel quite a change. Life will look a lot more positive and successful right within your reach.



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