

# SAY HELLO TO YOUR SELF WORTH

Dear You,

Consider this your commitment to your self-worth. Your emotional well-being. I am not saying these steps are fool-proof but they do have a good reputation in making your life that much better.

1. **Cutoff those toxic people and relationships.** No one knows yourself better than you. Emotional manipulation, gaslighting, and guilt are not okay. Those toxic relationships and instances where you think to yourself "this does not feel right". Trust your gut. Those people only weigh you down and make you doubt yourself.

2. **Trust your gut.** This one might be pretty much self-explanatory but it is easier said than done. Those instances where we think we know what is best for us should be the ones we trust the most. Whether they are a mistake or not, we need those experiences to teach us. To let us embrace that change that we think we need in our lives.

3. **Remember that your worth is not defined by other people, places, or things.** Period. No explanation required.

These things that constantly escape us are often some of the biggest things that can help us. Try them and say hello to self-worth!

