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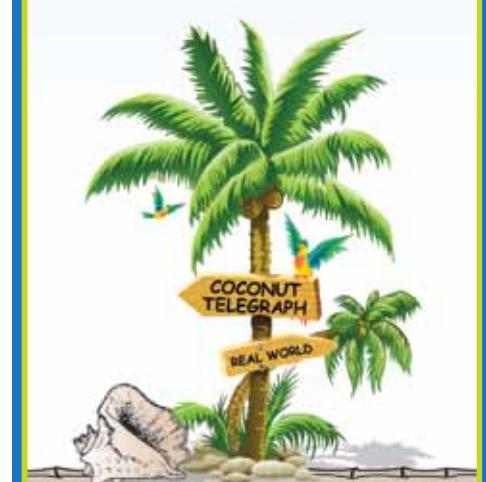
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Which is It?

Do you have confidence or self-worth?

Let's get some clarity so you can answer this question honestly. If I had a dollar for every time someone told me "I don't have low self-esteem" I could've retired years ago.

Here's the deal: being good at something gives you confidence.

That's vastly different than self-worth. Confidence develops over time as you master a skill set. Every time you learn something new, your confidence grows. The longer you do something well, the more confident you feel.

Self-worth is an entirely different animal. Self-worth is a sense of worthiness regardless of how confident you are.

For instance,
— if you lost everything that gave you confidence, would you still feel good enough?

— if you couldn't do your job or parent or walk or talk, would you still feel worthy?

Humans rely heavily on the good feeling of confidence and undervalue the importance of innate worthiness.

When we judge ourselves or others based primarily on performance, we are judging unfairly.

Remember, life is a messy, risky thing that rarely goes the way we plan.

Living in a performance-based culture undercuts self-care, relationships, and the importance of vulnerability.

by Dawn Wiggins, Ed.S.

I judge my car based on performance. I loathe judging people in that way. Meaning, if my car breaks down, it needs to be fixed so that it can do its job. But...

PEOPLE ARE NOT OBJECTS

We are not meant to be used or expected to perform flawlessly. We are beings.



Dawn Wiggins, Ed.S.
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You don't have to live by the judgy standards of others. Instead, you can choose to value your existence regardless of the critical parent, relentless boss or bougie social media influences.

So what's your answer?

Do you have confidence, self-worth, both or neither? I'd love to know! If you want to know more about tapping into self-worth; I've got you. Give me a jingle or drop me a line.

Not one drop of my self-worth depends on your acceptance of me. It depends on my acceptance of myself.

Friendship between women: A woman doesn't come home one night. The next day she tells her husband she had slept over at a girl-friend's house. The husband calls his wife's 10 best friends. None of them know anything about it.

Friendship between men: A man doesn't come home one night. The next day he tells his wife he had slept over at a friend's house. The wife calls her husband's 10 best friends. Eight of them confirm he had slept over, and two claim that he is still there.

WE SHOULD START REFERRING TO AGE AS LEVELS, BECAUSE "I'M AT LEVEL 88" SOUNDS WAY MORE BADASS THAN JUST BEING AN OLD PERSON.

Autocorrect makes me say things I didn't Nintendo.