



Recognize Your Worth



Greet with curiosity that person you are as perceived by that person you are with.

What does it mean to recognize your worth? Somewhere in my website I suggest that this is one of the benefits of our working together. However, often an inner critic can be so predominating that feelings of doubt and insecurity cloud our feelings of value. We can question if what we say or do really matters. We can feel further diminished if how we are treated by others affirms this.

So, what do we do? Well first, recognize that it takes courage to face these obstacles in ourselves. Then begin to start with what you can control, where things are easier, and build out from there. In other words, control what you can and greet with curiosity what remains.

Control what you can:

Begin to organize your life in 10 small but cumulative powerful ways.



1. Get a grip on your sleep patterns. Try to create a sense of rhythm and stick to it for two weeks. Go to bed at a reasonable time and awaken early.
2. Prepare for the day. Have your clothing arranged the night before.
3. Eat a meal and take time to enjoy it.
4. Be on time for your appointments and meetings.
5. Prepare for today, yesterday.
6. Take the time to breathe with awareness in every situation you find yourself in and remember that we are mostly disturbed when we are making a transition, i.e. leaving this to get to that.
7. Listen deeply to those around you and recognize that they too are moving through their own personal challenges.
8. End your meetings or work periods on time and gain a sense of completion for what was accomplished.
9. Organize your thinking and behavior with notes and create and adhere to your calendar as you move forward.
10. Give yourself a break.

Greet what you can't control with curiosity:

1. Make room for the unexpected.
2. While arranging your tomorrow, today, factor in an extra 10-15 minutes whenever you are in a transition.
3. Adopt this practice: When things feel outside of your control silently say to yourself; "this too is ok." Breathe and relax.
4. Shift away from your thoughts and return your awareness to your body and simply feel what is going on now.
5. Recognize that a balanced life does not mean that things are easy or that they feel good. It means that you find it within yourself to make room for all that is happening



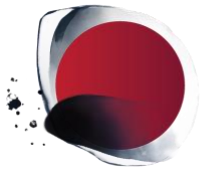
and recognize that as you do this there may be a sense of balance in the background. Allow it to embrace you.

So, what does it mean to recognize your worth? As we gain a handle on managing the struggle of simply getting through some of our more challenging days, we may find that underneath it all reside a deeper self of intrinsic worth. We don't have to invent or produce it. Your worth is a birthright and allowing it to emerge may be those softer feelings of belonging that become increasingly more evident as all the noise begins to quiet.

“Some people go through life with [an] unerring sense of direction. . . . When we meet people like this, we say they are grounded. They know who they are and where they're going. We feel secure around them. . . . What all these role models have in common is an exquisite sense of who they are, which translates into perfect pitch about how they come across to others.” (Goldsmith, 2007, p. 3)

One of the best ways to recognize your worth is to have a clear understanding of how your behaviors come across to other people, your employees, colleagues, clients or friends and family. I am just off the phone with a friend of mine. She consults with individuals and companies to help them understand who they are, what they do, and how to take this understanding into the personal and professional lives. I consistently find that when I am speaking with her, I clearly recognize myself as she formulates and expresses how she perceives me and my work. She becomes a mirror and steadies our connection so that I can see myself in her understanding of me. I recognize the value, not so much because I see and accept myself, but because of how she expresses her experience of how she perceives me.

This relationally activated recognition of self and worth, refreshes and supports my experience to such a degree that I literally recover a deeper - felt sense of who I am and of



how I am being perceived. It is as though my "worth" is market driven; it is based on how value is determined by those who are invested in having a relationship with me.

Recognition of self and worth becomes the currency with which we learn to more deeply value who we are. And it has value to the degree that we value our relationships with one another. Look at one of your relationships today and **greet with curiosity that person you are as perceived by that person you are with.**

Reference:

Goldsmith, Marshall. 2007. What got you here won't get you there. New York: Hyperion

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The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.