

CHECKLIST

The 7 Unfair Ways To Get What You're Worth!

It's really painful

Examining your worth as a human being. Facing up to your fears of inadequacy.

The need to feel important is the byproduct of doing something meaningful in your life.

When people have meaningless jobs or exist in a circumstance that has no significance to them, they lose sight of their value and this leads to a feeling of insignificance.

On the other hand, people who feel significant have a sense of purpose and this gives them a sense of importance. But how do we get from feeling inadequate to feeling significant? And even more pressing, How do we move from feeling inadequate, to feeling confident enough to demand what we are worth in this life.

Truth is...

To get what you're worth in life, you've got to believe you are worth more...

Otherwise you won't feel comfortable asking for more from the people who in your life. You won't feel like to deserve more time from your partner, more respect from your kids, More money from your employer. You won't even feel like to want more for yourself in the things you do every day.

And sadly, unless you believe that you are intrinsically worthy of getting what you really want in life, life will continue to be less than what it could be. You will always settle for something less

That is why I wrote this checklist to help give you the fastest route to a sparkling sense of self worth so you can go out into the world with shoulder's high. Safe in the knowledge that you know exactly how to make people treat you the way you want to be treated.

Ready to dig in...

Turn to the next page for the checklist.

CHECKLIST



1. Don't focus too much on self improvement.

Be mindful of the trap to only ever think about what you could improve in yourself. This blocks your natural ability to recognize and acknowledge your strengths and can cause you to feel discouraged and hopeless.

Train yourself to think more positive thoughts about yourself by keeping a "Wort Jar". Every time you catch yourself thinking negative thoughts about yourself, throw some money into the jar. At the end of each month, send all the money in the Jar to a charity of your choice.



2. Spend 5 minutes a day to meditate on something you admire about yourself.

A lot of people think that if they concentrate on what's good about themselves or their partners, they will be "attracting" negative things. This is NOT true. The truth is, if you have something positive to focus on, it will "radiate" throughout your being and "radiate" outward to everyone around you. This will have a positive effect on those people and situations in your life.

To meditate on something you admire about yourself Think about all the positive things you have to offer the world– your wisdom, your humor, your friendship etc. Write these down regularly and review daily. Put the list where you will see it several times a day.



3. Pay close attention to your values (Things you consider important).

By knowing and understanding your values, you will know what is most important to you in life and this will give you direction and focus.

Values are much more than just a "to do" list; they are the core beliefs and principles that guide your life. Knowing and understanding your own personal values will lead to a more meaningful and purposeful life.



4. Work for yourself If you can.

Working for someone else naturally limits your power.

When you are your own boss, you set the agenda and create the environment. This gives you enormous personal power.

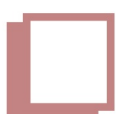
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5. Are you doing business regularly with people who treat you poisonously?

Doing this too regularly will make you become very bitter and resentful towards everyone. This resentment could affect your health and your work. It will also poison your positive friendships.

If you have people in your life who refuse to pay you on time, if they are abusive, if they lie to you, then reduce the amount of interaction you have with them. By cutting them out of your life, you remove the poison from your life and restore your equilibrium.



6. Occasionally think of things you would like to change about yourself.

But make sure to think of the changes you want to make as “improvements” instead of “corrections.” Why? Thinking of self improvement as self correction introduces the tendency to criticize yourself heavily. This works against any efforts to improve your sense of self worth.

So to stay in the self improvement thinking zone, think of three things you would like to change about yourself and then make a plan to change them. Then write them down and reflect on them at least 3 times a week. We want to minimize focusing too heavily on these as this could convince you that you are not worth much.



7. Tell at least 3 friends a day how much you value them.

It is a big misconception that if people really knew how positively you think about them, they would stop being nice to you. The truth is that if most people really knew what you think about them, they would be incredibly moved by your thoughts and you would be tremendously enriched.

So make sure to tell at least 3 of them everyday how valuable they are.

How to boost your self-worth permanently

Having a maximised sense of self-worth is like climbing a confusing mountain trail and realizing you were on the right path all along.

Once you discover this, your motivation to keep going will be so much stronger. You'll feel lighter and freer and more willing to take chances and explore new territories

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You see, It's an unhealthy belief that self-worth is based on how much money you make or stuff you possess.

True self-worth is based on how much you care about yourself... Your capacity for joy... And your sense of worthiness.

Regularly practicing the seven steps in this PDF over time is guaranteed to bring you that type of boundless joy and self confidence.

And once that happens you will not only be able to ask for what you are worth, the people in your life will actually be chasing you around demanding to give you what you are worth!