

## Recognizing Ourselves

In most times we experience failure and avoid achieving our personal goals, we can find a direct connection to the absence of believing in our own values.

Declaring self-worth consists of two components.

The first, recognition and understanding of our own values, and the second stage, our ability to communicate outwards the same value.

In order to understand the importance of the subject, we will begin by diagnosing the existing situation, in which from an early age the various systems teach us that recognition of our values and / or any other dimension of self-love, necessarily attests to egoism / narcissism and stems from arrogance and lack of humility.

We learn from an early age that a person cannot testify to the quality of his products because he is not objective and the wise man must know not to exaggerate and not to gloat of his wisdom at every opportunity. These are smart clinches in Hebrew and there are many more on the one hand, but are associated with self-evaluation on the other hand.

We see that in the developed Western world, a decisive percentage of people suffer from low self-esteem, from a problematic body image, and within all of these, they do not demand what they deserve. Thus, if I do not allow myself to cherish and recognize my own values, it is clear that I will not show my values to my surroundings.

I will give you a few examples. In the past, I trained a salesman who did not believe in a unique personal experience and did not consider himself as a professional, reliable and caring service provider. As a result of that he did not allow himself to broadcast the same values in meetings with clients and therefore had to resort to manipulations for achieving his goals and even thought of changing his profession due to lack of self-belief or "incompatibility."

Another example is of another trainee of mine, a woman that did not recognize herself as a warm, beautiful and sensitive woman and as a result of that, did not allow herself to express these values in her meetings and with potential spouses. Thus experienced alienation and loneliness.

So what do we do?

1. Write down 3 key positive values that describe you (eg, I am smart, caring and loving, or, I am serious, creative and sensitive).
2. Every day within the next 30 days recognize in yourself a positive action that is directly related to one of the values, cherish yourself for this action and be present to your self-esteem.

3. Find one relationship in which you feel confident enough to express these values publicly and observe these experiences.