



Improving Your Self-Worth

Faith Foster, MSW Intern. Published by Hope Recovery.

“Self-worth is the internal sense of being good enough and worthy of love and belonging from others” (UNCW, 2026).

Benefits of a Positive Self-Worth

It's important to have a positive self-worth because it can influence our confidence levels, our thoughts on being able to accomplish certain tasks, our assessment of our own skills and training, our decision making skills, our satisfaction with situations and overall life, our relationships, our ability to process and intake feedback or criticism, and it can influence so much more. Self-worth is the foundational piece for many areas in our lives.

Practices to Improve Self-Worth

It can take time to improve self-worth as it isn't something you can change immediately. You can try a variety of the activities below and/or repeat them as often as needed.

- Doing activities, you enjoy and are good at
- Challenge yourself
- Seeking support from a mental health professional
- Engage in meaningful activities
- Cultivating self-awareness
- Talk to yourself like someone you love
- Name your feelings without judgement
- Practice gratitude
- Asking for what you need
- Saying no without over-explaining
- Don't compare yourself to others
- Acknowledge your resilience
- Care for your body/hygiene
- Choosing yourself always
- Turn negative thoughts into opportunities of growth
- Sharing your strengths with others
- Prioritize well-being
- Connect with supportive people
- Exercise
- Challenge negative thoughts
- Practice self-compassion
- Use affirmations
- Maintaining an open mindset
- Keep small promises to yourself
- Celebrating effort, not just outcomes or accomplishments
- Separate mistakes from identity
- Limit time with people who don't uplift you or drain you
- Allow yourself to be a work in progress
- Rest without guilt
- Do things that align with your value
- Learning new skills
- Clarify your values
- Owning your unique talents or skills
- Accept compliments
- Setting boundaries
- Journaling

References

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