WHAT YOU ARE ACTUALLY WORTH

Your worth is not something you earn. Self-trust is something you build.

If repeating “I am enough” in the mirror makes you want to roll your eyes, excellent. We can work with that.

First, an important distinction: your worth is not a reward for being productive, agreeable, useful or finally becoming the version of yourself you think you should be.

You do not become more worthy because you kept a promise to yourself today. And you do not become less worthy because you ignored your own needs again.

What small kept promises build is not worth. They build self-trust.

Self-trust is the evidence that when you say something matters to you, you are increasingly willing to act like it matters. Not perfectly. Just often enough that your own words begin to mean something to you.

THREE SMALL PROMISES

1. **STOP ONE THING YOU KEEP DOING TO YOURSELF.** Maybe it is answering work messages late at night, agreeing before checking your calendar, or scrolling until you are exhausted.
2. **DO ONE SMALL THING FOR YOURSELF ON PURPOSE.** Eat lunch sitting down. Take ten quiet minutes. Go outside. Play the song. Keep one hour you said you were keeping. It does not need to become a lifestyle brand.
3. **LET IT COUNT.** Write one line: “I had my own back today when I _____.” Then stop. We are not turning this into homework.

WHY THIS MATTERS

If you have spent years overriding yourself, your own promises may not feel very convincing yet. Fair enough. So do not make dramatic ones. “I will completely change my life starting Monday” is excellent stationery marketing and terrible evidence.

Make the promise small enough to keep. Keep it when you can. If you miss it, notice why and begin again without turning one wobble into a character assessment.

Ask: What would make my own word feel a little more trustworthy today?

You were never required to earn your worth. But having your own back? That is a relationship you can practise.