



# Know Your Worth

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Spreader

# Worthiness is what I needed most...

Recovering Perfectionist

People pleaser

caretaker

Martyr

High Achiever

Entrepreneur

Legacy driven

Athlete

- Who am I?
- I don't want to be a burden.
- I am strong enough to hold everything.
- It's only a matter of time before they find me out.
- It's up to me.
- I'm not good enough.
- If I'm perfect, I'll be loved.
- If I'm perfect, he'll stay.
- My achievements = my worth.

4 years ago compared to Now...the differences and what it came down to.

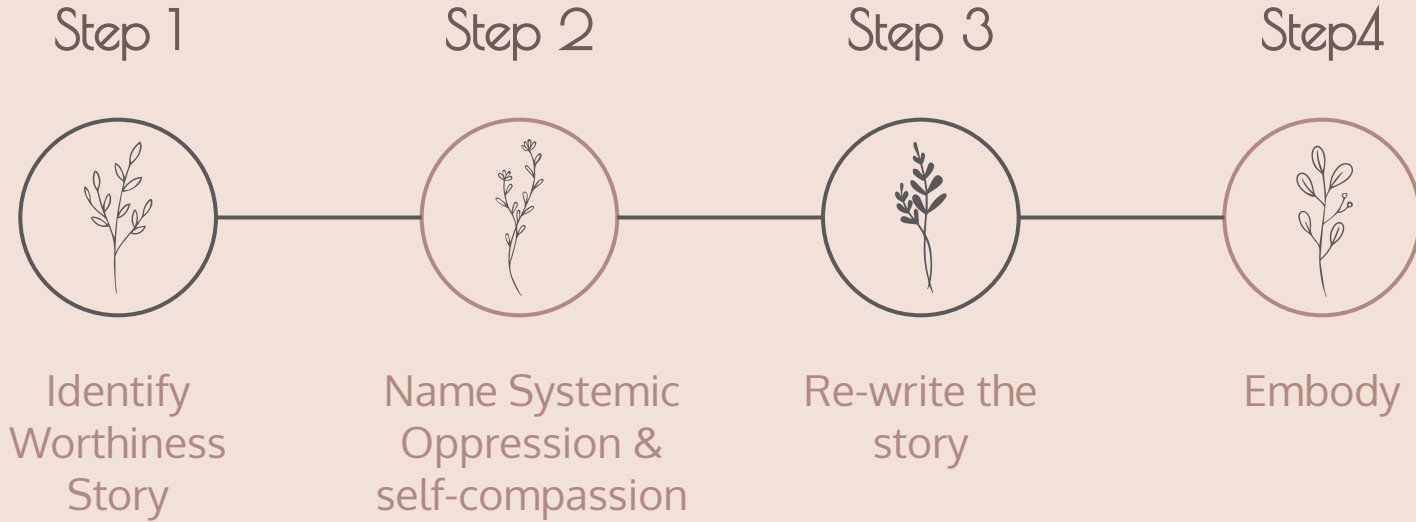
# Worthiness & What I believe

- Your worth is inherent...it cannot shrink or grow.
- Aka: YOU CANNOT MESS THIS UP.
- Everything comes down to what you believe you are worthy of.
- You don't have to see or believe you are worthy TO BE WORTHY.
- Why Worthiness is essential for us all - worthiness is the foundation of everything. It's not just about the money - where else are we not advocating for ourselves?

If everyone knew this...our world would be different.

How does Worthiness impact activism and uniting division?

# Simple 4 Step Process



(Disclosure: Simple Not Easy.)

# Facts & Compassion:

- White women were paid 79% of white men's wages, the same ratio as in 2019; Black women were paid 64% of white men's wages in 2020, compared to 63% in 2019; and Latinas were paid 57% of white men's wages in 2020, compared to 55% in 2019.
- Banks could refuse women a credit card until the Equal Credit Opportunity Act of 1974 was signed into law. Even then, they would sometimes dismiss 50% of their wages.
- While women have participated in U.S. wars since the American Revolution, serving as nurses or other staff, it was not until 2013 when women were allowed to serve on the front lines.

# Facts Continued...

- Even though women make 57-83% of what men make, it's estimated that women pay an extra \$1,300 per year for essentially the exact same products as men.
- In terms of overall retirement income, women have only 70% of what men do.
- Women paid more for health insurance until the 1990's.
- Marital Rape wasn't acknowledged until the 1990's.
- Beauty industry will spend \$7.5B on advertising.

# Resources:

- (<https://www.aauw.org/resources/research/simple-truth/>)
- <https://www.usatoday.com/story/news/factcheck/2020/10/28/fact-check-9-things-women-couldnt-do-1971-mostly-right/3677101001/>
- Huff Post



## Definition of *oppression*:

a: unjust or cruel exercise of authority or power

— H. A. Daniels

b: something that oppresses especially in being  
an unjust or excessive exercise of  
power



# What this means for us...



Ancestral Trauma  
& Programming.



Societal  
Programming



Subconscious  
Runs 95% of our life



Compassion



Rewiring  
Neural Pathways

# What is Your Worthiness Story?\*

Example: I am not \_\_\_\_\_ enough.

Or

If I am perfect, I will be worthy of love.

What was modeled for you?

What did you witness or observe growing up?

What did you hear/what were you told?

# Offering yourself compassion\*

What do you need to hear?

What do you wish someone else would tell you?

“Of course, I feel this way...”

Physiological response only lasts 30-90 seconds.

## Re-write the Narrative\*

What else could be true?

What could be some bridge thoughts?

Where would you be without the thought “I’m not \_\_\_\_\_ enough”?

How would your life be different?

What’s a new thought I can believe about myself?



# Embody\*

How is this true in your life already?

Strategic thoughts. It's okay the same thoughts come up!

Progress over perfection.

Metaphor of highway.

What you deem  
as worthy, no  
matter what?



# You are Worthy.



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