

**Although remembering your self-worth begins with thinking worthy thoughts, you must also take action to implement those thoughts. Here is a list of worthy actions. Look at the list and make a goal to start implementing at least one every week. Start with what will make the biggest impact in improving your self-worth.**

* Stay hydrated with at least 64oz of water per day.
* Be active for at least 30 minutes every day.
* Minimize alcohol intake or other sugary foods.
* Visit a Salon or Spa
* Journal
* Say no.
* State affirmations to yourself daily.
* Be aware how often you use the words, “I’m sorry.”
* Ask for help.
* Pray and mediate.
* Listen to music.
* Learn something new.
* Treat yourself to something you love to do.
* Do something that takes you out of your comfort zone.
* Be confident.
* Let something go that is holding you back.