



## Be the BEST version of YOURSELF™

### Program, based on the journey of

### Nolan Pillay – CEO and Founder

#### SELF WORTH – WEEK 1

**Congratulations and well done on staying tuned to this program. I believe in YOU and I know YOU believe in YOU. We have completed two key values in the program, namely Gratitude and Humanity. Now we will move into Self Worth. I will be your facilitator for this value.**

During self-worth, our focus is to get you back to what makes YOU, authentically YOU. This is the 'you' that you might be hiding away from or needing to rediscover. And if that is the case, its ok. It's something that every human being goes through on the journey of self-development.

We will cover how our self-identity is created and how it both functions to take us away from and propel us towards the life of our dreams.

The intention is to equip you with the tools towards realising and living your authentic YOU. We will also cover identifying your passions that will rocket you towards Being the Best Version of Yourself.

Like I keep saying, this program is designed around YOUR personal self-development, based on 30 plus years of real-life experiences.

#### **Please take note of below before you start each value**

1. Find a quiet room (you would need 30-45 minutes of alone time).
2. Download and print your Value Worksheet.
3. Watch the video daily.
4. Complete the exercises
5. Please complete the online feedback daily

Perfect, I am so excited...lets continue the journey



## **What is Self-Worth?**

Self-worth as “the sense of one’s own value or worth as a person.” However, there are many ways for a person to value themselves and assess their own worth as a human being, and some of these are more psychologically beneficial than others.

**It** really is an internal state of being that comes from self-understanding, self-love, and self-acceptance. It’s a state that is somewhat timeless and unchanging because it’s a direct measure of how you value and regard yourself despite what others may say or do. It’s, therefore, something that does not quickly or easily change when external factors or circumstances change.

Self-worth holds the power to radically transform your life for the better therefore being the best version of yourself. This is great but what does it mean to have a high level of self-worth?

Of course, it means having a favourable opinion or estimate of yourself. It means having unshakable faith in yourself and in your ability to follow through and get things done.

As we go into the lesson, we will make you aware of how you created your “self”.

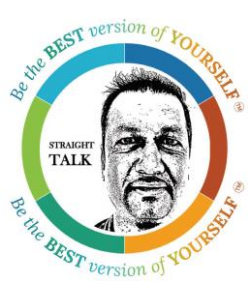
Remember self-worth can be a bit of a touchy subject if you’re not open to looking at what makes you, YOU. So, the first thing I’d like us to do is to set the intention together to be open about looking at ourselves and most of all be transparent with ourselves.

Please understand that we came into this lesson thinking a certain way, feeling a certain way and acting a certain way.

As we go deeper into Self-worth and explore the bits and pieces that make us who we are, we might encounter a few things that could trigger us. If that happens, I won’t leave you hanging - this lesson is designed to come full circle and bring you a degree of closure and understanding.

With that being said, we will uncover incredible things about ourselves that have been untouched till now, I call it awaken the “sleeping giant” within us. You know the saying when we run for example and we have muscle pain, we are told we are awakening sleeping muscles. It’s the same thing.

I would like you to imagine that your true self is a field of fertile soil, brimming with endless potential and yearning to grow the finest crop, or in other words, the finest YOU. Now imagine someone pours thick solid concrete all over the field and this has now hardened. Nothing can grow on it.



What would happen if you tried to throw seeds onto the concrete? What would they do? Bounce off and die right? Well, those seeds are your dreams, visions, positive affirmations and opportunity attractors.

Throwing seeds on ground that is not ready for them will never work. No matter how hard you try and how many different planting methods you come up with, if there is still concrete, there will be no further growth.

In my years of experience, I have seen so many people fall victim to this trap just as I was also a victim before I discovered how to get out. It is normal that people look for so many different mentors and methodologies, hoping that one of them will finally be the one with the right answers that will take them out of their slump.

People get stuck doing this because they are operating with the underlying assumption that they are broken and need to become 'fixed' in order to grow. This is a result of conditioning of the mind from various circumstances that we all have become accustomed to.

The hard truth is, YOU are not broken. YOU never were. And therefore, there is nothing to fix. You just never asked the question: Who poured the concrete? And how do I start chipping away to get to the soil? Am sure by now you get the picture clearer.

Now, let's answer this question: who poured the concrete? Who is the person responsible for all our successes and failures?

Here's the answer: YOU are! Not your family, not your managers, not your friends, no one else, but YOU!

Why is it that you can go through one sequence of events and come out a winner, and someone else can go through exactly the same thing and end up losing? Can you see how the opposite can also apply?

What I would like you to become aware of, is that there is a sequence of events that has been operating in the background of your mind and has been creating layers of concrete, taking you away from your true self. The sequence of events is,

- How you Think.
- How you Feel
- And how you Act

YOU created your self-identity based on these three words and unfortunately, they have shaped how you have gone through the journey of YOUR life.



Why do we get angry at ourselves, others and the world? How is it that we can fear certain things yet when **WE** conquer that fear, it was like the fear disappeared?

Why is it that when we are authentically aligned towards reaching a significant goal we are in a zone and nothing can phase us? We go all out!

In conclusion, how we respond to life has everything to do with the sequence of how we think, feel and act.

## **Week 1, Lesson 1**

For the next 7 days, I would like you to download the daily exercises with the various scenarios. Write down your first gut instinct answer to how you would think, feel and act in those scenarios. Don't second guess your answer. Just be honest with yourself. There is no right or wrong.

We are just looking at how you have created and trained yourself to respond to the world and other people when things happen outside of your control.

Enjoy the exercises and make sure you capture your daily journal entries, see you in the next lesson.

### **Benefits of Self-Worth**

- Live your life on your terms, we all have our own passions, values, purpose, vision and goals.
- Accept new challenges and take them on without fear
- People who love themselves, do not hurt others
- You don't need approval for your life
- You determine your future
- You are more committed to yourself
- You don't feel the need to be perfect
- You will be the best version of yourself