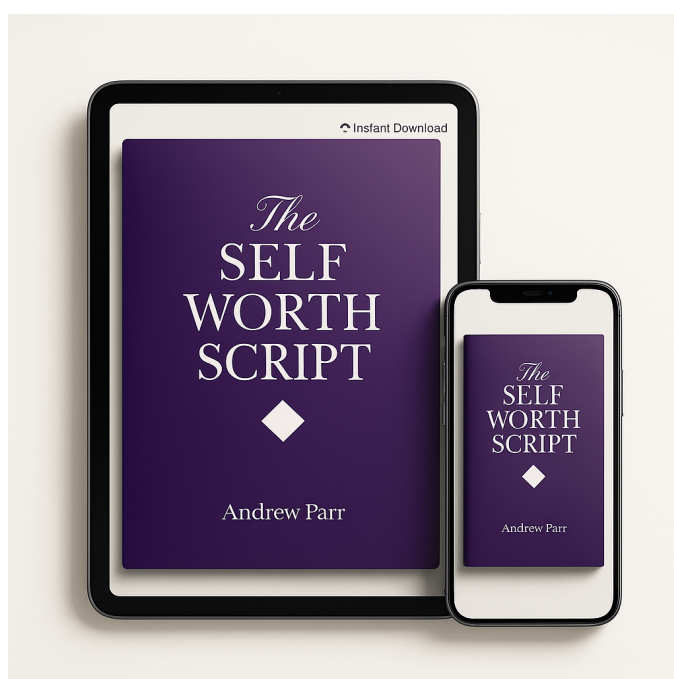


The Self-Worth Script

A Daily Reminder Of Who You Really Are

By Andrew Parr



Part 1 - Introduction & Guide

Hello and welcome. I am so glad you are here.

Self-worth underpins every area of your life - from how you feel about your body and appearance, to your relationships, to your career, work and money, to your general mental and physical wellbeing.

Self-worth is everything.

And yet, it is the last place most people look when attempting to solve a problem or transform an area of life.

INSTRUCTIONS:

- (1) Read these words **daily** - **slowly**, with **focus** - **either out loud or to yourself** - allowing the meaning of each word and phrase to fully sink in.
- (2) Even if you have doubts or resistance, at first, be open to the possibility that your worth just “is”.
- (3) When you have finished reading, pause for a few moments to let it sink in, and then go about your day.

(4) If you later experience any fear, worry, doubt, hesitation, uncertainty, anxiety or more, remind yourself of “The Diamond Within”.

If ever you have any questions, would like to enquire about 1-1 private sessions to work more deeply on issues in your own life, or training for a career to help others, feel free to reach out so we can arrange a free, no obligation initial discussion.

I very much look forward to hearing from you.

With warm wishes,

A handwritten signature in blue ink that reads "Andrew Parr".

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Part 2 - The Self-Worth Script

You Are Inherently Valuable

“As you settle down... and when you are ready... you can begin to let go of the outside world for a few moments... and turn inward...

Find a comfortable position... and allow yourself to soften... just a little...

Take a deep breath in... and gently exhale...

Breathing out slowly and slightly longer than you breathe in... like a gentle sigh of relief...

And again... breathing in calm...

Exhaling slowly and deeply... anything you don't need right now...

This first layer of our journey begins with a truth that runs deeper than thoughts... deeper than history... deeper than anything you've been told...

You are inherently valuable...

Your worth and validity is innate... intrinsic... unchangeable... and does not rely on anything you do... or do not do...

Before the world placed expectations upon you... before you were praised or criticised... before you succeeded or failed... you existed...

And your mere existence... is, and has always been, enough...

The fact that you exist... means you have worth... and value ...

Imagine a diamond... buried beneath layers of soil...

That diamond has always been there... whole... brilliant... precious...

It didn't need to earn its value...

It doesn't become more or less of a diamond depending on who finds it... or how it is used...

It is valuable because of what it is...

And so are you...

Let that truth settle into your system...

You are a worthy, deserving person... with a right to your life in this world and this universe...

You have a right to exist here... and you do...

You don't need to be more... or less...

You don't need to prove anything to anyone...

In this moment, just as you are — you are worthy, you have value, and you are enough.

As you continue to breathe gently... easily... effortlessly...

I invite you to repeat these words to yourself... silently or out loud...

You are worthy...

You are enough...

You matter...

You are valuable... just as you are...

Let those words echo inside you...

Notice any resistance...

You don't need to fight it... just notice...

There may be old conditioning... old stories that say worth is tied to achievement...

Or to appearance...

Or to other people's approval...

But today... you choose a new foundation...

A deep inner knowing that says: My worth and my value is not conditional... I was born with it... and it can never be taken away... It is who I am...

Imagine now the soil around that buried diamond beginning to crumble...

Layer by layer... it begins to reveal the brilliance that was always there...

Breathe into that image...

That diamond... is you...

Take another deep breath in... and allow yourself to be open to new possibilities...

New definitions of worth...

Allow the truth of your worth to fill your body...

Allow old hurts... old pains... old beliefs... old doubts to be washed away...

As you exhale... and release...

You are returning to yourself... rediscovering yourself...

You are not broken... you are not lacking...

You are whole...

And as such... you can let go of any idea within you that causes you to seek that wholeness and worthiness outside of you...

You are worthy now... and you can remember that...

Wherever you are... whoever you are with... and whatever you are doing...

You are worthy... now...

And any time you find yourself...

Judging your body harshly in the mirror...

Apologising for your needs in a relationship...

Downplaying your skills in a work setting...

Comparing your life to someone else's ...

These are signs that you've temporarily forgotten your worth...

And when that happens... you can gently remind yourself...

"I am the diamond... My worth is not up for debate... I was born with it..."

Take a few moments to allow that to sink in...

So that you can feel it... sense it... embody it...

Don't be surprised if... during the course of the days ahead... you find those words coming to mind...

When you least expect them... or most need them...

You are worthy... you can relax... you can be you...

And when you're ready... slowly and gently... begin to bring your awareness back to the room...

Wiggle your fingers... your toes... take a stretch...

And as you go about your day ... carry this truth with you...

You are the diamond...

You are... and always have been... enough..."