

## Self Worth In Our Culture



Our culture is the sum total of the ideas, beliefs and personalities of everyone who has ever been part our community. Each community has its own culture though there are small communities with their own culture that fit in larger communities and contribute to the larger culture. In other words, Your home town is a community and has a culture of its own while it is also part of the larger community and culture called your country.

I can't say what it is like in other parts of the world because I have never lived there, however, I have noticed that self esteem is on the lower end of the equation culturally here is North America. It makes sense that that would be true since the majority of the population that makes up our larger culture experience low self worth.

**By raising our sense of self worth individually, we are having a very real impact on the culture of our nations and therefore, all of the individuals that make up our culture.**

Imagine for a moment the impact on a town with a population of 10,000 if 100 people were to raise their self esteem to the point where they experience self worth. Likely, those 100 individuals would stand out enough that every one of the 10,000 would know at least one of the 100. Each of the 100 would serve as an example to the entire town's population. What happens in any group where there is a solid positive influence? The whole group begins to change on some level right?

In the case of self worth and our larger communities, it may not be blatantly obvious that more and more people are experiencing themselves as worthy however, it is absolutely happening everywhere. People who experience self worth are not people who intentionally hurt others and therefore, even though we can't see it in all its glory, our world is changing, becoming a warmer more people friendly place.

Ghandi said it best when he told us to 'be the change we want to see.'

**By practicing a more worthy stance, we are changing the world we live in by becoming that which we want to see.**

Is there really a more worthy use of our lives then to grow our self worth as individuals and change the world?

Who'da thought that World Peace would be a win-win situation? That means there are no battles to be fought or won, no arguments that need to be presented, and no lesions to be forcefully removed... Just our deliberate raising of our worth, support of others doing the same and doing it out loud where all can see.

Could it get any better?

Happy Trails

Kat

[Email Kat](#)

P.S. Is your own estimate or your value way below what it should be? Try some coaching... Contact Kat for a free consultation.