

SELF-WORTH
A Guide for

*HELPING CHILDREN
RECOGNIZE THEIR
VALUE*

MG Global Coaching Academy



Self-Worth: Helping Children Recognize Their Value

What is Self-Worth?

Self-worth is knowing you are valuable just as you are. Its not about what you achieve, how you look, or what others think its about believing in yourself and knowing you matter.

Why Self-Worth is Important

Confidence

Believing in yourself helps you try new things.

Healthy Friendships

When you value yourself, you choose people who treat you with kindness.

Resilience

You can bounce back from challenges and mistakes more easily.

Happiness

When you accept yourself, life feels lighter and more enjoyable!

How to Build Self-Worth

Speak Kindly to Yourself

Instead of saying I cant do this, try I'm learning and growing.

Celebrate Your Strengths

Everyone is good at something! Focus on what makes you unique.

Accept Mistakes as Learning

No one is perfect. Mistakes help us grow!

Surround Yourself with Supportive People

Spend time with those who make you feel good about yourself

Overcoming Negative Self-Talk

"I'm not good enough." to "I am worthy just as I am."

"I always mess up" to "Mistakes help me learn and improve."

"Nobody likes me." to "I am loved and valued."

"I'm not as good as them." to "I am unique and have my own gifts."

Daily Habits to Strengthen Self-Worth

Write Down One Thing You Like About Yourself Every Day

Practice Gratitude

Focusing on the good in your life helps shift your mindset.

Try Something New

Learning new skills boosts confidence.

Remind Yourself: You Are Enough!

Final Words of Encouragement You are important, valuable, and enough just as you are. No one else gets to decide your worth it comes from within. MG Global Coaching Academy believes in you and is here to remind you that ****you are amazing!***