

**KNOW YOUR
SELF WORTH**

Here is an exercise that can help with understanding your self-worth.

- Imagine a younger version of you
- Anything between the ages of 4 – 10 years of age
- Do you have a picture you can find?
- Your self-worth is about you believing in yourself
- Your self-worth is about you being your biggest cheerleader
- Your self-worth is about you accepting yourself and loving all of your flaws

IF YOU HAVE FALLEN INTO A TRAP OF NEGATIVE SELF-TALK

- You beat yourself up mentally
- You have a poor opinion of yourself
- You don't feel good enough

THEN, THIS EXERCISE IS FOR YOU

- Imagine you have the younger version of yourself stood in front of you
- Would you let them talk to themselves like this?
- Would you yell!
- You would want them to know they are loved
- They are amazing humans
- They are talented
- They are special humans
- They can achieve anything they put their mind to
- Hug the younger version of yourself and hug them hard!

**Whenever you feel that negative mind set creeping in,
try this exercise and catch up with the younger version of you again**

**Negative self-talk needs to stop and you need to
reinforce what a bad ass human you really are!**

If you are struggling or feeling lost with recruitment then we have lots of information, hints and tips to help you on your way to finding your next opportunity! Head over to the Recruitment Goodies page on the website!

If something isn't clear in any of this document, then please pop **Leanne or one of the team a message.**

Many thanks for taking the time to read this and please feel free to recommend this to anyone that you think could benefit from it!

From all of us here at Hargreaves Recruitment, we wish you all the success in your job search!



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