

Measurements need to be precise when building a house, landing a plane, knowing how long your commute is, how much sleep you got, or how much hydration you need.

We often measure ourselves - our worth, in terms that aren't accurate and this can lead to unhealthy thoughts, even depression!

Here are some measuring "tools" we need to stop using:

1. The scale: If the number on the scale determines your worth, how "good" you are, or whether or not your day is going to be a good one - dump it (for now!)
2. Your bank account or your pretend account. A lot of people pride themselves on their wealth or their APPEARANCE of wealth. Your value cannot be calculated, and feeling good enough? Money can't buy it!
3. Your achievement: Degrees, initials after your name, accolades, awards, and distinctions won't fill your self-worth cup. Bragging rights? SURE! But it's not a cup filler.
4. Whom you know, having to be in a relationship, and

name-dropping are all signs that other people have the power to make you feel good. Permission to feel good because of all that? DENIED. You can feel good just because you're YOU!

5. Holier, Healthier, and Smarter than Thou: How did we get so many theologians, epidemiologists, and overall smarty pants "experts" who like to flaunt their knowledge on social media? Apparently, the University of Facebook regularly spits out memes and trolls to help support this type of one-up-manship. Psychologists say "being right" and this type of one-up-manship BECAUSE of social media can increase narcissism by 25%, 25%!

So let's stop measuring our worth and instead:

1. Know who you are and whose you are. 'NUF SAID.
2. Express your needs vocally, kindly, and definitively. (no hints!)

NO VOICE = NO LIFE = NO SELF ESTEEM

3. Do things you enjoy- wholeheartedly!
4. Love your people and express your appreciation for them!

5. Self-care for your healthcare. Heart, mind, body, and soul - all of you needs love.

6. Play, Dance, Sing! It's a dopamine hit - let your heart soar!

7. Gratitude will NEVER betray you or let you down.

Measure away my friend - but remember, your WORTH is immeasurable!