

Daily Mind Matters

Feeling Unworthy

Use the following Daily Routine if you are feeling unworthy or you know of a situation that will cause you to feel (unworthy) in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

On Waking

Make your cup of tea or follow your immediate routine.

Daily Meditation - Unworthy

(Maximum duration 15 minutes)

Meditation - Unworthy

Find a place where you will be undisturbed for 5-15 minutes.

Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

Stage 2

Maintaining a gentle breath, silently say:

- "I breathe in and create a vision of self-love, self-acceptance and self-worth for myself."*
- "I breathe out and release all feelings and thoughts of being unworthy."*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- "I accept myself, I love myself and I know that I am of value."*

Repeat the saying for as long as you feel comfortable.

Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you to feel unworthy as a tiny speck on the horizon:

- Silently say: *"This situation is not real, it no longer affects me."*

Repeat the saying for as long as you feel comfortable.

Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel love and acceptance flooding through your body.
- Smile as you open your eyes and end the meditation.

Midday Affirmation

Find a place where you will be undisturbed for 1 minute.

Silently repeat this meditation phrase:

- *“Every breath I inhale self-worth.”*
- *“Every breath I exhale releases all my feelings and thoughts of being unworthy.”*

Repeat 3 times.

Evening Review

Find a place where you will be undisturbed for 5 minutes.

Reflect back on your day and identify any moments of feeling unworthy.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of feeling unworthy.

And then silently affirm:

- *“I no longer accept these feelings or thoughts of being unworthy as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am of value.*
- *I ‘will’ myself to know that I am of value and I do have worth in everything I do.”*