

The Value of YOU

"If you really do put a small value upon yourself, rest assured that the world will not raise your price." ~ Anonymous

Do you value yourself as much as you should? If you do, how does it show in your life? And if you don't, what is missing in your life because of this?

Many people are concerned with how much time the preparation and work of actually finding a job will consume. After delving a little deeper, it clear that my client is putting everyone else first and pushing his or her desires down to the bottom of the list, thus not putting full value upon themselves. As the "but, I'm a mom/dad," cry emanates, the need to look at what's unfolding is apparent.

Life is busy these days and you may be running from soccer to caring for an elderly parent and running a household at the same time. These are the realistic facts in today's life, but take a lesson from the oft heard spiel on an airplane. It's explained that if the oxygen masks drop down, to "put the mask over your own face first and then help the person next to you." Why? Well, if you are passing out from lack of oxygen, you won't be able to help anyone else. Without understanding the full value of who you are, and not taking care of yourself first, you won't be able to help, organize and care for anyone else.

In relating this to work, look at the big picture. If you work within an office, the person who empties the garbage is just as important as the person who founded the company. Without someone cleaning up the workspace, it would become an unsanitary, unworkable place. Without the idea and backing of the founder of the company, there would be no place to work. One does not function without the other and you fit into the mix too. Learn where you fit in. Then think if there is a way to make your part more valuable to your employer or offer that value when looking at a new job.

Understanding your personal value is important during an interview process too. During an interview, you are showing the potential employer what the value is of your experience and willingness to work, and how it relates to the position. They, in turn, will look at this to determine what price, or salary, they will pay for your work. If you do not appreciate your own significance, how will the employer regard you?

Take time to appreciate your own self worth and this rise in your self esteem will be met by the rest of the world.