

## 17 Things Every Woman Should Know About Herself

1. Your relationship status and self-worth are not related. Your worth does not depend on whether you are dating someone or are married.
2. Your weight and self-worth are not related. Your worth does not depend on what pant size you wear.
3. Your appearance and self-worth are not related. Your worth does not depend on if you decided to put on lip gloss this morning.
4. Basically, your self-worth cannot be boiled down to any one thing—especially any external qualities. Just face it; you're too darn special and complex for that.
5. That thing you're passionate about doing? The world needs you to do it. **So make it rain with your passion.**
6. Whether it was God, the Universe, or your parents, *Someone* was trying to break the mold when you were born. (They succeeded, by the way.)
7. Some spaces in your life are sacred. Unfortunately, you'll probably run into people who insist on forgetting that. When necessary, lovingly tell those people to **BACK UP.**
8. When you're equally scared and excited about doing something, you should seriously consider doing it.
9. **Your story is worth hearing**, but not everyone deserves to be a part of it.
10. It's impossible for you to feel "fat." Or "ugly." "**Fat**" *is not a feeling*. ("Ugly" isn't a feeling either.)
11. Sometimes silver linings are hard to find, so we have to create them ourselves.
12. Every second of your time is insanely precious. Heck, **every nanosecond** of your time is insanely precious.
13. When a bunch of different people tell you you're good at something, you probably are.
14. Attention thinks you're kinda cute, but Respect knows you're stinkin' FANTABULOUS! **That's because Respect is pretty darn smart.**
15. You have what it takes to know your worth (which doesn't depend on your appearance, relationship status, or weight, remember?). It'll be hard work, but you can do it. You can deepen your self-worth.
16. Your smile lights up most rooms. *Light up the world, baby.*
17. YOUR HEART IS BRAVE. You can do whatever it leads you to do. Trust it. Honor it. Follow it. ♥