

SERENITY THROUGH SELF-WORTH

Lower your stress levels through increased Self-Worth





STRESS

Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. We all deal with stress differently. When we encounter stress, our body produces stress hormones that trigger a fight or flight response and activate our immune system.

Sometimes, this stress response can be useful: it can help us push through fear or pain and our stress hormones will usually go back to normal quickly once the stressful event is over, and there won't be any lasting effects. However, too much stress can cause negative effects. It can leave us in a permanent stage of fight or flight, leaving us overwhelmed or unable to cope.



Balance is NOT the ultimate key to coping with stress.

- Not CREATING it in the first place is.

We often hear that to cope with stress, we need BALANCE in our life. We try to find this balance our whole life, the work-life balance, the giving-receiving balance, the yin-yan, and so on...

But what if we could limit the stress even before it occurred in our life in the first place? Take a moment and reflect on the stress factors in your life. When and where do you feel stressed? What triggers your fight/flight-mode?





BRING BACK YOU INTO YOUR LIFE



There comes a time when we find ourselves feeling unhappy, stuck or even lost in our own lives. We arrive at a place on our Safari where we are wondering what we are doing and why we do what we do. Not knowing what the next step is. We catch ourselves feeling stressed, anxious and drained of energy. In need of a change.

These are the crossroads that forces us to reflect. This is where we need to start feeling worthy of finding our own Safari and navigate to where we choose to go. This is when we are starting to reach our fullest potential.

Congratulations if this is where you are finding yourself right now!

THE SELF-WORTH SAFARI

Our life is a journey on a winding road, and as I have spent most of my adult life in Africa I would like to see life as a Safari.

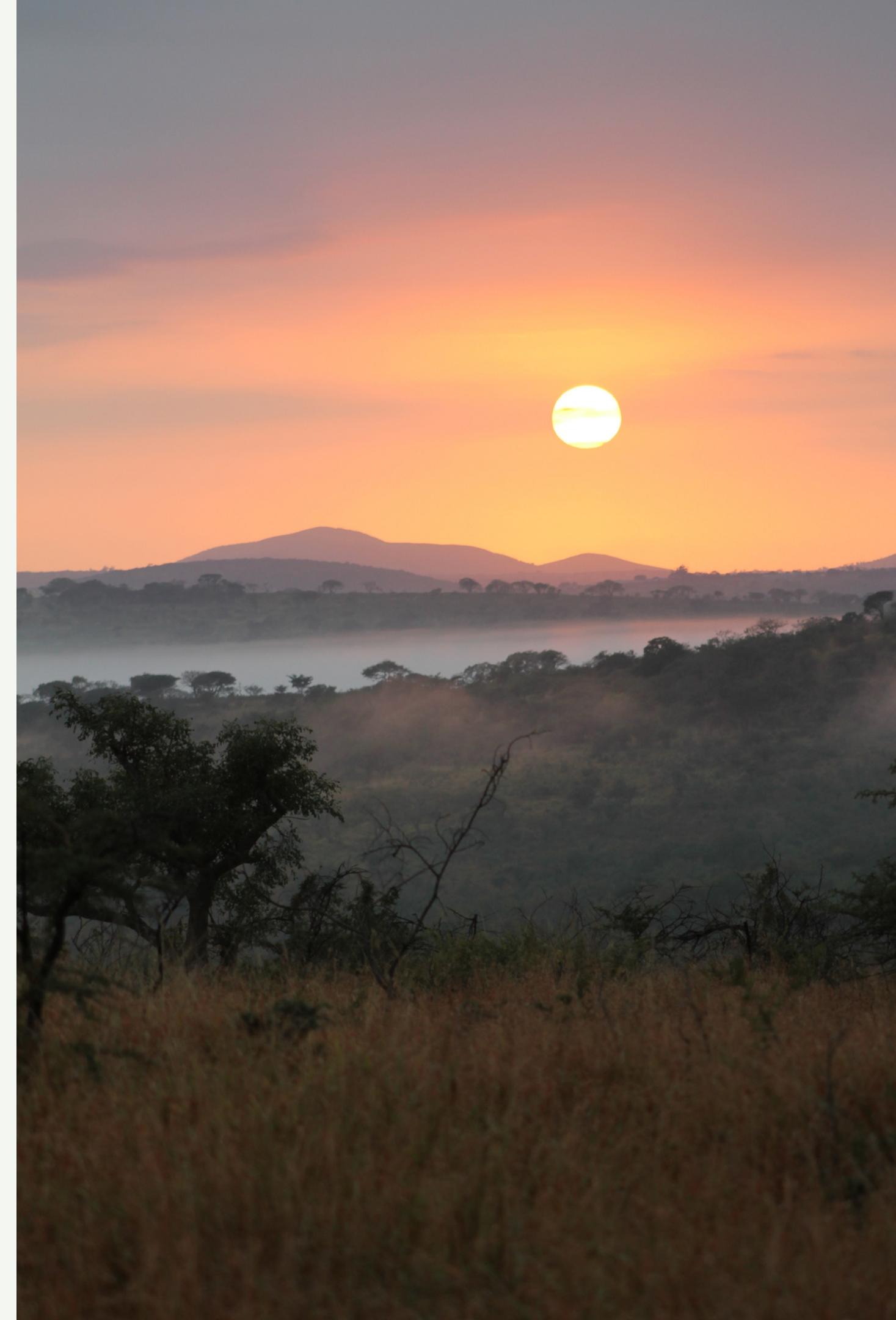
Filled with adventure, beautiful moments of wonder and joy mixed with challenging roads and uphills for you to navigate through and, lastly, some moments of nothingness to use for reflection and appreciating the small yet precious things in life.

One key thing in my life's successes has been a *high Self-Worth*. To understand my worth no matter what I achieve or not achieve has been the best tool to conquer my stress. When I manage to not ask for more of myself than what society already does, I feel at my best. But often we have not worked on this part of ourselves. We focus on Self-Confidence but forget Self-Worth. Don't know the difference?

Keep reading!



**We are Human Beings, not Human Doings,
so why do we live with the constant pressure to achieve?**



The steps of the Safari

01

Self-Awareness

By becoming aware of not only your strengths and weaknesses, but also thought patterns, wants and needs you will start to understand who you are and which direction you wish for yourself. Start listening within and you will find Your truth.

02

Self-Ataraxis

Once you are aware of who you are and how you function, the next step is to find peace and serenity in all different parts of yourself. While working through change, it is important to accept every part of you. This is where self-leadership and development starts.

03

Self-Appreciation

Can you look yourself in the mirror and truly appreciate what you see? This is where the Safari comes to its final destination, when you have worked on possible changes, feel comfortable in your own skin and created high Self-Worth and resilience to stress.



What is the difference between Self-Confidence & Self-Worth?

Self-Confidence

The feeling of trust in your personal judgement, ability and power. An attitude about your skills and abilities and the expectations of your performance. It increases from experiences of having mastered particular activities. **02**

DOING



Self-Worth

Also called Self-Esteem

The overall sense of your value or worth. A measure of how much you approve of, appreciate and like yourself. It is made up of *Self-Efficacy* (your beliefs regarding your capacity to influence your life) and *Self-Respect*. **03**

BEING

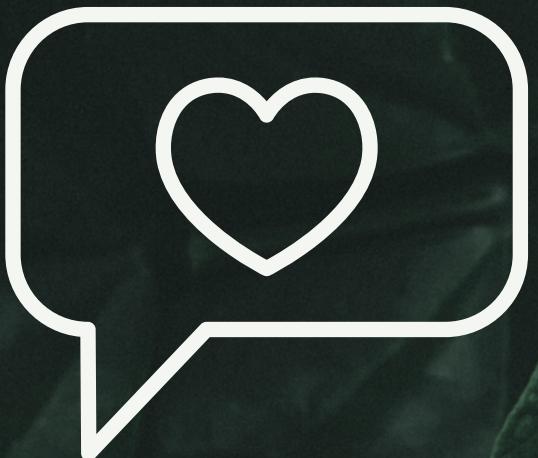
Why aim for High Self-Worth?



VS



By focusing on **BEING** instead of **DOING**, you understand that both has its place in your life and you will find the balance.



By being able to separate what you **DO** from who you **ARE**, you start to appreciate **FEEDBACK** and constructive criticism about what you are **DOING**, which leads you to improve everywhere in life!



When people feel good about themselves, they no longer have to push others down to feel better inside. Imagine a world without **BULLYING**!



By remembering that you **ARE** not what you **DO**, the pressure you put on yourself and your achievements will decrease, and therefore, so will the stress!



When you separate what you **DO** from who you **ARE**, you are no longer ruled by the **FEAR OF FAILURE**. You dare to try new things and will reach your fullest potential. Wouldn't that be nice?



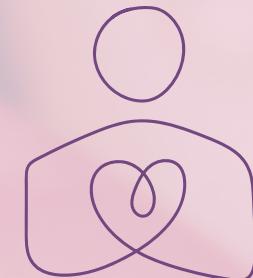
When we feel good about ourselves, we wish the same upon others, creating a world of care and collaboration. Is that a world you would like to live in?

Work on your Self-Worth!

Forgive and Love Yourself!

Too often we are too hard on ourselves, at the cost of our well-being.

Would you speak to your best friend like you speak to yourself?



Stop comparing yourself to others!

The only time you should be comparing yourself to others is to see the fortune you have to be grateful of.



Keep your promises to yourself and set boundaries!

Most promises we break hurts no one more than ourselves. We are worthy to keep to our own promises, and we have the right to say no when we wish to.



Associate with supportive people!

There will come a day when you are not strongest alone, so find your tribe of good people that makes you the best version of yourself.



Do good to others!

By helping others you are indirectly telling yourself you have enough and are enough.



Be you and be proud of it!

Each and everyone of us are unique and has things to contribute with, don't let yourself hide your awesomeness!

Accept all compliments with Thank You!

Are you used to brushing off nice comments like they are not true? No one says thank you if they don't mean it, so make sure you listen and let it soak in!



Self-Worth Exercise!

The three most important activities that helps keeping your Self-Worth up is to:

*Keep positive thoughts! *Find positive input! *Celebrate your Successes & Qualities!

I will combine these three in a simple exercise that will change not only how you view yourself but life in general. Are you ready?

Every night you finish your day off by reflecting and writing down all the positive thoughts about YOURSELF and YOUR LIFE, fun activities and good achievements that has happened. No matter how small, it is important to find them. And no matter how bad the day has been,

I promise you there are good things to find.

To help you a bit on the tough days, here are some questions to guide you.

Me & My Qualities:

What makes me great and unique in general?

What makes me try new things, whether or not I end up achieving them?

What did I like about myself today?

What are my strengths?

What does my friends like about me?

"I AM good/great because... I CAN DO this or that.. "



My Life & My Gratitude:

What made me smile today?

What made my heart warm up today?

What am I grateful for when looking around me?

What made me go up this morning?

"I am grateful because... for my ability to..."

What can you do to start the Self-Worth Safari?

01

Free Webinar

Join one of my monthly free webinars where you get to know more about me and the methods I use to reduce stress and find FLOW. One hour at no cost that could change your life forever.

[ENQUIRE](#)



02

Online Workshop

This online workshop is made available to you who wish to get straight into working but in your own space and pace. A pre-recorded workshop filled with tools and exercises in self-awareness, -ataraxis and -appreciation.

[BOOK](#)

03

Personal Coaching

For you who already now are serious about lowering your stress levels and wish to get one-on-one personal coaching, contact me for a free 15 mins chat to see if you find my inspiration and tools suitable for you.

[CONTACT](#)

Sofie Hyllén

Mindwellness Life Coach & Public Speaker

I am a certified Life and NLP Coach with over 10 years of experience in Self-Development, Self-Leadership, Self-Worth, Spirituality and Mindpower. I have found the love for myself through hard truths and experiences, which I am grateful to say makes me who I am today. Strength comes from facing your fears and conquering them no matter what and I wish to help you get inspired to look upon your life with gratitude and love.

Believing in your inner wisdom and power is the greatest strength you have, knowing that your power lies within and is not dependent on external circumstances or people around you. That has been the key for me and I am now happy to be able to share my path, my Safari, with anyone in need of this inspiration.

Believe me when I say: It is easier than you think.



*"Sofie is a great facilitator and coach, she gets the best out of you and assists you to discover your full potential.
In her workshop she will take you to the next level."*

-Cobus Visser



"Working with Sofie has been very motivating and rewarding. Her gentle yet persistent leadership helps build one's confidence to venture to personal inward spaces where our most authentic selves are often neatly folded away on forgotten shelves in our efforts to protect them from the harsh realities of life sometimes faced. I thank her for helping me to reclaim some of my many hidden treasures."

-Priscillia Calement

The time to act is now!

Do not sit with your stress or feelings of stuckness another second!
Feel free to contact me to find out more about my coaching and workshops.
I look forward to hearing from you!

Email: hello@self-worthsafari.com



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Sources

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- 02 <https://positivepsychology.com/self-confidence/>
<https://www.usf.edu/student-affairs/counseling-center/top-concerns/>