



# What does it mean to honor myself?

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*"I think the reward for conformity is that everyone likes you except yourself."*

- [Rita Mae Brown](#)

**Hello**

Almost everyone I get to work with does, in some way or other, not honor themselves fully. Actually that applies for almost every one I meet, not just clients. Sometimes my clients have experienced terrible abuse and feel they must be the scum of the earth. Sometimes they are people who have done things they are very much ashamed of (either because of untreated mental illness at the time, or they just did not know how to do better) and are consumed with shame and guilt. Whatever the reason, it is very difficult to move forward and be a happy and productive person unless you honor yourself.

So what does it mean to honor myself?

1. To honor myself means that I take the time to *understand myself*. I take the time to get to know who I am. When I know who I am I have a better idea of how to live my life successfully and happily. And so I can be successful and happy.
2. To honor myself means *I like and accept myself as I am*. This means I like and accept all of myself. I may wish to have some more skills and knowledge and I may wish to develop myself further, but I like and accept me right now. I may not like everything I have done, but I like myself. I may have done things that were not good, but that does not mean I have to condemn myself to eternal damnation. To like and accept myself is to be at peace with myself. To dislike or not accept parts of myself is to be at war with those aspects of me. When you are at war with parts of yourself you can bet you will self-sabotage in some way. For example, if you want to lose weight try liking your body and accepting it as it is. Most people find it easier to slim down when they are not busy hating their body.
3. To honor myself means *I respect and take care of myself*. Think about someone you have a great deal of respect for. It could even be a famous person. How would you treat them? How would you show respect to them? Do you treat yourself with the same amount of respect? Do you take care of your physical, emotional and spiritual needs? Or are you at the bottom of the list of folks you care about?
4. To honor myself means I stand up for myself. *I stand up for my needs and wants and values* in such a way as to respect others as well as myself. I stand up for what I want and believe without making others conform to the same wants and beliefs. I respect the diversity of views, but I don't change my views because they differ from those of other folks.
5. To honor myself means *I am authentic*. I like me and so I am me. I have no need to live a life or express views that are anything but my own truth. I do not let others define me or society mold me.



6. To honor myself means *I always do my best*. To do anything less than my best is to dishonor the gifts and talents I have. It is to dishonor myself. Nothing but the best is my due, and that includes me giving of my best. If other people would prefer I play small rather than smart, that is their issue. I will be the best I can be. In that way others get the best of me.

7. To honor myself means *I set and enforce boundaries and I protect myself*. I believe that most people mean well, however some don't act that way for whatever reasons, and so I make sure I define boundaries and do not let people violate them.

8. To honor myself means *I take responsibility*. I realize that to be successful in life I need to take 100% responsibility for my life. I do not blame and justify unnecessarily. I look at what I can do to make things work and do them. At the same time I do not take responsibility for things I am not responsible for, such as the behavior and words of others.

9. To honor myself means *I treat others with respect and kindness*. To do any less would be to demean myself. People with high self-worth do not treat others badly. The way you treat other folks is a reflection on who you are.

10. To honor myself means *I honor my purpose*. I do not sit around doing nothing, going nowhere, or waiting for things to come to me. I proactively set goals and take action to achieve them. I live a purposeful existence.

*"There are worse things than suffering and death... it is worse to lose one's self-respect." - [Sandor Marai](#)*

Oh, and actually you could add in an eleventh one. Have fun and play whenever you get the opportunity.