

Love's
Inner
Voice



The Gift of Self-Worth



BRENDA L. BALDING



Love's Inner Voice

Listen Within. Love Deeply. Live Fully.

The Gift of
Self-Worth

*Notice the stories
you are telling yourself
that lead you to lack,
should and low self-worth.*



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THE GIFT OF SELF- WORTH

The Foundation of Inner Value



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Self-Worth

The Foundation of Inner Value

Self-worth is a transformative value that shapes how individuals see themselves, make decisions, and engage with the world. This book explores what it means to cultivate genuine self-worth, how it shows up in action, and how individuals can strengthen this value while avoiding its potential distortions. Following this exploration of self-worth in general, you'll read the lived experience of how self-worth influenced **Brenda L. Balding**, a speaker and author, to reclaim confidence, clarity, and purpose.

Self-Worth Defined

Self-worth is the value of recognizing one's inherent dignity, value, and right to exist and thrive independent of external validation or achievement. A person grounded in self-worth respects their needs, honours their boundaries, and makes choices aligned with their deeper values rather than fear, guilt, or the desire for approval. Self-worth fosters resilience, confidence, emotional health, and the courage to pursue meaningful change in both personal and professional life.

Standing in Your Value

Self-worth is not arrogance or superiority; it is self-respect. It reflects an internal understanding that

one's experiences, voice, and contributions matter. When individuals operate from a strong sense of self-worth, they stop shrinking to fit expectations and begin making decisions rooted in clarity rather than obligation.

Healthy self-worth allows people to release outdated roles and redefine success on their own terms. It invites honest evaluation of relationships, priorities, and patterns, supporting choices that lead to greater fulfillment and balance.

An Example of Self-Worth in Action

Consider a professional who has spent decades prioritizing the needs of others: family, colleagues, and community, often at the expense of her own well-being. Over time, she begins to feel depleted and disconnected from the passions and strengths that once energized her.

Through reflection and support, she recognizes that her constant overextension is rooted in a belief that her value comes only from what she gives to others. She begins to set healthier boundaries, renegotiates certain commitments, and reinvests time into personal growth and meaningful pursuits.

Initially, these changes create discomfort and resistance from those accustomed to her previous patterns. However, as she maintains alignment with

her values, her confidence grows. Relationships become more balanced, her energy improves, and she begins to experience a renewed sense of purpose and joy grounded in genuine self-worth.

The Gift of Self-Worth

I check my self-worth regularly when I remember. Doing this encourages me to be honest and to notice what or who may be showing up.

Circle the first number that comes when you think of your own self-worth. Be rigorously honest.

Self-worth feeling now:

0 1 2 3 4 5 6 7 8 9 10

It's good to know where I am starting from when my self-worth is challenged. There are questions and tips I choose to ask myself and notice on my current self-worth journey. The most interesting metaphor that comes up for me is merry-go-round thinking. I loved it as a child. It was safe and I knew that someone would be there at the end of the ride as the only place I travelled to was in my imagination. The merry-go-round does not take me anywhere. It continues to go around in the same location.

When my merry-go-round thinking shows up now, I am usually stuck on a belief [notice the "lie" in belief]

as it does not go anywhere. Each animal or seat on it is some experience, belief, or person in my past. Unless I choose to notice that I'm frozen, get curious and make a choice to stay bound or take the risk and get off, I will continue to live in this belief. This awareness allows me to let go of what no longer serves me when I'm willing to jump off.

I create a list of body discomfort, emotions, and thoughts that show up when I choose a number. Are they true? I explore self-worth and its friends: "lack," "should," or "if only" that hide **F.E.A.R: False Evidence Appearing Real**. I do my best to walk in curiosity, acceptance, and self-love on MY self-worth journey.

Some of my Experiences

I realized this morning that I have a strong need to be seen by being hugged or touched. I believed that to be seen, I had to take up space, to be large. Due to that lie, I am overweight, so I can be seen and hopefully hugged. I have food issues, and I've taken many routes to deal with my thinking, emotions, behaviours, and spiritual connection related to food.

Today, for the first time, I asked myself, "Is this belief true?" I heard a resounding "no" from my Divine love's inner voice. My size does not matter. How I show up in the world does. The quietness of kindness,

compassion, and acceptance of me as I am matters. No excuses.

What beliefs do you have about your self-worth or body image? You may want to write or draw what or who shows up when you ask this question.

I currently have the gift of walking with bilateral cataracts that need surgical replacement. The challenge I am noticing is the decrease in the contrast, reading email and book print. Many emails and forms have become difficult to read and complete. I can choose to wallow in the eye-burning pain and dimming colour. Instead, I am grateful I can see to drive and write on my computer by increasing the font size. This experience encourages me to ask for assistance, which enhances my self-worth. Asking for help has always been a challenge for this eldest child and longtime caregiver.

A Deep Belief Story

My parents did not come from homes where hugs were shared, especially my dad. My need to be seen and touched arrived very young, no surprise there. My brain is highly kinesthetic, which means I primarily learn by touch. Physical experience rather than listening or thinking. Challenging with non-kinesthetic parents and grandparents.

I am the eldest of seven; the next sibling came eleven months later. My loving mother bottle-fed all of us. Holding me became less frequent as mom was focused on my brother. Sucking my thumb with a cloth diaper close to my face met my touch need until age 5. Reading in my room and eating sweet and salty foods met that need as I got older, and sometimes, they still do. My family experience and kinesthesia are true and can lead to lack when I choose to wallow in my history.

What stories are you telling yourself that lead you to lack, should or low self-worth?

Reader Check-in

Can any of you identify with any of my journey? What can you do to love and accept YOU as you are? What aspects of your merry-go-round thinking are showing up? What are your excuses to continue unhealthy behaviours and thinking?

Your self-worth challenge is to let go and be curious, with a willingness to change.

What validation needs show up when you experience fear, lack, or low self-worth? Letting go of the need to be validated by others allows us to see them as they are. A gift for all of us.

Allen Berger, Ph.D., says in 12 Essential Insights for Emotional Sobriety:

“Before we can gain true independence of spirit, autonomy, authentic self-esteem, and mature love, we have to become aware of how we keep ourselves immature. By believing we need our partner, friend, sibling, colleague, coworker, parent, or circumstance to conform to our expectations, we sell ourselves short.”

After reading Berger’s writing, many gifts presented themselves as support. Here are some actions I find useful. Some I use daily, others less often.

My Call to Action

- Notice where I am on my merry-go-round of thinking
- I acknowledge emotions that show up as gifts from the creator and am curious about them.
- When I am in emotional upheaval, I take a deep breath and notice what thoughts, or who shows up.
- P.A.U.S.E. (Perhaps Another Unseen Solution Exists) I choose this frequently, especially when I feel stuck.
- Is this a situation I can change? If not, I let it go.

- Challenges that show up can be gifts, depending on how I prefer to respond to them.
- I ask questions specific to the situation: how is my body responding? What am I thinking? Is it true, to the best of my knowledge, now? What am I feeling?
- I love to paint, doodle, draw, or write about my feelings as they show up.
- Calmness comes when I walk in nature, smell or touch flowers and trees, or take photos.

I notice kinesthesia in action when reading these. Writing this has validated for me the role it plays in my self-discovery journey and my life.

I move out of the merry-go-round thinking and emotional upheaval much faster when I notice, ask questions, take any of these actions, and ask for divine assistance.

You may wish to create a list of actions that assist you. Your personal list. Use any of mine if you wish.

The following are questions I ask when I feel stuck in the completion of a commitment to myself or others.

- “Is this worth my time?”
- “What excuses are present?”
- “What’s the point?” “Who is going to care?”
- “What validation do I believe I need to feel worthy or to know how well I am doing?” “Is it true?”
- “What emotional and physical reactions am I experiencing?”

- “What or who may support my self-worth in completing my commitment?”
- “What do I want to do now?”

“True abundance is a state of mind, a perspective. When you choose to find appreciation for all that you have and for all that you are, you cultivate an inner environment that allows for and attracts abundance.”

***-Hawaiian Healing Intentions by DE Jason
with H Solomon.***

That which I focus on expands, so by shifting my intention towards gratitude for who I am and all aspects of Brenda, abundance follows. The “state of mind” perspective speaks to my heart, soul, and self-worth. It puts money at the bottom of the list for me. It encourages me to have abunDANCE in kindness, compassion, willingness, courage, and so much more. All ways to learn more about me and “dance” in the light of abundant self-worth.

Accepting me and others just as they are in the moment is so much easier. The merry-go-round shows up less strongly and less often. Still a part of me and all humans. Easily forgotten in the doing of life. The practice of pausing, noticing, and being

curious is so important when an untrue belief shows up.

This is EACH person's journey to learn and grow spiritually, emotionally and psychologically, as well as to get to know how your body and thinking respond to "lack," "should," "it's too hard," and more. Continue to learn from your body and spirit. Be willing to listen. This is an ongoing journey for me as long as I live.

In Summary

Self-worth and abundance work together. We each have a choice to experience abundant self-worth, self-respect, self-love, and more, thanks to a new perspective. Appreciate who you are and what you have to offer for your good and the greatest good of your loved ones. I do it every day.

Discover and fly. It is *your* choice.

Self-worth feeling now:

0 1 2 3 4 5 6 7 8 9 10

May you be blessed with abundant self-worth and merry-go-round awareness, Brenda



Brenda L. Balding

RN, MA

Her books are on Amazon, and her website is

<https://brendalbalding.com>.

Books:

Discovery is Recovery – Brain, Emotion and Spiritual Self-Reflection Through the Creative Process

SacredConnection – Finding Our Path to Deeper Connection with Self and the Divine an anthology that includes my article Sacred Discovery

Discovery is Vital – Awaken Love's Inner Voice.

The Gift of Self-Worth – The Foundation of Inner Value

Take the next step!

Visit <https://brendalbalding.com> to access free resources and continue your journey.



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Brenda L. Balding

Self-Worth

Bonus Content

Strategies to Cultivate Self-Worth

Identify Internal Sources of Value: Reflect on personal strengths, lived experiences, and qualities that define who you are beyond roles or accomplishments.

Challenge Limiting Beliefs: Examine long-held assumptions about what you “should” do or who you “must” be to deserve respect or belonging.

Set and Maintain Boundaries: Learn to say no to commitments that drain your energy or conflict with your deeper priorities.

Prioritize Self-Care as Self-Respect: Rest, nourishment, and emotional support are not luxuries; they reinforce your value and sustainability.

Celebrate Growth and Progress: Acknowledge milestones, lessons learned, and personal evolution rather than focusing solely on outcomes.

Surround Yourself with Supportive Relationships: Invest in connections that encourage honesty, growth, and mutual respect.

Practice Compassionate Self-Talk: Replace harsh inner criticism with language that reflects understanding, patience, and encouragement.

Reclaim Personal Agency: Make decisions consciously rather than automatically meeting expectations imposed by others.

The Potential Pitfalls of Self-Worth

While self-worth is essential, it can be misunderstood or misapplied. Potential pitfalls include:

Confusing Self-Worth with Superiority: Healthy self-respect is different from believing one is more important than others.

Rigid Independence: Overemphasis on self-reliance may limit opportunities for collaboration or support.

Defensiveness: Mistaking feedback for a personal attack can hinder growth and learning.

Overcorrection: After long periods of self-sacrifice, individuals may swing toward excessive self-focus, disrupting relationships.

Avoidance of Responsibility: Misinterpreting self-worth as entitlement may reduce accountability for actions or commitments.

Fear of Vulnerability: Protecting self-worth by avoiding emotional risk can limit connection and intimacy.

Perfectionism Disguised as Self-Improvement: Constant striving for worthiness through achievement undermines the very value being pursued.

The Antivalue of Self-Worth

Self-deprecation, the antivalue of self-worth, often manifests as making fun of oneself before others can. While humour can mask it, chronic self-mockery is inherently self-sabotaging. It replaces genuine self-awareness with harmful internal narratives, eroding confidence and sabotaging the emotional stability needed to maintain a healthy, respectful relationship with oneself.

Dark Values of Self-Worth

One of the most subtle dark values associated with self-worth is **self-righteousness**; the belief that one's perspective or experience is inherently superior to others. While strong self-worth encourages confidence and clarity, self-righteousness distorts it into inflexibility and judgment. When individuals equate self-respect with moral superiority, they risk isolating themselves and damaging relationships. True self-worth remains grounded in humility, empathy, and openness to growth.

ABOUT THE AUTHOR



Brenda L. Balding



Registered Nurse | Reiki Energy Healer
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Brenda L. Balding is a registered nurse of 50+ years and Reiki energy healer. She is also an author and self-discovery guide. Brenda is passionate about being of service to others and guides you on your path through some of life's challenges.

Brenda created "Love's Inner Voice" podcast/YouTube and her "Discovery Is" books to support everyone's self-discovery heart journey related to grief, should, acceptance, forgiveness, and others. They also assist you to acknowledge and learn from your emotions and feelings that show up along the way.

Brenda's mission is to encourage each person to enhance their own Love's Inner Voice, their sacred connection, for the greatest good of all.

Her books are on Amazon and her web site is brendalbalding.com.



Love's Inner Voice

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brendalbalding.com



*Your inner voice is a sacred gift.
When you listen with love,
you transform your life
and the world around you.*

