



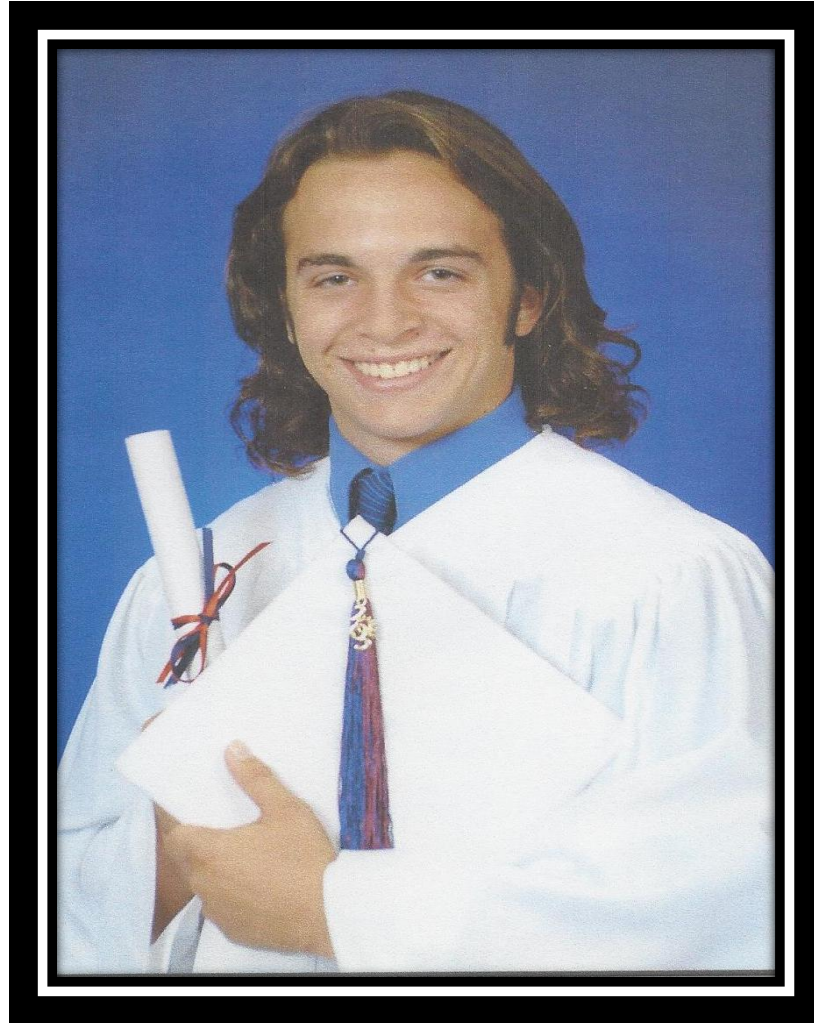
# The Power of Worth

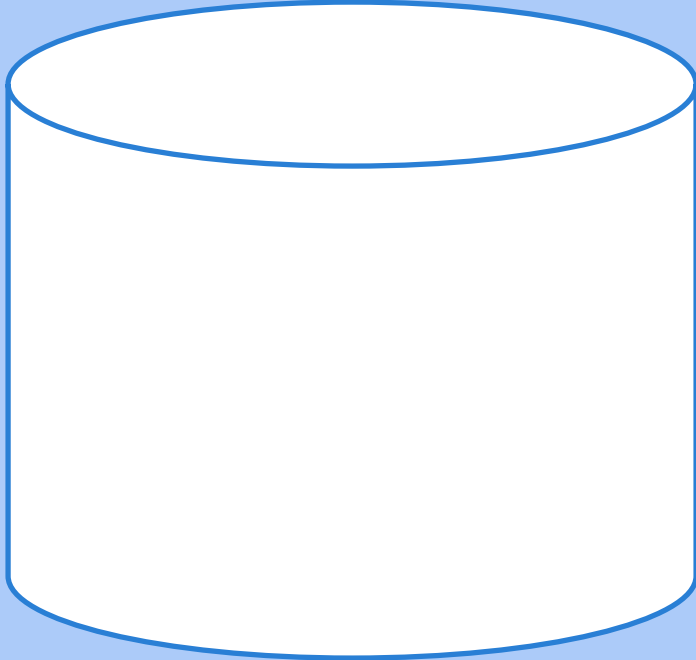
Holli Kenley, M.A, MFT

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[HolliKenley.com](http://HolliKenley.com)

# David Miller's Message of Worth





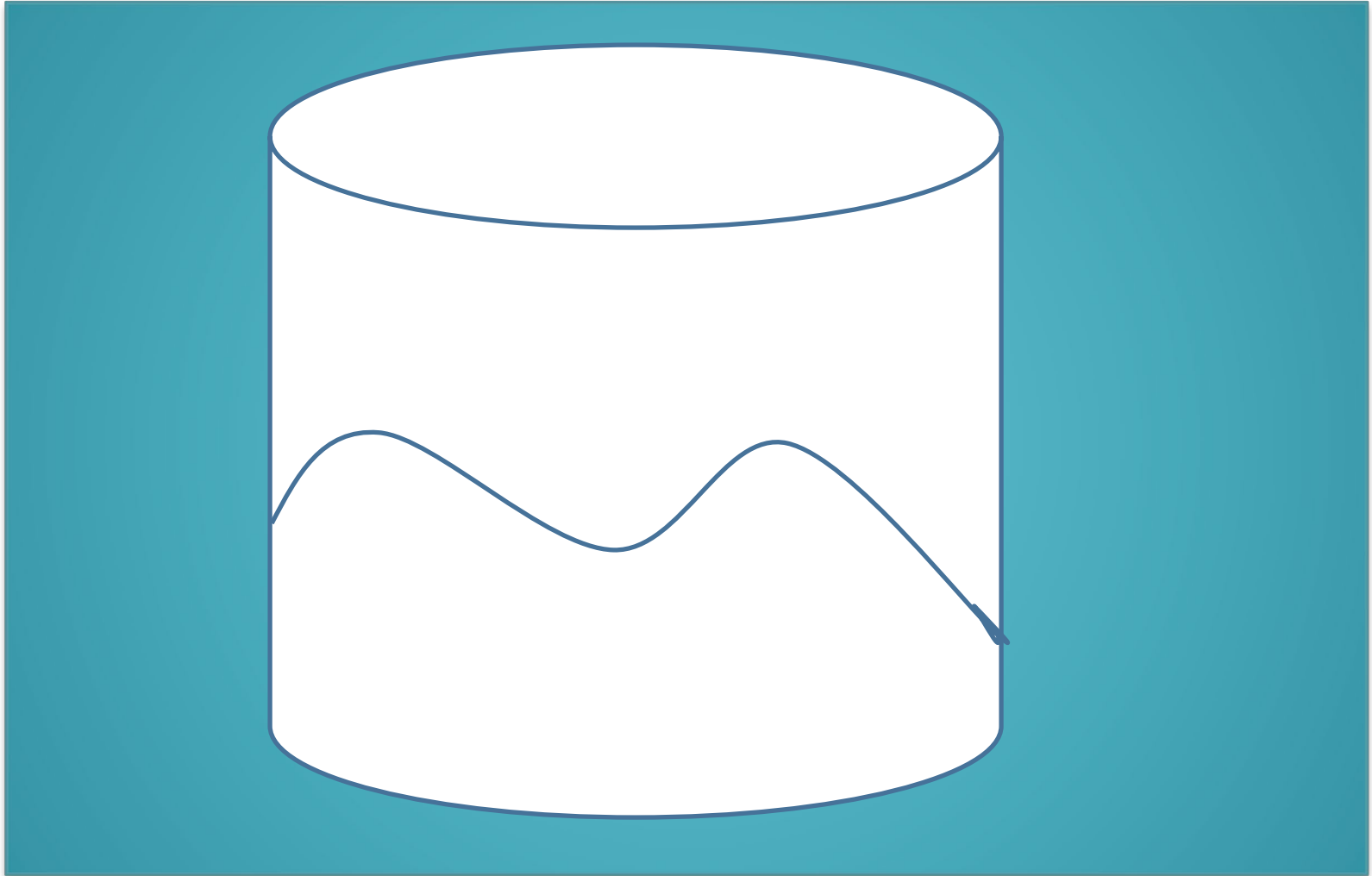
**Invisible Container**

**What  
Is  
Worth  
???**

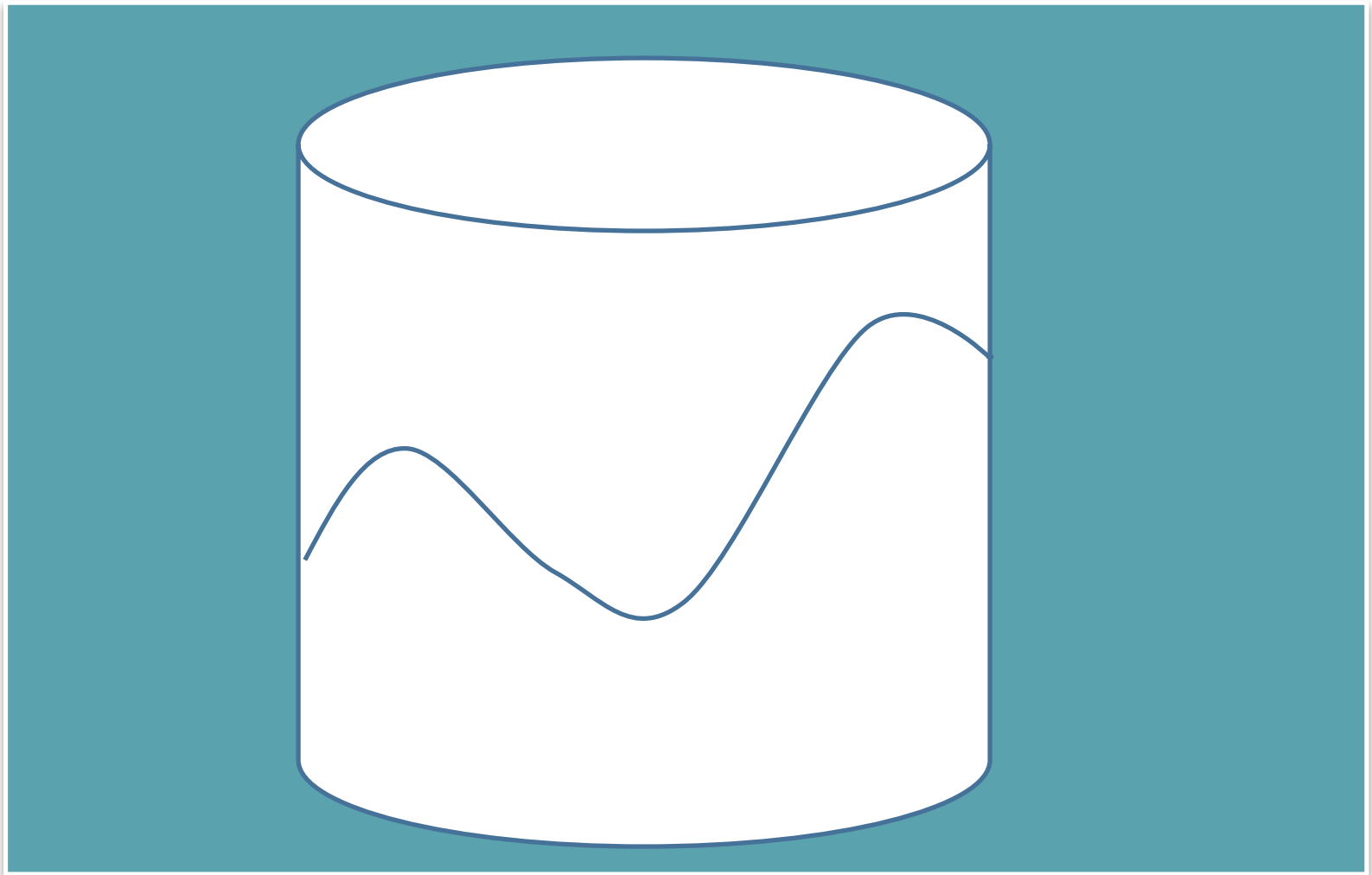
# What Is In Your Container?

- Your feelings
  - Your emotions
  - Your relationships
  - Your life experiences
  - Your thoughts, perceptions and interpretations of everything around you
- Inner-personal value = WORTH

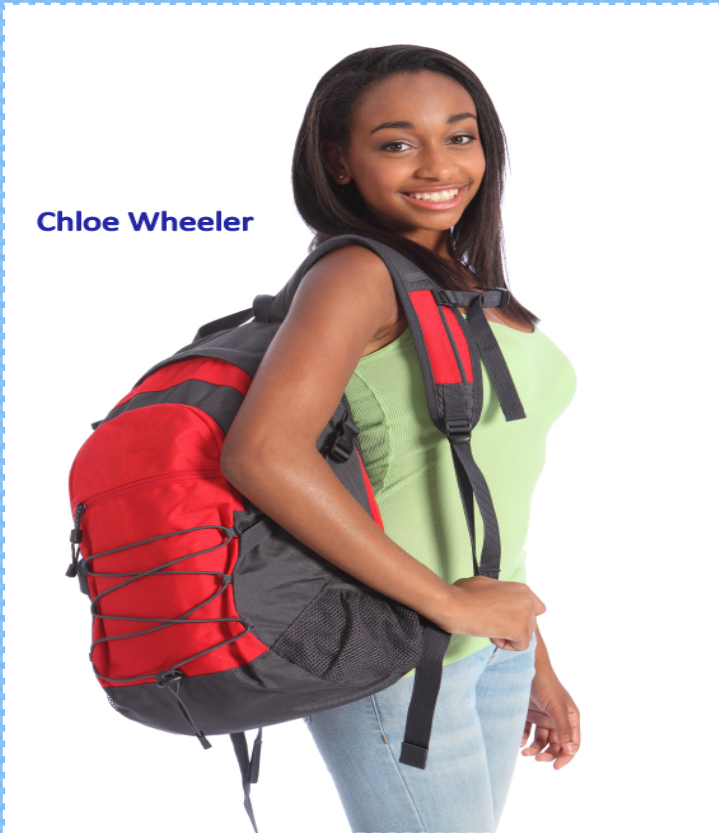
# How Full Is Your Worth Container?



# Why? What Is Going On?



## Your Worth Determines Your Choices



## Your Choices Determine Your Worth

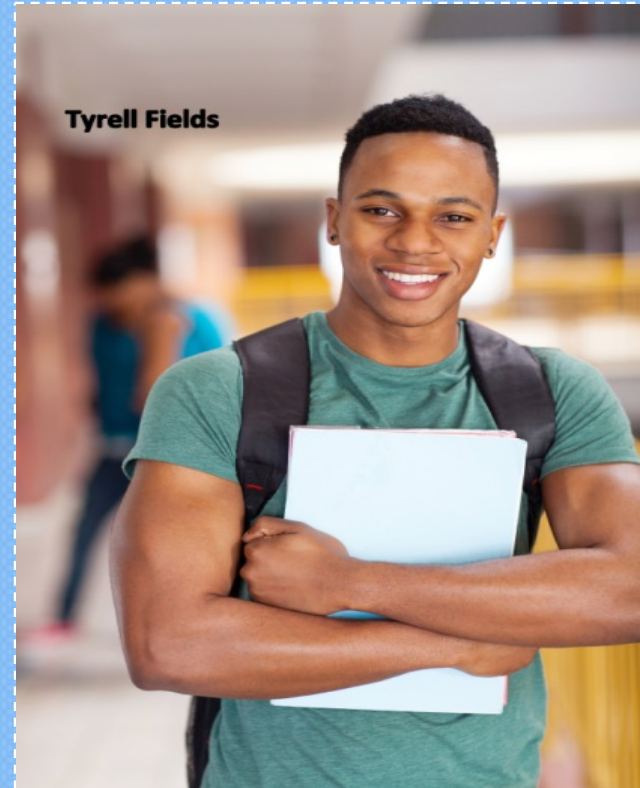


# Why Does Your Worth Matter?

**Low Worth = Poor Choices**



**High Worth = Healthy Choices**



**Your Worth Is Powerful**



# Who or What Determines Your Worth?

- Social Media?
- Your friends?
- Doing what is popular?
- Wanting to belong or fit in?
- Trying to be like someone else?
- Pressure to look, be, or act a certain way?

# When Other People and Things Define Your Worth...

- **YOU GIVE AWAY YOUR POWER**
- **YOUR CHOICES DO NOT BELONG TO YOU!**



# **You Have The Power To...**

## **Discover, Define & Determine**

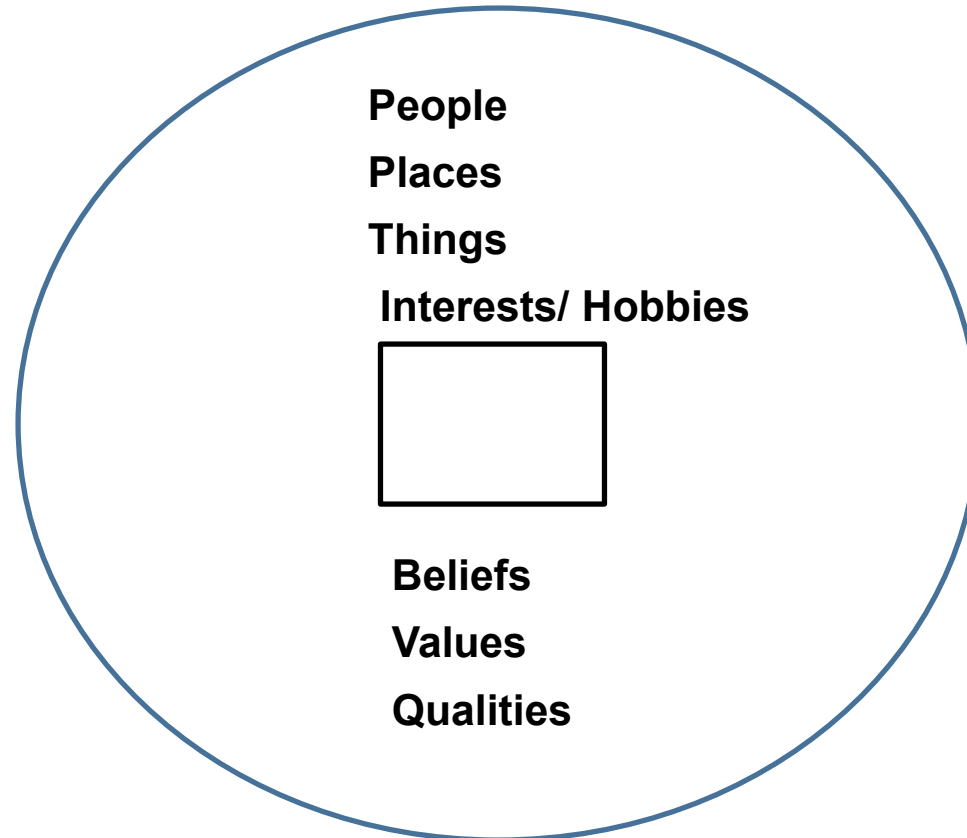
### **YOUR WORTH!**



# Step I: Discover Your Worth

## Who And What Is Important To You?

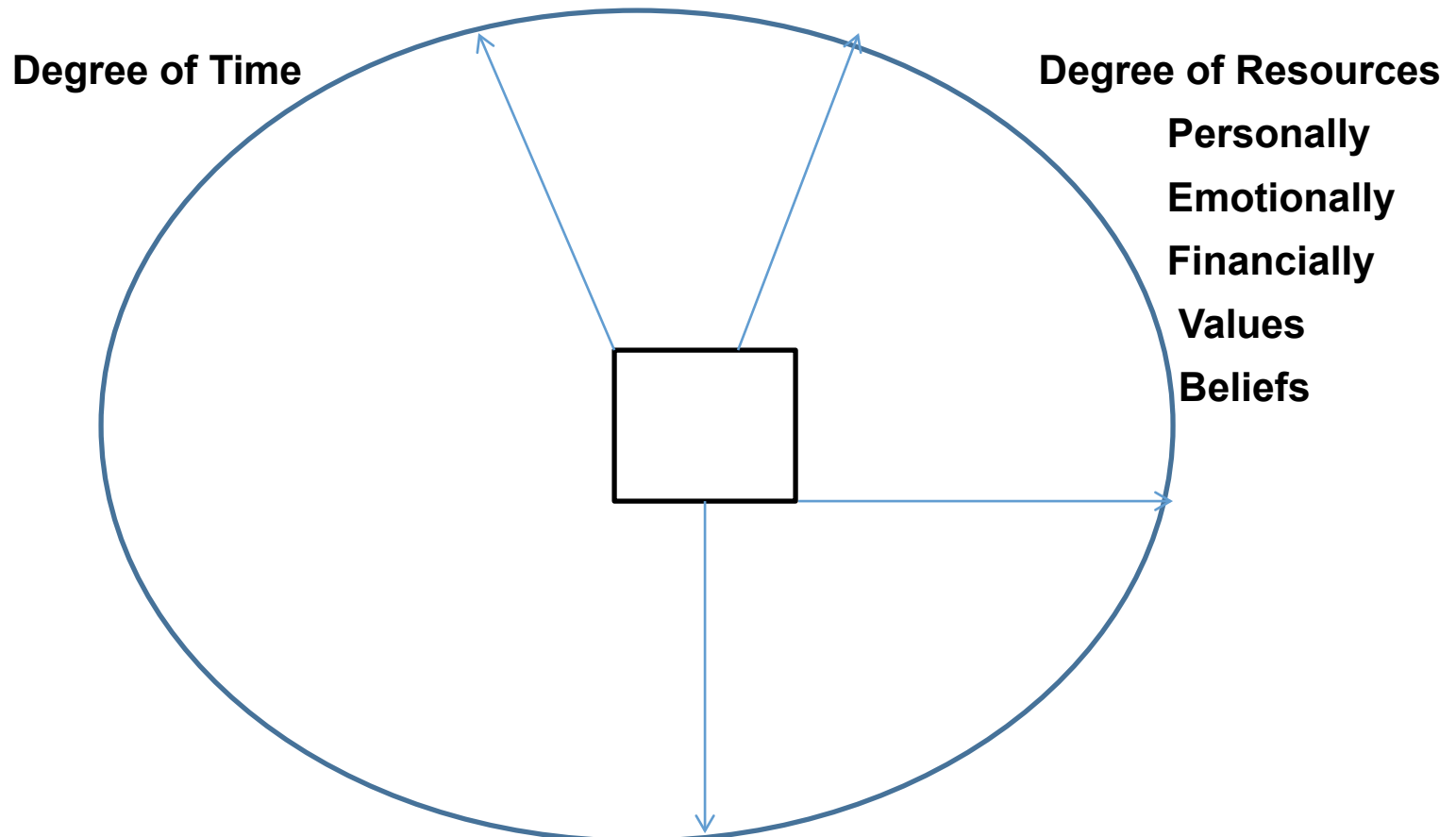
*Circle of Worth*



# Step II: Define Your Worth

## How Are You Investing Into Your Worth?

*Your Current Investment Circle*

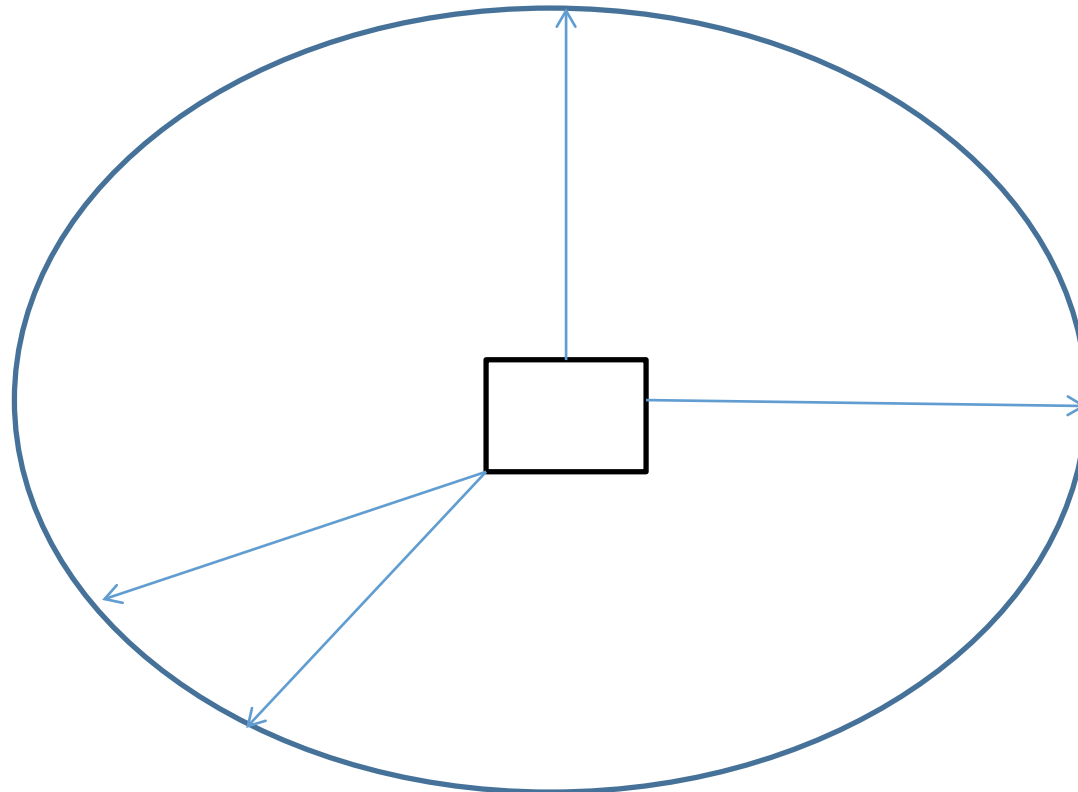


# Step II: Define Your Worth

**Are Investments Giving Back To You?**

**What Do You Need To Change?**

*Your New Investment Circle*



# Step III: Determine Your Worth

**What Actions Will You Take To Live Out Your Worth?**

**Do's**

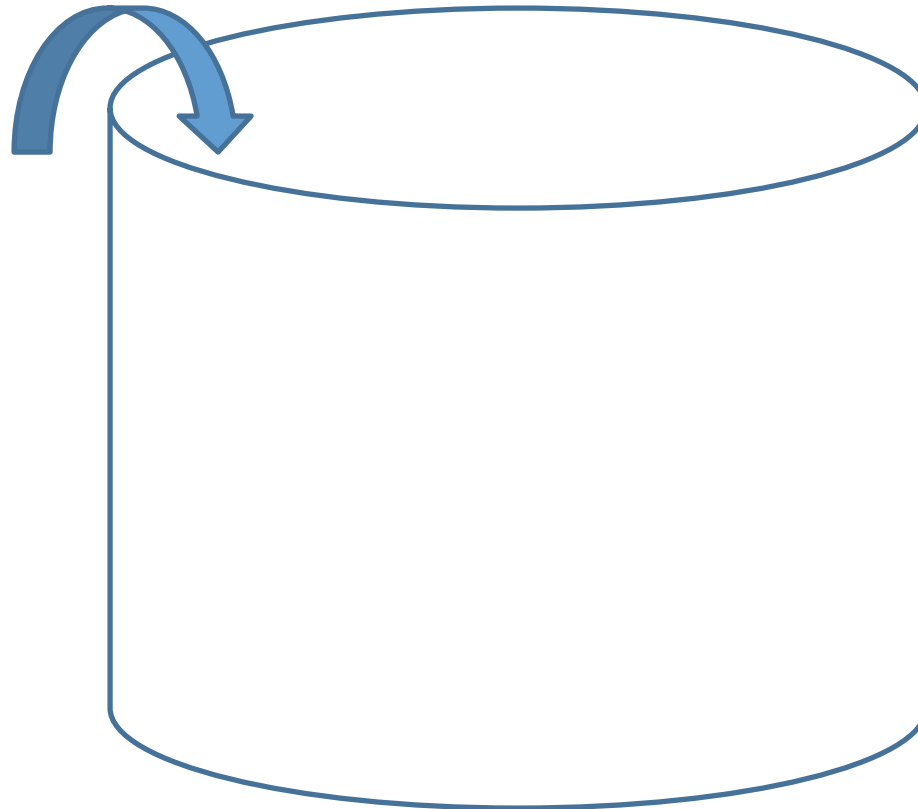
**Don'ts**

A large circle is divided into two equal halves by a vertical line. The left half is labeled 'Do's' and the right half is labeled 'Don'ts'. The circle is currently empty, intended for the user to write their actions.

# How Do I Start?

## Invest Into Yourself First!

What are you doing each and every day to fill up your Worth Container?



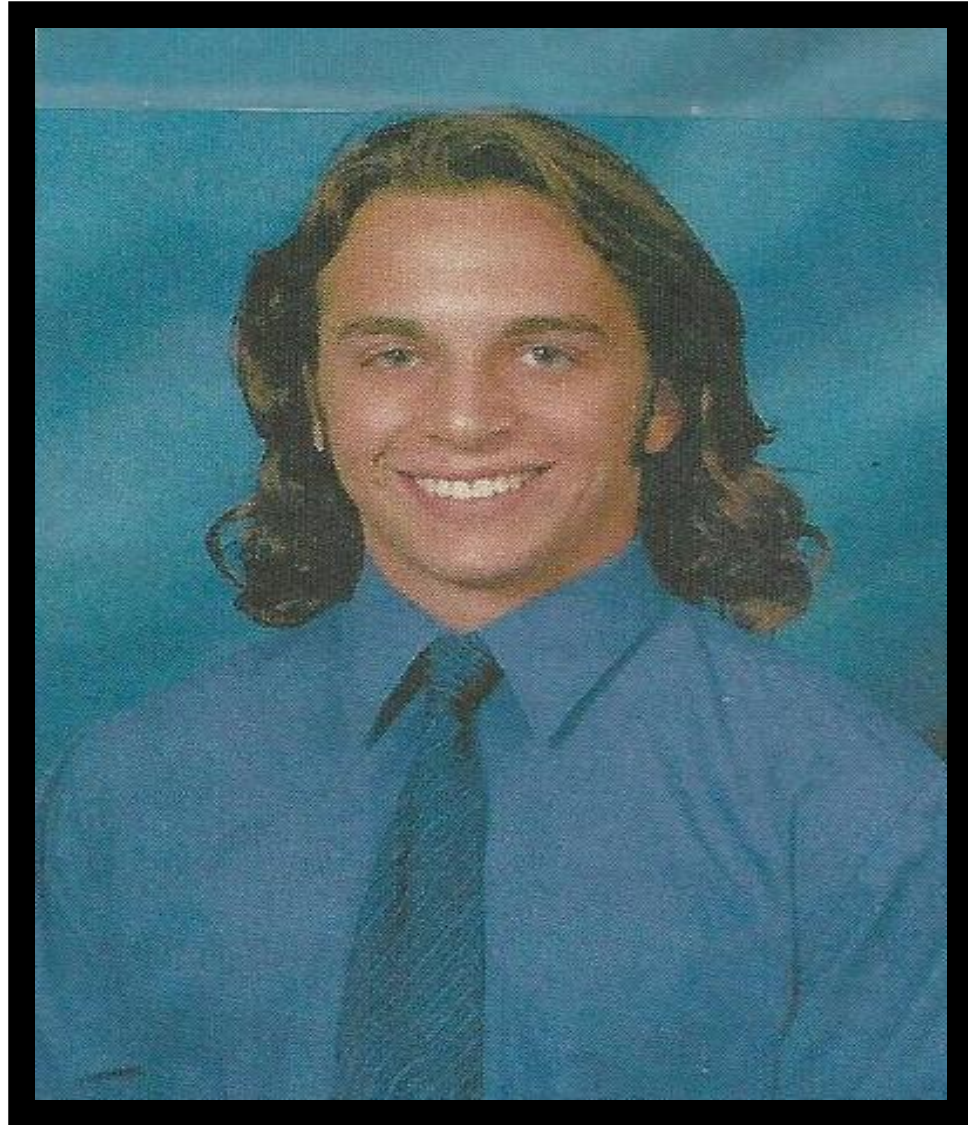


# How Do I Keep Going?

**TRUSTING IN YOUR WORTH!**



# David Miller's Message of Worth



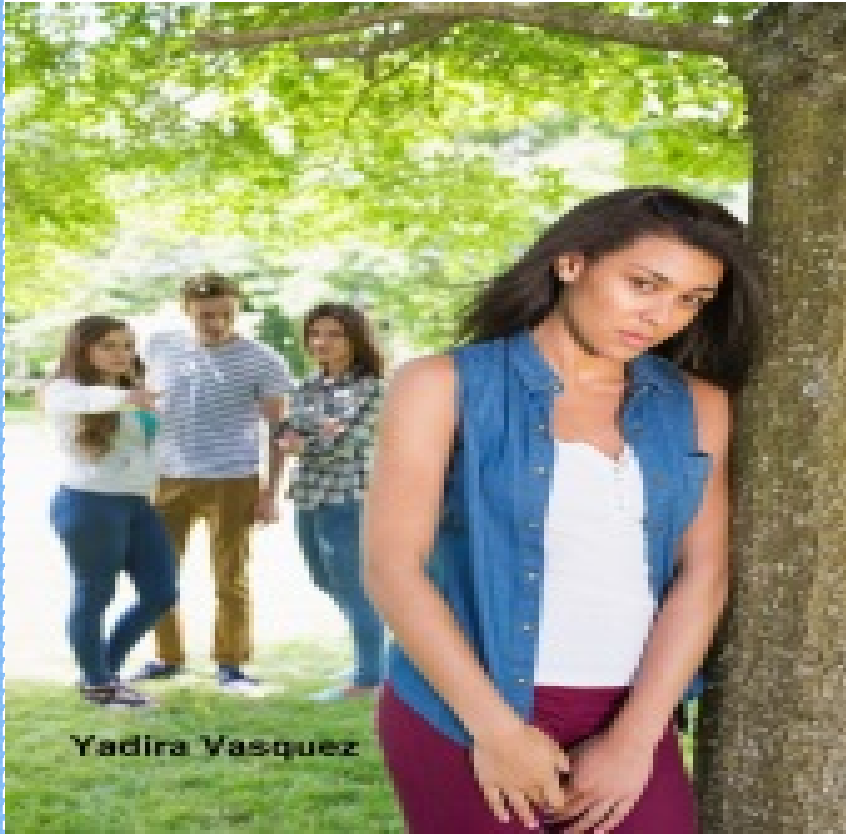
# David's Legacy To You



# David's 5 Point Personal Code of Conduct

- 1. Enjoy, preserve, and pursue to expand your individual freedoms.**
- 2. Shoot straight and speak the truth. Honesty and integrity must be upheld.**
- 3. Sleep in the bed you make for yourself. Actions have consequences, deal with it.**
- 4. Play the hand you're dealt. Make the best of any situation with honor.**
- 5. Pick your own path and stay between the ditches. Be who you want to be and be the best at it.**

**Give Away Your Power - Allow Others to Define and Determine Your Worth**



**Yadira Vasquez**

**Take Back Your Power – Discover, Define, and Determine Your Worth**



**Tamara Simmons**

**You Have A Choice To Make**

**Start Today....Start Now!**



**I AM WORTH IT!!!**