

Self-Worth Principles

Concepts and guidelines that helped me to elevate my self-worth that has impacted my relationships, health and wealth.

Adopt what works for you and tap into your potential.

By Endre Hoffmann



Changing MINDS, Changing LIVES

Sydney, Australia 2020

Self-worth principles by the Doctor of Self-Worth

These guidelines have proven to be effective for me. However, they might not be suitable for you. If you are hesitant, consult with your coach, therapist, financial advisor, nutritionist, doctor, or anyone you believe is legitimate for you, but first, look at their results and reviews.

Do not seek legal advice from your dentist; many people do fall into the trap of making decisions after getting advice from someone who does not tend to take responsibility for it, is totally inexperienced or is unqualified. Perhaps you have an idea of what I am referring to, loving people around you who want the best for you with their own baggage of beliefs and emotions: Mum, Dad, best friends and schoolmates, etc. I list all of my evergreen principles for you. Context, situation or your preference can override them:

1. Inner change is required for long-term benefits. If you're riding a rollercoaster, it indicates you haven't done the inner work yet.
2. Take your life and business seriously. Have a goal and a vision, or at the very least, think of something that motivates you that you can pursue. Ask for help if you have no clue.
3. Take nothing too seriously. I know this contradicts the previous point, balance is necessary. When you are so serious and hard on yourself that reaching your goal/vision becomes difficult, be your best buddy when you make errors. Rest for a day or a week if you are exhausted. If you need to, try another route or get assistance from someone who has done it.
4. Eat and exercise for peak performance while also supporting your body. It is your life vehicle, your avatar, and the body will identify you. Do your study, experiment, and find what works best for you. I've adopted a vegan green diet, and eating less meat has increased my consciousness and vitality.
5. You are squandering valuable time, energy, and money if no one points out what you are not observing. You will be involved in a slow, terrible, and repeating battle.

6. Pay attention to your heart and inner voice. It should tell you what you enjoy doing, which is a fantastic start.
7. Have a good time. Even if you make a mistake and it does not work out. For example, I attended webinars when no one showed up. What's the big deal? I had other commitments.
8. Obsess your vision several times a day, and play a movie in your imagination even though you cannot achieve it.
9. Turn your hobby into a company. That is a fantastic recipe; you will never feel the need to work. I can surely assist you with this, and I have professionals.
10. It most often is if an offer or investment appears too good to be true. Participate and, if possible, contain or reduce your risk. Examine how you can get your money back; is there a way out?
11. Spend money on experiences. Your days, years, and life will fly by. Your life is a collection of events.
12. Connect with and learn from nature regularly.
13. If it resonates with you, seek seclusion or meditation. Take the time to consider different approaches; this is the most difficult task. Be kind to yourself because each discomfort (take notes on why what is coming up) tells you what is impeding your next level of outcomes. Finally, discuss it with a professional.
14. Your environment and the people around you will determine your life outcomes. So pay to be in the right tribe if you have to!
15. Make a map of your happiness and success. Define them so you don't pursue something you don't own. Make sure they are completely attainable and within your daily control.
16. Every 6-12 months, revisit your goal/vision. They will evolve, become clearer, or alter as you mature.
17. Use your interactions to learn about yourself and improve. To modify your ways, reflect on your experiences. People may refuse to change for you. You can only alter

one person: yourself.

18. Make the most of your time and effort. Write a book, design a product that is easy to distribute, developed once, and ready for resale several times. This might cause your finances to flip from linear to parabolic. The same goes for your activities. Consider how much value you can add, and quit selling your time for a set hourly fee, which limits your earning potential unless you choose to be an employee.

What is your biggest challenge from the list above?

Let me help you get to the root of your challenge with the exercise below.

Most of the principles above required assistance, or I learned through suffering, loss, and effort. If you have problems or challenges with any of these, I can help you if you pass my background checks and agree to work with me.

Book [here via this link](#). If you have any questions, please message me. You can find more details below:

Exercise:

- 1 How is this challenge affecting your life or business?
2. What are you avoiding?
3. How long has it been a problem?
4. What did it teach you about yourself?
5. How is it helping you to grow?
6. Why must you resolve it now?
7. Who do you want to be? How do you want to show up?
8. How could you use this challenge to take your life/business to the next level?
9. What specifically do you need to do differently?
10. Are you doing it now? Have you booked into your calendar? Have you created a reminder?

Do you need support to shift gear? Rapid change is what I am passionate about with people who seek me out to transform. To get more and more of what you want in your life and deserve follow and engage on my pages below. I have a lot of free resources for you.

SHORT BIO

Endre Hoffmann helps business leaders and individuals to restore authentic self-worth and move rapidly toward goals. He finds the root of negative emotions and limiting patterns with accuracy and speed. Then he does instant interventions to facilitate fast & lasting transformations. Endre creates such a safe space that his clients drop old paradigms and experience life with a new identity. They started to call him The Doctor of Self-Worth.

He reconnects his clients to their best version, which is experiencing peace, joy, fun & contribution. According to the Doctor, the real pandemic is various large-scale mind viruses that have infected lots of people who are unconsciously sabotaging themselves and those around them.

Are you ready to wake up and step into your powerful version? Reach out to book your consultation appointment now!

To learn more about me click on my website <https://doctorofselfworth.com/about-endre/> where you can also find my short book titled: HOW TO DISCOVER YOUR AUTHENTIC SELF FASTER THAN YOU EVER DREAMED POSSIBLE which has helped to change many lives where I give you the blueprint to change your results.

Tap into your best version as soon we meet,

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#doctorofselfworth



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Book an initial consultation here: <https://calendly.com/doctor-of-self-worth/meet-the-doctor>

Join my free groups by clicking the link so we can stay in touch:

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Click [here](#) to download a copy of my book **"Journey to your authentic Self-Worth"**

WHAT DO PEOPLE SAY WHO HAVE WORKED WITH ME? CLICK HERE: [Youtube](#)

https://youtube.com/playlist?list=PLWq_PsHNBrou4ZxBjwqp93o2ol9D67le3

<https://www.facebook.com/Doctor.of.Self.Worth/reviews>

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