

SELF WORTH

Know yourself

Really know yourself, this will only really come with time and age.

Don't doubt yourself , you are as capable as everybody else in the room.

Start your day with disco music.

Find your people.

Don't give your energy where it is not reciprocated.

Go to therapy. Eradicate the idea that therapy is a middle class practice. I KNOW, I know, therapy isn't always affordable, BUT there are some great organisations offering it up for free. Find them. (In Liverpool it's Blackburn House)

Go to yoga. This is again not just for the middle classes.

Read. Yes you had a shitty comprehensive education, that doesn't mean you can't be well read now.

Don't believe the lies your comprehensive teachers told you about what you can achieve.

Know your shit. Know you're the shit.

Prove them wrong.

Do it for you.