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## Monthly Motivation 7 - Establishing Your Price

Now that you have modified your diet, increased your physical activity, reduced those wasteful and impulsive spending habits, have become a more effective communicator, and have tackled projects without hesitation it's time for an assessment. Minnie Pearl was well-known for the prominent price tag dangling from her hat. You are going to be a Minnie Pearl, but your price tag is going to be figurative and you won't be wearing a straw hat.

The situations that got us to where we were, whether it be physically unhealthy, financially depleted, in the depths of despair, or having lost that necessary daily contact with our children are as vast as our particular personalities. Whatever the underlying cause that got us to the point of realizing our need for help our situations left us feeling the same – devalued. Now that we have been taking baby steps to gaining control of significant aspects of our lives it is time to revalue ourselves.

Thinking back to what left you feeling devalued. Was it based upon your inert value system – that which you have felt was in you from birth? Was it from failure to adhere to the standards of a particular individual – like a spouse – or maybe your parents? Was it from missing the mark of societal standards? Or . . . was it from failing to adhere to your *perceptions* of any of those?

Take awhile to think about that. I mean ruminate over that subject. Just close out this document and come back to it in a day or two after you have had time to experience your situational thoughts and concentrate on the origins of your values.

Welcome back. I suspect you have realized that your value system was mostly established by others. It was your early life caretakers, the culture in to which you were born and the flow of information that bombards you from media sources. For the most part you only tweaked the values established elsewhere. Did you take time to compare the measures of your values to those of a typical mother in a country ravaged by war and famine? Did you compare yourself to a media celebrity, sports star, Nobel Prize winner or a homeless person? Did you consult a religious text? What does a disabled person value about himself or herself?

Have I provided a new realm of potential value systems that you didn't consider? If you need more time to think about that then take it. There is no hurry here as we are establishing a foundation for the rest of your life. The steps you have already taken are extending it so cash in some of that time. See you later. But don't procrastinate.

As you can see I am not going to play a trick on you and continue with a follow-up tickler. I trust you to set your own schedule. So, back to it.

It is my intention that you have a liberal mind, always seeing expanded possibilities, that you see the world as much larger, ever expanding and limitless. That new information is pouring in which challenges the mental traps set down before you. That the lenses through which you see the world may be tainted by false presuppositions. Don't fall into this trap of thinking that the world is growing smaller, becoming more interconnected and uniform just because Microsoft, Cargill or Beatrice, Facebook or any of the multinational corporations tells you so. The world is growing larger. This inter-connectivity brings forth more information, more opportunities for learning. A broader mind.

Whether I have known you for only six months or half a lifetime I know you have value. I know that you have felt worthless at times just as I have. To be quite frank about it, I also know that you are smart enough to realize that some pop-psychology self-esteem boosting bullshit isn't going to provide you with the long-term realization of your true value.

So now that you are prepared for the magic recipe for self-worth and have been eagerly anticipating it for the few minutes it took you to read past those recommended hiatuses I am not going to give it to you. I don't have it. You do.

Really, who am I to tell you what is going to make you value yourself? I may be a great oracle in some things and a seer of well-being but I am not living your life and am not going to tell you how to live yours. But here is what I will give you.

A few anecdotes and a credo.

A gal I know tendered her notice to her employer that she will be seeking employment opportunities elsewhere. She didn't quit, the employer quit her – quit valuing her contributions. She was hired to perform particular tasks as dictated by the employer not another person who is a subcontractor of the employer. When the employer refused to stand up to the subcontractor – who should provide her own gofer if she needed one – this gal declared her value. She removed herself from the service of someone who didn't value her.

Most of you are engaged in or are rebuilding from custody battles. You'll find relevance here. I was preparing a mother for a contested hearing while concurrently pushing for a mediated settlement. In reviewing the existing parenting time arrangement she revealed that she had been undertaking some of the obligations imposed upon the father. Some parents would have refused to be “pushed around” or “taken advantage of” like that. She valued the children's relationship with their father, she valued the children and she valued herself enough not to let a legal strategy dictate her actions. Just over a week after we first met they reached a settlement and avoided trial.

Respect is largely subjective but there do exist objective measures. Although not as clearly defined in our culture such as that of the Japanese, being late is a clear signal of disrespect. I know someone who recently had had enough. He received numerous

benefits both financially and emotionally from a business partnership. His partner was continuously late which resulted in this guy having to always pick up the slack or be delayed in his day. Being late to appointments and jobs tells the other participants “I do not value your time or your plans. In short, I do not value you.” Well, the benefits of this partnership did not outweigh his value for himself so he ended the partnership.

The people in these few anecdotes were able to declare their worth and stand by it because they valued themselves. The one thing they all had in common was the financial resources to walk away from a financial source that did not meet the value they placed on themselves.

Often I have heard people complain about their jobs or some other source of income yet they subject themselves to the displeasure about which they express disdain. If they don't like it then why do they continue? They do so because they value the material items for which they are in debt and dependent upon the undesirable source of income to maintain. That is, they value goods but not themselves.

Instead, know your worth. Let it hang from your hat. Don't cede your worth and put your value *on sale*. You are worth it. Declare your worth to the world around you.

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