



## **Live Your Dignity!**

### **What is Dignity?**

**Dignity is more than a word,  
because  
every person has dignity!**

---

Dignity manifests as an inner attitude  
based on values, beliefs  
and self-respect.  
It shapes how we feel, think and act.

## **How do I know I am living my dignity?**

Dignity is the experience that your value is non-negotiable – regardless of origin, social status or external circumstances.

Dignity is more stable than emotion. It is there even when you feel insecure or overwhelmed, and small or worthless.

### **Experiencing dignity means:**

- I am allowed to exist without justification.
- I see myself and every other person as an independent being.
- I know and acknowledge my boundaries.
- I respect boundaries and the dignity of others.

### **Dignity shows through:**

- Self-respect
- Inner and outer uprightness
- Clarity
- Personal responsibility
- Letting go of expectations
- Independence

**Dignity arises through the interplay of inner values and outer actions. When you – even under pressure – act in alignment with your values, you live your dignity consciously and your sense of dignity grows.**

# **The Vitality of My Dignity**

## **Step 1: Self-Observation Without Judgment**

- Notice where you make yourself small.
- Notice where you make others small.

**Self-awareness without judgment enables change!**

**What am I living? What / how do I want to live?**

## **Step 2: Micro-Actions of Self-Respect**

- Living a consistent, clear yes or no.
- Standing by yourself with honest statements, even when it becomes uncomfortable.
- Making decisions that correspond to your true worth.

**Small steps – great impact!**

**Important to know:**

**Dignity and shame are opposites.**

Shame says:

“Take care of yourself. Only show yourself when you feel safe!”

Dignity says:

“I see and know your true worth and all your values. Count on me and show yourself!”

**Dignity is not a goal to be reached.**

**Dignity is here and wants to be lived – always! ■**

# How can I live my dignity even more?

Ask yourself the following questions repeatedly.

## about your behavior:

- Do I make myself small?
- Do I accept myself as I am?
- Do I live in alignment with my values?
- Am I honest and authentic?
- Do I see and understand my needs?
- Do I take responsibility for my life?
- Do I admit mistakes and openly acknowledge them?
- Can I perceive and accept my feelings?
- Do I know the reasons for my anger, insecurity, fear – also due to past experiences?
- Do I reflect on myself, my thoughts, my attitude, my behavior, my words?
- Do I set boundaries?
- Have I stopped bending myself for others?
- Can I rejoice with others?

## about your body awareness:

- Do I have an upright posture?
- Do I have a clear voice?
- Do I set my own pace?
- Am I relaxed?
- Do I sleep restfully?
- Do I enjoy getting up in the morning?
- Do I have joy and energy for life?
- Do I feel inner peace?
- Do I laugh at least once every day?

If your answer is No, turn it into a Yes!

If your answer is Yes, be proud of yourself! ■

[www.liebevollich.de](http://www.liebevollich.de)