



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.

Living and 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!