



Discover what is holding you back
from living your hopes and dreams.

Self Worth Development Stages

by Michelle Vickers



Healing Your Self Worth
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Self Worth Development Stages

What is Self Worth?

Your Self Worth is the part of you that decides how you relate to everything in your life.; including how you see yourself, how you feel about yourself, how you interact with yourself and how you relate to others. Self Worth also includes how you relate to your experiences and opportunities, in addition to how you value yourself. Your Self Worth encompasses everything about who you are, impacting your ability to succeed and thrive.

Everything you do in life is a direct reflection of how your Self Worth developed. During the first thirteen years of your life, every moment that you experience, is contributing to the specific process of creating your Self Worth. Once the process is completed, your Self Worth becomes the foundation for your perspectives on everything as well as your coping mechanisms which determines exactly how you will deal with the ups and downs of your life.

How your Self Worth developed is reflected in your belief system. Your beliefs are comprised of your hopes and dreams, your ability to deal with change, how you accept the truth and your courage to follow through on what is best for you in spite of everything that is happening around you.

Your self worth is the most valuable asset you have. If there is any part of your life that is not going as you would like, then I would recommend looking into your past to discover how your self worth has been affected.

By addressing the issues within your self worth, you are efficiently and effectively allowing yourself to heal. It is the healing process that allows you to recognize that all of the experiences that you have lived through have happened for a reason; to make you stronger and to allow you to recognize your own strength, while inspiring you towards what you are truly capable of.

After years of struggling with her own self worth issues, Michelle used her unique abilities to retrieve the insight necessary to heal her own self worth. The combination of Michelle's passion for helping others and her capacity to communicate information that is decades ahead of scientific discovery, offers you the opportunity to finally heal your self worth and find the meaning of your own life.





Self Worth Development Stages

Stage #1

Birth to 2 years of age

Your have two main focuses during this time;

The first focus is to learn how your body works.

Every physical experience you have is directly contributing to what you are learning about your body and how it works. You are also learning how to be comfortable with your own body. Exploring your body and what it is capable of is a natural tendency that allows you to thrive. Much of your ability to be comfortable with your own body is a reflection of whether your ability to explore was encouraged or hindered.

Your second focus is to become comfortable with the people that surround you. Comfort can be many things to many people, but ultimately it reflects your ability to feel free to be yourself with those who are closest to you.

Every single person is born with a unique set of interests and talents. Depending upon the comfort level of a person's caregivers, they will either thrive or learn to suppress their natural self. Suppression begins within hours of birth, as the energy of what a parent wants or does not want is extremely clear to the child through the energy.

Each stage of Self Worth Development is lucrative because as you evolve through the system, what you experienced in the previous stages determines how you approach the next stage. This is why the entire process is so important that and why when it needs to be healed, it takes a considerable amount of time and energy to understand exactly where the healing needs to occur.





Self Worth Development Stages

Stage #2

2 to 4 years of age

During stage 2 you experience the greatest degree of change on a biological level. This is where your sense of trust in the world develops, as well as your coping mechanisms. How stage 2 develops for you determines how you will act and react to everything that occurs throughout your life.

Stage 2 includes three separate levels of awareness that develop simultaneously, each one significantly impacting the others. It is also an introduction into synchronicity and the many aspects of interdimensional interactions at play within our lives.

You will learn how to treat other people and how people will treat you. This is your foundation for how you will interact with people throughout your entire life. As a result you will also be developing your coping mechanisms, which is probably the most important of all the aspects in that this determines your ability to feel supported and nurtured or not.

You will discover your ability to discover. Exploration was always intended to be expansive and far reaching free of limitations. Due to the current state of a conscious being, most people's lives developed based upon the family structure and what needs to occur during any given day. This approach leaves little time or effort left for discovery. Your comfort level with exploration and new discovery impacts your ability to cope with change and new experiences.

You will learn how to deal with disappointment. One of the most overlooked aspects of current childhood development is the ability to comprehend experiences that do not go as we would wish them to go. It is the power of these experiences that allow our minds to learn to think logically, learn to adjust and trouble shoot in order to proceed again. Courage is found in the ability to discern how to proceed in the face of adversity and it all starts when you are just 2 years old.





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Stage #3

5 to 9 years of age

The development of limits and boundaries.

Limits and boundaries are often thought to be introduced and managed by the parent or care giver. When in fact it was always determined that once a child has an experience, they end up with a sense of where they currently are. It is this conscious awareness that then allows them to determine how they will proceed.

For example, if a child is learning to ride a bike and they cannot seem to get the pedals to move appropriately to move the bike in a forward motion, they will then determine if they are going to try again with a different approach or if they are going to move onto another experience.

Challenges in the development of their Self Worth occur when they are directed to have a specific outcome, ie. taking the bike away or pushing them to keep going.

Your Self Worth is a delicate balance of the experiences you have ever had combined with the person you are choosing to be in the moment. During the ages of 5 to 9, you are learning just how courageous you can be around the specific people who support you in this life. When you need to spend more time focused on how to have the appropriate reactions to those around you rather than the exploration itself, it damages your confidence.





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Stage #4

10 to 13 years of age

Exploring the potential of Possibility.

It is during this phase that you experience the most significant impact to your Self Worth in regards to personal growth and development.

It is finally time to begin exploring the world based on all of the lessons you have learned about yourself and the world you live in. You will be drawn towards new experiences and opportunities and depending upon your support system you will either be encouraged to engage or your engagement will be hindered.

The ability to explore beyond what is comfortable is part of the opportunity during this time, however the most important part of this phase is the sense of self you accomplish. Discovering who you are and who you want to be in the world is all determined during this phase of the development of your Self Worth. Often times this growth is hindered by education or societal expectations and therefore becomes hindered causing an effect later in life of feeling lost and longing to discover your purpose in life.

Your 13th birthday is a reason to celebrate as it is the day that marks the completion in the development of your Self Worth journey. Everything you do from this day forward is based upon what you have already learned. If there are any aspects of your Self Worth that you would like to change or adjust, then you must approach the entire process





Self Worth Development Stages

Who is Michelle Vickers?

Born with the ability to communicate directly with the souls of all living things through an advanced capacity to read the vibrations of energy. Michelle has dedicated her life to helping people heal in order to recognize their true power and potential.

As a child, communication with things unseen was a common everyday occurrence. As a result of many external conflicts and misunderstandings, by the age of 13 Michelle was forced to suppress her true nature. The results were almost 2 decades of struggle and turmoil including being diagnosed with depression more than three times, overcoming months of sexual molestation by a young female babysitter, trying to use sex and intimacy to find a deep connection with other people, trying to use food to fill emotional voids and so much more.

Shortly before her thirtieth birthday, Michelle lost her mother to cancer and within months her gifts began resurfacing. This led to her own journey of healing her Self Worth in which she discovered her capacity to communicate directly with The Soul of The Universe. Through this relationship, Michelle began her exploration into the nature of humanity as well as the true nature of souls.



With that knowledge, Michelle embarked upon an exploration of consciousness, where she gained an immense understanding of creation and evolution; some of the insights can be found in her first book **Believe**. Inspired by the success of her own healing journey, in 2009 Michelle began offering the opportunity to those she worked with, to connect with their own soul and the results were staggering. People were excited, they were healing quickly and efficiently, learning more about themselves in one session with Michelle, than they did after two years of professional counselling.

For more than a decade Michelle has been sharing insight, awareness and healing techniques far more advanced than current scientific understanding. With devoted clients from five continents and countless countries, from millionaires and Hollywood icons to grandmothers and children, Michelle is helping people Heal their Self Worth by restoring their mental, emotional and physical wellbeing.



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