

From Small To Seen : Owing Your Worth

Being small and feeling unworthy was part of who I was. When that part of you becomes your identity and who you believe you are, you can start to feel comfortable staying that way.

Welcome to *You Keep Me Sane*. This is a space where two friends navigate life's ups and downs together from opposite sides of the world. Today's conversation speaks deeply to everything we've been reflecting on lately.

This episode features a conversation with a guest who is deeply aligned with the journey of self-worth and personal growth and who, like us, wants to help women step into their own sense of worth. We hope this conversation gets to the heart of healing self-worth and learning to believe that you're already enough just as you are.

Our guest is the creator of *The Power of Good Enough*, where she helps women heal from low self-worth and reclaim their confidence, boundaries, and sense of enoughness. Her story is deeply relatable. Like so many women, she grew up feeling compared, unseen, and not enough, and those early beliefs shaped many of her choices later in life.

It wasn't until her forties, after being laid off from her job, that she began questioning those patterns and started a real journey of transformation. Now, she guides women all over the world to do the same — not just to understand self-worth, but to truly embody it.

Her journey with self-worth began in childhood. Despite growing up in a stable home with loving parents and siblings and not experiencing what many would consider “big trauma,” the feeling of not being enough began to surface in her twenties.

She often felt average — not the worst, but not the best. When she entered adulthood, started working, dating, and eventually moved from Colombia to the United States on her own, that feeling followed her.

In her thirties, after getting married and having children, the feeling grew stronger. She felt she wasn't enough as a mother, as a partner, or as an employee. She didn't have the career, the home, or the life she believed she was supposed to have by the age of forty.

That realization led her into deep inner work. She discovered a longstanding wound of not feeling enough. Even with a happy childhood, there was a pattern of invalidation. As the youngest child, she was often treated as incapable, which led her to cope through people-pleasing.

That wound shaped many of her decisions — at work, in relationships, and in motherhood. She stayed small because she didn't feel worthy.

Healing, she explains, requires embodying worth through small, consistent micro-actions. It's like constantly rewriting an internal script that has become so ingrained it's hard to see. Awareness is one step, but consistent action is what creates real change.

The only way forward is through. You have to feel the fear and move anyway. You remind yourself again and again that you are worthy, regardless of circumstances. It is a lifelong journey, especially for those trying to break generational patterns while still healing themselves.

When it comes to modeling self-worth for children, the most powerful practice is offering them the words that were never heard in childhood. With awareness and tools, it becomes possible to guide children differently, while also healing one's own inner child.

Children's internal scripts are not yet deeply ingrained. Although they will have experiences at school or moments of hurt, they can be supported through emotional reflection and presence. Healing the inner child allows this work to be passed on to the next generation.

Through meditation and inner reflection, compassion is offered to the younger self by asking, "What do you need to hear today?" Sometimes the answer is love. Sometimes it is acceptance.

It becomes clear that wounds are not created only by what happens in childhood, but also by what doesn't happen — the emotional support that was missing. The absence of words, validation, and safety can be just as impactful as an event itself.

A formative teenage experience of being told she didn't belong shattered her self-esteem. All a teenager wants is to feel accepted, and being told she wasn't enough left a deep imprint.

That moment highlighted the importance of having the right words at the right time. Today, she reparents herself and parents her children differently, offering reassurance, validation, and repair when mistakes are made.

When children express that they didn't feel seen, they are listened to and acknowledged. They are reminded that experiences do not define who they are. Failure is something that happens — it is not who they are.

Sharing her story publicly created a powerful ripple effect. Many women resonated deeply, realizing how often they abandon themselves and accept that way of living as normal.

Awareness is the beginning of healing. Healing is necessary for transformation. This work creates the possibility of becoming a generational breaker and challenging societal standards that define women's worth, value, and acceptance.

So many people tie their worth to productivity, income, or external validation. But self-worth is not about labels or achievements — it's about knowing you are enough. Support such as therapy can help untangle these patterns and build a kinder relationship with yourself.

Coming back to oneself often begins with an awakening, usually triggered by a significant life event. That awakening creates awareness of deep feelings of unworthiness, which becomes the first step toward change.

From there, the work involves facing fear, reconnecting with the inner child, and taking small actions — learning to speak up, say no, and feel safe doing so.

Boundaries naturally grow alongside self-worth. When self-worth is low, everything is tolerated. As worth rises, boundaries strengthen, and with them come self-love, confidence, and self-esteem.

The reason this message resonates so deeply is because women are finally being vulnerable together. Saying “me too” creates connection and healing. Many were taught to stay small, accommodate others, and prove their worth. Now, those beliefs are being questioned.

When women realize they don't have to earn their worth, it becomes incredibly freeing. There comes a point where pretending is no longer sustainable.

Self-worth is something we are all learning to embrace. Healing ourselves changes what future generations learn to believe about themselves.

You don't have to earn your worth.

You are already enough.