

Howard's Laws of Human Worth

Unconditional worth means that you are valuable as a person, important, because your essential core self is unique, eternal, precious, of infinite unchanging value and inherently good. You are as precious as any other person.

- 1. All beings have internal, infinite, eternal and unconditional worth as persons.*
- 2. All have equal worth as people. Worth is not comparative or competitive. Although you might be better at sports, academics, or business, and I might be better in social skills, we both have equal worth as human beings.*
- 3. Externals neither add to nor diminish worth. Externals include things like money, looks, performance, and achievements. These only increase one's market or social worth. Worth as a person, however, is infinite and unchanging.*
- 4. Worth is stable and never in jeopardy (even if someone rejects you).
Worth doesn't have to be earned or proved. It already exists. Just recognize, accept, and appreciate.*
- 5. Worth doesn't have to be earned or proved. It already exists. Just recognize, accept and appreciate it.*

Claudia A. Howard (1992).