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 earned or proved. It already exists. Just recognize, accept and appreciate it.