

# **Chapter One**

## **Know Your Worth Before**

## **You Look for Him**

Before you look for “Mr. Right,” look for the “Miss Right” inside you. Because a serious man doesn’t propose to a woman who’s lost. He proposes to a woman who knows where she stands and why she’s standing there.

If you don't know your worth, someone will come along and put a price tag on you... and his price is usually cheap.

\*1. What does “your worth” even mean? And why is it more important than the ring?\*

Your worth is not your looks, your weight, your degree, or even your follower count.

Your worth = how you see yourself when everyone's asleep and it's just you with you.

A man who actually wants marriage looks for a woman whose inner value is high. Why?

Because a low-value woman = stress. Jealousy, suspicion, drama, “Why didn’t you text me?”, “Why did you go out?”, “Do you love me or not?”

And a man who wants to build a home wants peace of mind, not a civil war.

\*An example that makes sense:\*

Go to any market. There’s a shop selling a crystal glass for 200 thousand, and another shop selling a set of glasses for 20 thousand.

If you are a crystal glass but you place yourself with the cheap set, you’ll all get sold for the cheap price.

Raise yourself up, go to your own section, and set your own price. The one who wants crystal will pay. The one who can't afford it will go buy plastic.

You are the crystal, my dear. Don't cheapen yourself.

\*2. 7 signs that say "your worth is high" even if you don't have a ring:\*

1. \*You have a clear "no"\*: You say no without justifying for 3 hours. "No, that

doesn't work for me." Period. A respectable man respects your "no."

2. \*Your time has a price\*: You don't cancel plans with your friends for him if he canceled on you last minute. Your time isn't free.

3. \*You're not afraid to lose him\*: You're more afraid to lose yourself. If he leaves, you'll be sad but you won't collapse.

4. \*You don't excuse his mistreatment\*: If he wrongs you, you don't say, "His cousins stressed him out." You say, "He was wrong and he needs to apologize."

5. \*You had a life before he came\*: Job, hobby, friends, goal. He's an addition to your life, not your whole life.

6. \*You ask for what you want, politely\*: "I want a serious relationship" isn't shameful. Hiding it and playing small for 3 years is.

7. \*You know how to walk away\*: If you see a red flag, you turn around and leave. You don't say, "I'll change him." The one who didn't change for you before marriage won't change after.

If 5 of these apply to you, you're on the right track. If fewer, don't worry... this chapter is here for that.

\*3. Where does "low worth" come from? And how do we fix it?\*

99% of women who get attached to a player, the problem isn't him... it's an old wound:

\*Wound One: "No one loved me right when I was young"\*

If your parents didn't praise you, didn't hug you, always said, "Why aren't you like your

cousin?", you grow up looking for any guy to tell you "you're pretty," even if he's lying.

*\*The cure\**: Become your own mother. Every morning tell yourself 3 good things about you. It's not ego... it's compensation.

*\*Wound Two: "I'm scared of abandonment"\**  
Your friend got dumped, your aunt got divorced, a drama series ended badly. So now you have a phobia of being "alone."

*\*The cure\**: Try spending a whole day alone with no phone and no guy. If you can enjoy it, then you no longer have an "alone" complex.

Being alone with yourself is better than being lonely with someone who doesn't deserve you.

\*Wound Three: "You compared yourself"\*

Instagram ruined everything. Every girl thinks she's "less than" the influencer.

\*The cure\*: Close Instagram for a week. Go look at yourself in your old house mirror, not a filter. You're prettier than the picture.

\*4. The "Worth Scale" exercise - do it with me now:\*

Grab a paper and split it in two:

\*Right side: "What do I deserve?"\*

Write 10 things you deserve in marriage. Not dreams... rights:

Example: I deserve a man who respects me in front of his family. I deserve a man who doesn't lie. I deserve a man who checks on me if I'm sick...

\*Left side: "What do I not accept?"\*

Write 5 red lines. If one of them is crossed, the relationship ends:

Example: I don't accept insults. I don't accept lying. I don't accept being cut off from my

family. I don't accept pathological stinginess. I don't accept cheating.

This paper is your "constitution." Any man who enters your life must sign it. The one who gets upset by the constitution was planning to ruin the country anyway.

\*5. Mistakes that destroy your worth while you think they're "smart":\*

1. \*"I act hard to get so he chases me"\*: That's not allure, that's games. A serious man gets

bored of games and goes for a straightforward woman.

2. \**“I forgive everything so he doesn’t leave”*\*:

He won’t leave, but he’ll push further. The thing you forgive once, he’ll repeat 10 times.

3. \**“I hide that I want marriage so he doesn’t run”*\*: If he runs from the word, he’s running from responsibility. So he was never going to be a husband. Better to know now than after the wedding.

4. \**“I become a copy of what he likes”*\*: He likes food, you become a chef. He likes travel, you become a traveler. Where are you? A man

gets bored of a mirror. He wants a woman with her own personality.

5. \**“I wait for him to define my worth”*\*: If you wait for him to tell you you’re valuable, he’ll keep telling you you’re cheap so he stays in control. Your worth is set by you before he enters your life.

\*6. How does a serious man treat a high-value woman?\*

Listen to these and memorize them:

- If you're 10 minutes late, he doesn't flip out.

He says, "No worries, your health matters more."

- If you say, "My mom is sick, I can't go out,"

he says, "Hope she feels better. Go be with her, I'll come by tomorrow."

- If you say, "I don't talk to guys," he respects it and doesn't get mad. Actually, he respects you more.

- If you disagree, he talks to you, not about you.

- He's not stingy with you, not with feelings, not with money, not with time. Because the one who wants to build a home, invests.

If he's not doing one of these, then he either sees your worth as low... or his own worth is low.

\*7. A message from me to you - read it every time you feel cheap:\*

My dear,

You are not an "option" in someone's life. You are a "decision."

Not "entertainment" for his free time. You are the "foundation" for a home and family.

Not “one of the girls.” You are “a daughter of good people” who is irreplaceable.

The ring you’re looking for won’t give you worth. It will come because of your worth. So instead of crying, “Why doesn’t anyone see me?”, ask yourself, “Do I see myself?”

I promise you: The moment you see yourself as a queen, someone will come who treats you like one.

And the moment you settle for little, someone will come who gives you little. And life is fair.

\*The bottom line for the chapter:\*

1. Your worth is not in a man's hands. Your worth is in your hands.

2. The man who doesn't know your worth, losing him is a win.

3. Heal your old wounds before a new person comes and makes them worse.

4. Your "no" is your crown. Whoever doesn't respect it doesn't deserve your head.

5. Work on yourself for one year, not on a guy for 5 years.

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