

Episode 8 | Infinitely Worthy: How a World of Possibility Opens with Just One Belief

FULL EPISODE TRANSCRIPT

The Joyful DVM PODCAST

with Dr. Cari Wise
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Infinite worth, how you are hardwired to play it safe, and what becomes possible when you truly believe in your value, that's what we're talking about in Episode 8.

Welcome to the Joyful DVM Podcast. I'm your host, Veterinarian and Certified Life Coach, Cari Wise. Whether you're dealing with the challenges in Vet Med, struggling with self-confidence, or you're just trying to figure out how to create a life and a career that you actually enjoy, you'll find encouragement, education, and empowering concepts, you can apply right away. Let's get started.

Hello, my friends! Today, we're going to talk about the concept of being infinitely worthy. And I want to start out with a question. What are you worth?

If you have to value yourself monetarily, what price would you pick?

Now, here's a spoiler: no matter what price you just chose, you're wrong.

You as a human have infinite worth. You are priceless.

Some of you may not have heard this before. And some of you have heard it so often that you don't even hear it anymore.

Let me say it again. You are infinitely worthy. When we fail to remember this, when we fail to consider that every single person is valuable and worthy, we live our lives very much at the effect of external things, embracing our self-worth, anchors us to what is real. It anchors us to the only things that actually matter in this life.

So what are the things that actually matter? Only you can decide for you. We care about many of the same things, but we also care deeply about strikingly different things. That is what creates the beauty of the human experience. It takes courage and personal clarity to stand up for and pursue what matters to you. Fear and uncertainty come much easier, and for a very good reason. At the lowest level, our brains were created to keep us safe. This primitive part of our brain is a threat-finding machine useful thousands of years ago. Today, not so much. Today, every single time we feel uncomfortable, our silly lower brain provides us with an opportunity to retract and retreat from our lives. In the face of true danger fight or flight, serves great purpose, but in the absence of tangible physical threat, it's just not useful. It keeps us living small. It stops us from pursuing the very things we were created to do. In the absence of true belief in our own infinite

self-worth, the reality offered to us by our primitive lower brain is damned. We may stay alive, but we fail to live. We believe in the dangers. We avoid all types of negative interactions. We seek a life of happiness without realizing a life of happiness is not the ultimate goal.

Life is 50, 50 positive and negative experiences, by design. We are often inspired by the stories of those who have overcome great hardships, who have achieved goals and realized dreams when the odds appeared to be stacked against them. We feel their pain as we learn of their circumstances. We believe in their potential as they struggle against the odds. We celebrate their victories as if they are our own. But why? I think it's because, at our deepest levels, we believe in their value. We believe that they are worthy. We believe anything is possible for them no matter their circumstances and worldly odds of success. We just believe.

Imagine your life if you extended that same level of belief and infinite worth to yourself. If you knew you were perfectly made for this moment in time to show up and contribute in a way that only you and you alone are equipped to do, what would change?

Maybe you could stop worrying so much about the things you can't control. Maybe you could accept that your best is exactly the right amount of effort in any situation. Maybe you could consider that the words and actions of other people are never a reflection of your true value. Maybe you could stop blocking your own potential.

You and you alone get to decide what you believe about you.

You and you alone live out your personal opinion of your value and worthiness through your choices and actions.

It is not enough for me to tell you that I believe you are worthy simply because you exist. That I believe you are capable of achieving whatever you want to achieve. That I believe your past does not predict what is possible for you in the future. And that I believe you are where you are right now, physically, emotionally, and spiritually because it is exactly where you are supposed to be in this moment of your journey. It's not enough. But it just might be the start. It just might be the catalyst you need to begin intentionally creating your own confidence and courage. It might just be the perfect reminder that you are perfectly and infinitely worthy.

Don't give up! Your dreams and goals are not silly. They are valuable. They are needed in this world. You don't need to know how you will accomplish them. The how will unfold perfectly as you go, I promise you that. But it never gets started if you don't take the first courageous step.

So I'll leave you with one question: What becomes possible for you if you truly believe you are capable and infinitely worthy?

See you next week.

Thank you for listening to the Joyful DVM Podcast. If you'd like to learn more about the concept and ideas discussed here, and how to apply them to your own life to create confidence and empowerment for yourself, you'll love Vet Life Academy. To check it out and learn more, visit joyfuldvm.com/vetlifeacademy. And if you're loving this podcast, I'd appreciate it if you'd share it with your friends and leave us a review on iTunes. We can change what's possible in VetMed together.