

Women in Leadership, Self-Worth, and the Power of Boundaries: A Holiday Reset



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Recently, I had the privilege of joining *Voices of Impact with Dr. E* to talk about one of my favorite topics: the essential role self-worth plays in women's leadership. Whether you're leading a team, a family, a classroom, or a community, your sense of worth determines not just how you show up for others—but how you show up for *yourself*. And there's no time of year where this shows up more clearly than during the holidays.

Why Self-Worth Is a Leadership Strategy

Self-worth isn't a fluffy concept. It's foundational. When women feel worthy, they give themselves permission to lead in ways that are bold, compassionate, and sustainable. Without a strong sense of worth, leadership becomes something we perform to earn approval

rather than something we embody with confidence and clarity.

When your value feels shaky, it's easy to fall into patterns like:

- Saying yes to every request to avoid disappointing others
- Over-functioning to prove your competence
- Accepting treatment or dynamics that drain you because you don't want to "make a scene"
- Ignoring your own needs to keep everything looking seamless

Self-worth anchors you. It tells you: *You matter. Your time matters. Your needs matter.* And this is where boundaries come in.

Boundaries: The Leadership Skill Women Aren't Taught Enough

Boundaries are simply how we protect our energy, our mental health, and our peace. They reflect what we believe we deserve. In leadership—and especially during the holiday season—boundaries are not optional. They're essential.

There are two kinds of boundaries women struggle with most:

1. Saying "No" When You Don't Have the Capacity

The holidays tend to magnify this. School events, volunteer requests, extra social invitations, family obligations—you're suddenly juggling twelve spinning plates while trying to remember where you hid the wrapping paper.

Saying no doesn't make you difficult, unkind, or selfish.

It makes you *effective*.

It preserves the energy you need for what genuinely matters.

2. Saying "Yes" to What Brings Joy

Self-worth doesn't just protect your time—it expands your life. Leaders who feel worthy make space for joy, rest, creativity, and connection. They honor the things that fill them back up.

During the holidays, this might look like:

- Choosing a night in with your family instead of forcing yourself to attend another party
- Buying store-bought cookies instead of volunteering for the bake sale
- Scheduling time for something you love—reading, walking, crafting, or simply breathing
- Allowing traditions to evolve so they serve you, not drain you

Joy is not frivolous. It's fuel.

How the Holidays Test Women's Self-Worth

The pressure is real.

The expectations are layered.

And the emotional labor is invisible.

Many women unconsciously tie their value to how much they can produce, manage, smooth over, or make "magical" for everyone around them.

So if you find that:

- You're exhausted before December even begins
- Your generosity is turning into resentment

- You're more anxious than excited
- You're overcommitted and under-rested

...it's not a failure of planning.

It's a failure of support—and a sign your self-worth needs a reset, not more hustle.

The Self-Worth Reset: A New Year Re-Entry Plan

As you close out the year, here are three powerful ways to hit refresh:

1. Clarify What You Want to Feel

Choose three words you want your holiday and new year to embody—peaceful, connected, rested, spacious, joyful, empowered. Let these guide your decisions like a compass.

2. Create “Worth-Based” Boundaries

Ask yourself: *If I believed my time and energy were valuable, what would I say no to?* Then honor the answer.

You can also try:

- A “one in, one out” rule for commitments
- A non-negotiable night off every week
- A limit on people-pleasing (yes, you can set that boundary)

3. Say Yes to One Thing That Brings You Joy Each Week

Not productivity.

Not self-improvement.

Joy.

A walk outside.

A coffee date with someone who energizes you.

A hobby.

A slow morning.

A good book.

A nap you don't apologize for.

Self-worth grows when you treat yourself like someone who deserves delight.

The Leadership You Bring Into the New Year

Women in leadership change the world not because they sacrifice themselves endlessly, but because they learn how to lead sustainably—with intention, boundaries, and a strong sense of worth.

So as you wrap up the year, ask yourself:

- *What am I no longer available for?*
- *What am I absolutely saying yes to?*
- *How can I lead myself with more kindness, clarity, and courage?*

Resetting isn't about perfection.

It's about remembering who you are—and treating her with the respect she deserves.

Biography:

Noelle Rizzio is a professional counselor, host of *Your Emotional Support Podcast*, and founder of **Counselor HQ** - an online hub for counselors' professional growth. She specializes in building self-worth for individuals who struggle with self-doubt, setting boundaries, and quieting that inner critic that makes us question our worth. To get in touch with her, visit her website noellerizzio.com or email her at nrcandc@noellerizzio.com