

Freedom Thoughts

Perfection/Worth/Value

These Freedom Thoughts, statements, and insights are offered as *suggestions* for you to consider. Please feel free to ignore any that don't apply. It can be helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

Feel free to check out the FCM's website to meet our team.

<https://www.freedomcounsellingministries.co.nz/>

- If I fear what others are thinking about me, then I am putting my worth in their hands.
- **Misbelief:** My worth is in others' hands.
- My worth is not in their hands - only in God's.
- I don't need to persuade anyone that I am someone worthy of their approval - because I don't need their approval.
- Other people's point of view of me is no competition compared to my own point of view of me.
- Being perfect is not the criteria for being a valuable person.
- **Misbelief:** If they see me as faulty, it means I *am* faulty - therefore I must wear a mask and project a certain version of me.
- **Misbelief:** I can get my self-worth from my performance.
- It turns out I am just another frail human being, doing the best I can.
- How do I respond to praise or approval? Instead of feeling satisfied, do I filter out the positives?
- Filtering out the positive is out of bounds now; I can simply say, "Thanks!"
- Do I ignore the positives because they don't fit my theory about me? If so, maybe I need a new theory!
- The very thing I think I need to feel joy and fulfilment - when it comes, do I let it in?
- I am becoming fully persuaded that I am okay, no matter what others think of me.
- There is no number of achievements that will change my worth - I am enough before I even start.
- When is enough, enough?
Answer: Before I say or do anything.
- I have worth and value before I say or do anything - worth is given, not earned.
- God says I have so much worth and value that He died for me.
- Negative emotions can keep me from being fully present with myself, others, and God.
- If the evidence says I am good at my job, it is a lie to believe otherwise.
- Being perfect is not the criteria for being good at my job - training and skills can always be added.
- What others often want is *help*, not perfection.
- I don't need to project perfection - only progress.
- Every expert starts as a beginner.
- I can always learn new skills.
- Having a clear sense of vision helps me make decisions I can own.
- I won't let my feelings bully me. I can tell myself, "I'm not going there right now."
- My feelings result from whatever I am telling myself.
- I am not a human doing - but a human being.
- My purpose is to walk with God - not just to achieve things.