

# FREEDOM THOUGHTS: PERFECTION / WORTH / VALUE

These Freedom Thoughts are designed as suggestions for you to consider. Please feel free to ignore any that you feel do not apply. It is helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

- When I fear what others think of me, I put my worth in their hands.
- My worth is not in other hands, only in God's hands.
- I don't need to persuade others that I am worth their approval. I do not need their approval.
- Being perfect is not the criteria for being a valuable person.
- Misbelief: if they see me as faulty, it will mean I am faulty. Therefore, I have to wear a mask and project a certain me.
- Misbelief: I can get my self-worth out of my performance.
- 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 thank you!
- Do I ignore the positives because they do not fit my theory about me? Maybe I need a new theory.
- I can be fully persuaded that I am okay, no matter what others think of me.
- There is never any 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. He died for me.
- Negative emotions 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.
- Help is often what others want, 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 will not let my feelings bully me. I can tell myself I'm not going there 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 stuff.