



## Thank God For Me



There is nothing wrong in seeing yourself as a beautiful, unique individual expression of God, with the right to be here to demonstrate and use your divine potential as you see fit. It's part of the process of developing healthy self-esteem.

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*People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within.* – Elisabeth Kübler-Ross

*Everybody is unique. Compare not yourself with anybody else lest you spoil God's curriculum.* – Rabbi Israel ben Eliezer

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Self-condemnation is not new. It's been around as long as humankind first started to judge one another. Paul in his letter to the Romans tried to explain this when he wrote:

*Do not...destroy the work of God. Everything is indeed good,... The faith that you have, keep between yourself and God; happy is he who has no reason to judge himself for what he approves. But he who has doubts is condemned.. (Romans 14:20-23).*

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How many of us have tried to destroy the work of God? How many of us have condemned ourselves with the words, "I'm not good enough." Every time we utter these words to ourselves or others we are trying to destroy the work of God.

I have a problem with low self-esteem which is really ridiculous when you consider how amazing I am.

God sees you as GOOD!

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To see ourselves as God sees us takes time. It took me some time to see myself as capable and deserving of love, and that I wasn't going to be introduced as: "This is my son, Chuck, who stained the carpet with grape juice," or "I'd like you to meet my son, Chuck, the pyromaniac who set the barn on fire," or "This is my son, Chuck, who couldn't plant a straight row of tomatoes if his life depended on it."

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Too often we let our thoughts develop an attitude of playing it safe, rather than taking a risk and moving forward. Every living human being is in the process of moving. What we must determine for ourselves is how we want that movement to proceed -- forward or backwards? The choice is ours, the attitude is ours.

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*There was an old teacher who was taking a walk through a forest with a pupil. As they approached a small clearing along the path the teacher suddenly stopped and pointed to four different plants. The first plant was just beginning to peep above the surface of the ground. The second plant had rooted itself pretty well into the earth. The third was a small shrub, and the fourth was full size tree.*

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*The teacher turned to the student and said, "Pull up the first plant." The student bent over and easily pulled up the plant with his fingers. "Now pull up the second plant." The young student bent over the tall plant and starting pulling. This time it required a bit more strength as he grabbed it with his right hand and pulled it out of the ground. "Now, try the shrub," instructed his teacher." The student found that he had to use both hands and all of his strength to uproot this plant.*

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*"You've done well, my son," said the teacher. "Now, pull up this tree." The young student tried and tried to pull up the tree, but to no avail the tree could not be uprooted. The teacher then turned to the student and said, "This is what happens with our thoughts and beliefs about ourselves and the world we live in. When our thoughts are young they can easily be pulled up and casted aside with ease. But when they are allowed to take root and grow it becomes a lot harder to uproot them. So be careful of what kind of thoughts you allow to take root in your heart."*

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**Don't buy into the Calvin and Hobbs concept of self-esteem to get by in life.**

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**Remember:**

**Every day you show the world and those you share it with how to treat you by how you show up.**

**It's important that you develop a strong sense of self-esteem for your own spiritual and emotional well-being and growth.**

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**Check you thoughts and feelings on a daily basis to see that you plant only those seed thoughts that will produce strong, positive, uplifting fruit.**

**There is nothing wrong in seeing yourself as a beautiful, unique individual expression of God, with the right to be here to demonstrate and use your divine potential as you see fit. It's part of a five step process of developing healthy self-esteem:**

## **Thank God For Me**

**Step one:** Listen to yourself--to what you think and say.

**Step two:** Be honest with yourself when you make a negative statement about yourself or someone else and see if it is what you really believe to be true.

**Step three:** Practice the use of positive thoughts and statements to replace the negative ones.

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**Step four:** Make it okay for good things to happen to you without trying to explain them away.

**Step five:** Look for things to praise in yourself and others and then give thanks for that awareness.

Someone once said, *"Your life is like a flower bed, it is seeded only with the thoughts you hold about yourself. Will it be filled with the beauty and fragrance of flowers or choked and overgrown with weeds?"*