Today many people measure their worthiness by who they are surrounded by, what career or title they have, how much money they make, the neighborhood they live in, the car they drive, the family they were or weren’t born into and how they look.

The way we choose to measure our worth as a person will serve as a major driving force in the choices we make, the thoughts we have and the way we feel about the world and ourselves.

I spent more than thirty years seeking my value from the external things of this world. Most of my life I felt inadequate. My perfectionism caused me to compare myself to just about everything and somehow I always came up short.

I struggled to believe in my heart of hearts that I was worthy of happiness, success, financial abundance and sometimes even love. Functioning with this critical thinking and judgment of myself caused my self-confidence to fluctuate like the Texas weather.

While on my recovery journey I discovered I was not alone and want to share what I learned. If we ground ourselves in the fundamental truths below we can master the art unconditional worthiness.

Truth #1: I Am a Masterpiece

In Genesis, many living things were created but man alone was created in God’s image. Ephesians 2:10 says we are God’s handiwork, created in Christ Jesus to do good works. God sees us as a work of art and declared us to be good—very good.

God tells us in Isaiah 43:4 “You are precious in My eyes and honored, and I love you.” God created us to be in a relationship with Him. We are His most treasured creation. How do I know this? God treasured us so much that He died to reconcile us to Himself.

When we understand our eternal worth and live in a way consistent with our divine inheritance, we gain a lasting self-esteem that is better than anything this world can offer. We are God’s masterpiece.
Truth #2: I Am One of a Kind
Research has shown that unless you are an identical twin there are more than three million differences between any two people’s DNA. Outside of our DNA, no two people experience the same life event the same way.

Our experiences define our beliefs and our beliefs about ourselves, others, the world, and what's right or wrong will rarely if ever be the same as someone else. Our personalities are as unique as our fingerprint and our bodies come in all shapes and sizes.

Our five senses—sight, hearing, touch, taste, and smell—allow us to engage and explore the world we live in. These senses tailor our experiences even more.

For example, I have a hypersensitive nose and certain aromas can trigger vivid life events—some good others not so much. When the unpleasant memories surface, a secret weapon I use is my precious essential oils. With just a couple of drops, I can quickly return to my happy place.

Truth #3: I Am Talented
Each of us is born with natural abilities called “talents”. These talents set us apart from one another making us unique. A talent is a special ability or aptitude. It is something we do naturally. There is no need to think about it—we just do it.

Talents are often confused with skills. Skills, on the other hand, are anything we learn through school, work, training, seminars, or life. Researchers have proven, unlike skills our talents are not influenced by education or our experiences.

Because of our God-given talents, we each have different patterns of behaviors, passions, and desires. If these talents are identified and encouraged, a person can achieve maximum satisfaction in their life. Our talents unconsciously direct our journey through life and act as the winds in the sails of our destiny.

Truth #4: I Am Lovable
Not every child grows up feeling abundantly loved by their parents. Sometimes expressing love is a learned behavior meaning you express love to others in the way you saw love being modeled. Over time you can imagine how this behavior might get someone a little off track.
The fact is being lovable has nothing to do with being loved at all. Being lovable comes from within. We are only loved as much as we love ourselves. The act of loving ourselves also sets the stage for how others can love us.

Be kind and compassionate with your feelings. They are your compass and they have something important to say. Engage in uplifting self-talk, find reasons to enjoy being in your own company, learn to become your own best friend, delight in your imperfections, and I saved my favorite for last, don’t take yourself so darn serious; instead, learn to laugh out loud at yourself.

Your heart is a muscle and the more you use it the stronger it gets. The most important heart to win is your own.

Truth #5: I Am Important

There is a drastic difference between being arrogant, narcissistic, and having a healthy dose of self-importance. In most cases, our thoughts influence how we feel and those feelings typically drive the way we see ourselves. This also directly impacts how others see us.

A simple example of healthy self-importance is when a flight attendant is giving the safety instructions before a plane takes off, “If the plane should experience decompression, an oxygen mask will appear in front of you. Place the mask firmly over your nose first, then help your child or anyone else that may need assistance.”

Bluntly speaking, if you are dead, due to questioning your self-importance, you are of no use to anyone. Self-importance does not imply that you are more important than others. It does mean that you are important enough to yourself to be a benefit to others. I am important, not because of or despite anything.

Based on these 5 Fundamentals Truths of Unconditional Worthiness your confidence does not depend upon your performance or lack thereof. Drawing your worthiness on these truths will give you a peace from within the world cannot take away.

Stand firm and confident in your worthiness!
ACROSS
3 One that is assured
5 One of a kind
7 A craftsman's best work
8 Exhibiting proficient aptitude
10 Deserving of affection
11 Having high moral standards

DOWN
1 Notable or important
2 Having noteworthiness
3 One’s disposition
4 Of great worth
6 Steadfast resolve
9 An expression of mirthfulness
We all experience adversity at some point in our lives. Sometimes those adversities can become strongholds resulting in destructive thinking that I refer to as “Stinkin Thinkin”.

We can experience transformation by the renewing of our minds by focusing on the 5 Fundamental Truth of Unconditional Worthiness we are better equipped to live happier and more fruitful lives.

Do you think these 5 Fundamental Truth of Unconditional Worthiness would be helpful to any of your friends and family members?

If so, take a second to Share on social media.

Thank you!