

2010-02-23

IT SEEMS TO ME...

HEALTHY SELF CONCEPT IS NEITHER VANITY NOR CONCEIT, but rather the result of some internal, as well as external, affirmations along the way. No baby is born with a low opinion of himself. Self-image begins to form in the first days of life as a reaction to the environment as perceived by the new little person. It takes time to develop low self-esteem -- but it can be done, as attested to by multitudes!

Our most precious inheritance is our right to exist -- together with the right to ask for and expect something in life. To treat ourselves with neglect, disrespect, or even disregard, is to violate that inheritance.

Becoming our own best friend is a good way to show one of God's creatures some genuine respect. Our belief in ourselves then works for us -- never against us! A good, healthy opinion of oneself -- based on reality and self-acceptance -- is probably the best antidote to the sickness that is part of our present cultural scene: The bending of minds en masse to some new religious form of expression as presented by a dynamic and charismatic personality.

No one has final authority over your destiny but you. Be a friend to yourself -- becoming who you are or want to be, rather than fulfilling the plans of others.

One of your most priceless possessions
is your own self-image!

By: Kenneth Haystead

Read by Ken Haystead
PEACE FOR TODAY
February 23, 2010