

How To Succeed at Being Yourself

If you don't like yourself, you're not going to enjoy life very much. People who don't accept themselves and don't get along with themselves have a difficult time accepting and getting along with other people. The Bible says, "Love your neighbor as you love yourself. We can sometimes spend years having a hard time getting along with other people only to finally realize through the Word of God that our difficulty with other people is rooted in difficulties with ourself."

The Bible says a good tree will bear good fruit and a rotten tree will bear rotten fruit. The fruit in our lives comes from the roots within us. If you're rooted in shame, guilt, inferiority, rejection, lack of love and acceptance, etc., you will bear bad fruit in your relationship with yourself and others until you get rooted and grounded in God's love. Once you have a revelation that God loves you unconditionally, you will be able to begin to accept yourself and eventually these new roots will produce good fruit in your relationship with other people. Stop for awhile and ask yourself, "How do I feel about myself?"

Here are 10 tips on how to succeed at being yourself.

1. Never say negative things about yourself—things like "I never do anything right. I'll never change. I'm ugly. I look terrible. I'm dumb. Who could ever love me? etc.". Matthew 12:37 says, "...**by your words you will be justified..., and by your words you will be condemned...**" In other words, however we talk about ourselves is the way we feel about ourselves.

2. Don't meditate (think on) negative things about yourself. Proverbs 23:7 says, "**as a man thinketh in his heart, so is he.**"

3. Speak (as private confessions) good things about yourself. Say something about yourself in line with what the Word says about you. For example: "**I am the righteousness of God in Christ. I am made acceptable in the Beloved. God created me and formed me with His own hand and God doesn't make mistakes.**" I like to start my day saying good things about myself, the day, my future, etc., perhaps while you're taking a shower, driving to work, or cleaning the house. I also encourage you to look at yourself in a full-length mirror and say out loud, "**God loves you, I love you, and I accept you.**" Also, you might try giving

yourself a hug. This is very beneficial to people who have lacked love and acceptance in their lives.

4. Never compare yourself with other people. God must love variety or we wouldn't all look different. We are all created differently even down to our fingerprints. You'll never succeed at being yourself if you're trying to be like someone else. Other people can be a good example to you; but even then, good traits if duplicated will manifest differently through your individual personality.

5. Focus on your potential instead of your limitations. I read an interesting story about Helen Hayes. She was a great actress who was told in the early days of her career that if she were 4 inches taller she would be the greatest actress of her time. Helen was 5 feet tall. Her coaches tried various methods of stretching her but nothing increased her height. She refused to concentrate on the supposed limitation of being 5 feet tall and decided to concentrate on her potential. As a result, she was eventually chosen to play Mary, Queen of Scotland, one of the tallest queens who ever lived.

6. Find something you like to do that you do well, and do it over and over. If you spend your time doing things you're not good at, it will frustrate you and cause you to feel defeated and unsuccessful.

7. Have the courage to be different. Be a God pleaser, not a people pleaser. Read Galatians 1:10. ***Obviously, I'm not trying to be a people pleaser! No, I am trying to please God. If I were still trying to please people, I would not be Christ's servant.***

8. Learn to cope with criticism. If you dare to be different, you'll have to expect some criticism. Going along with the crowd when you know in your heart God is leading you in a different way is one of the reasons people don't succeed at being themselves. You won't like yourself very much if you go against your own convictions.

9. Don't let the way another person treats you determine your worth.

10. Keep your flaws in perspective. People with a high level of confidence have just as many weaknesses as people without confidence, but they concentrate on their strengths not their flaws or weaknesses.