



# BUILDING YOUR SELF WORTH

*By Oyindamola Faith Idowu*

**A**n insecure person is one who has the feeling of inadequacy (not being good enough) and uncertainty. One of the worst feelings someone can have is the feeling of not being enough. In this state you would experience what I call "Temporary Happiness", you would always want to compare yourself with others, you won't feel comfortable amongst your peers, and you will look down on your abilities and lose hope in who you are. I don't know how far you have dived into being insecure; I want to remind you that you are **CAPABLE!**

**You are WONDERFUL! You are GOOD ENOUGH! You are GOD'S MASTERPIECE!**

A tiny voice speaks into her head saying "You aren't good enough because you are too fat and everyone around you is slim, looking fit and highly presentable".

Guess what she replies! "I am plus size for a purpose, I radiate God's glory through my looks, I am beautiful, I don't need to be others in order to feel fulfilled, I AM A MASTERPIECE". This should be our response every single day to that voice of insecurity that visits our minds and whispers false things. Yes, false things!

That voice is a false talker and a mood destroyer. Don't give it chances in your head and heart even when things seem to be falling apart believe that God is working behind the scene for your good.

**Who am I?**

Ask yourself this, because if you don't know who you are then you would become a prey to insecurity. The purpose or usefulness of something determines the quantity and quality of value it would earn! And same applies to the human world.



You cannot see a manager acting like a gateman because he knows his worth, and prioritizes his level. Even if the voice of insecurity comes and whispers into his head saying "You are a gateman, you are not good enough". Believe me; he might laugh it away, why? Because he knows his standard in that organization.

I don't know that thing that is killing your personal security, but I know that discovering whom you are and realizing God's plans for you would make you see that you are too good to be feeling bad about yourself.

Take the bold step and ask yourself, who am I? You can also channel it to your communication with God. Your maker, His knows you more than you know yourself.

**Remember, you more than enough!**

A simple hint: Avoid anyone who robs you off your Worth's with their Words.

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