



***Becoming
a Person of
Significance***

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Life is lived in relationships.

**The health of your relationships
will determine your
moment-by-moment happiness.**

4 *Basic Relationships*

Relationship to **GOD**

Relationship to **PEOPLE**

- Family
- Significant others

Relationship to **SELF**

Relationship to **THINGS**

INFERIORITY

Low Self-Esteem

Insignificance

Causes of Low Self-Esteem

1 CHILDHOOD

2 GUILT / SHAME

3 SOCIETY

Basics for Significance

1 BEAUTY

2 INTELLIGENCE

3 MATERIAL / MONEY

4 PERFORMANCE



REMEMBER

- ◆ It is impossible to love someone else if you don't love yourself.
- ◆ You will never think more highly of others than you think of yourself.
- ◆ Most moral/spiritual problems come because of low self-esteem.
- ◆ You will love on the level you perceive yourself to be.

Steps for Developing a Healthy Self-View

1. BELIEVE that God created you
2. BELIEVE that the One that made you loves you
3. BELIEVE Christ died for you
4. BELIEVE that the One who has made you has gifted you
5. BELIEVE that the One who has made you plans for you every day
6. LIST all the things you dislike about yourself:
 - ✓ Check the most bothersome ones
 - ✓ Talk to someone
 - ✓ Accept the things you can't change
 - ✓ Burn the list

God grant me
the serenity
to accept the things
I cannot change,
the courage
to change the things I can,
and the wisdom
to know the difference.

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