

Don't Believe *The Hype*



*Your True Worth is
Greater Than the Circumstances
Around You*

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O fentimes, when gold is found, it's usually covered in dirt. But no matter how much dirt seems to be covering the gold, it doesn't depreciate. If value was determined by the absence of dirt alone, what would be the purpose of digging for gold to begin with?

Have you ever felt like your impurities or messy circumstances have diminished your value in any way? Like the dirt from your past or present-day conditions govern how far you can go? If so, it's not only you. Believe it or not, many people feel this way, and some are too embarrassed to admit it. Just by having the courage to admit it, you're further along in the transformation process than you'd be if you hadn't. Too many people identify with their circumstances rather than realizing they're only incremental moments in their journey. They seem to forget that they're only events and not their conclusion.

Who would you say is the creator of value itself? I say God. Not only do I consider God to be the Father of value, but my view is that everything God creates is valuable. Did not God create you?

Just because someone doesn't perceive you as valuable doesn't make it accurate. People may make mistakes, but God certainly doesn't. Have you ever thought of it this way? What if someone's perception of you not being valuable was a helpful tool that you could use to strengthen your perception of the value you hold for yourself? After all, strenuous exercises help strengthen muscles. Although the results we receive after we exercise are something we consider to be valuable, aren't the weights that we use during the process beneficial as well?

If you constantly judge your worth by how your circumstances appear, how much of your potential can be determined by things inside you? You don't have to give your temporary struggles the right to define your permanent story. You are much more than your circumstances.

The value of who you are isn't debatable! However, how you perceive and respond to your circumstances is entirely up to you. The real question is whether you will view yourself through the lens of doubt or use your vision to redefine what's possible for you.

Far too many people choose to identify their sense of worth by way of their circumstances. They appear to associate their identity with some flaw or adversity, whether it be a difficult upbringing, a financial crisis, or personal failure. On the surface, these false identities might seem like external factors, but at the core they're really internal issues. Somewhere down the line, these hardships are typically attached to disempowering beliefs that interpret struggle as a lack of value.

So, what's really the solution? A change of perspective, awareness, and course of action.

This chapter will help broaden our understanding of how our relationships with challenges affect how we view and experience reality. By gaining a clear sense of awareness of our choices, we can learn to become more intentional about how we perceive and

obstacles. By doing so, we can learn how to break free from many of the mental barriers that keep us chained to painful narratives that keep us from taking positive action and moving in the direction of progress.

So, how exactly does how we perceive our challenges influence how we experience life? Imagine two people, Sarah and Josh, who happen to be working for two different companies and have both experienced a recent job loss. Although Sarah and Josh both experienced a job loss, they held two completely different perspectives about the incident.

Josh perceives his job loss as confirmation to justify the feelings that he had been having about the job for the last few months he had been working for the company. During the last few months of Josh's working there, he felt like his boss had it out for him. Josh thought that no matter how far he went to please his boss, it didn't matter. Josh felt like all of his hard work was undervalued and unappreciated. Josh felt like he should've been next in line for a promotion. But when his boss gave the promotion to one of his coworkers, Dave, he felt as if he had been robbed because he had worked for the company two months prior than Dave.

Every day for three months, Josh dwelled on the disappointment that he initially felt when he had first gotten word of the news. Josh took it as a sign of unfair company politics, so he constantly replayed the unfavorable scenario in his mind repeatedly. Josh perpetually fed the disdain he held onto about the event, and it didn't take long before it began to show up in his work. In addition to losing total interest in his job, Josh started arriving to work late regularly. The last straw was when he pulled two no-call no-shows in a row.

On the other hand, Sarah lost her job due to the shutdown of the whole department where she worked. Although being laid off from her job was something that Sarah didn't anticipate, she was able to view the situation as the perfect opportunity to go all in on the

business idea that she had been longing to embark on. At first, Sarah had taken the layoff pretty hard. However, instead of Sarah remaining attached to the state of mind that her job loss was a setback, she consciously decided to see it as being a setup for something greater.

Rather than using her energy to remain in an unfavorable state, Sarah decided to use her energy to flip the switch and see things differently. Sarah didn't just stop there; most importantly, she moved forward and took action. In addition to that, she was able to multiply her opportunities by establishing new contacts, enhancing her skills, and consistently taking progressive activities.

Subsequently, even though both Josh and Sarah may have encountered similar events because they put their energy into opposing perspectives, they ended up having two different experiences. So, what exactly causes people who experience the same or similar situation to differ? Perception. How you frame a circumstance, event, or situation influences how you respond to them. If you see obstacles as roadblocks, you'll likely find it difficult to get past them. On another note, if you decided to reframe that same roadblock and chose to perceive it as an expressway instead, you'd be permitting yourself to address it differently. In a way that motivates you to move forward.

How have you been framing your challenges? Are you framing your challenges in a way that confines you to failure? Or are you framing them in a way that makes you feel empowered? If how you frame your circumstances holds so much weight, what does that say about the circumstances themselves? Are they really powerful enough to limit you? Or is the energy you put into your beliefs about them actually giving them their power? Suppose two people can encounter identical or nearly the same situation and have two opposing experiences. What does that say about the role perception plays in one's experience?

This points us to an insightful light bulb moment: although we may not always be able to control every situation, circumstance, or event that arises in our lives, we can consciously decide how we perceive and respond to them. In the grand scheme of things, perception and response are elements that work together in unison to form experience. This means while we may not be able to control the things that happen outside of us, we can influence our experiences through our perceptions and responses.

Oftentimes, when people feel stuck, powerless, or defeated due to their circumstances, they assume it is due to a lack of options. But what if a lack of options was just a byproduct of a deeper issue, a limited perception? What if they were looking at their situation through the lenses of smudgy glasses? Just like eyeglasses with smudges on the lenses, the perception of a lack of options can become so distractive that other images become more challenging to see.

Studies conducted in behavioral psychology have uncovered that when people feel like they lack control, they stop searching for answers. In psychology, this is known as "*learned helplessness*," where individuals begin to believe that nothing they do will work out in their favor. So they stop digging for treasure and pay no heed to different perspectives. But, what's truly an eye-opener is that as soon as they take on a well-thought-out, more empowering perspective and decide to respond to it in a way that ignites progression.

Given this insight, what does this mean for you moving forward? It all boils down to this: In most cases, you always have more options than you could think of. It's not a matter of whether you have an option; the real question is how many options you can see that you have. Once you can successfully answer that question, the next one that comes up is, which of those options will you decide to act upon?

Now that you are aware of how the power of perception and response work together to influence experiences, the next pivotal step is making your decision. While you may have many choices to choose from, a good question to ask is, which one do you see leading you to the most significant growth? You can begin to take progressive action once you're intentional in your approach.

Many people get stuck in the "make a decision stage." They recognize the possibilities, but feelings such as anxiety, doubt, and indecisiveness keep them from moving forward. So, what's the difference between those who stay in place and those who manage to transform their outcomes? Those who manage to transform their outcomes consciously make decisions that are geared towards growth.

So what does this mean exactly? Each decision you make is either working to welcome growth or working to support your limitations. The thing about growth is that it doesn't just happen on its own; it only happens when you make a concrete decision and act on it.

Making an intentional decision is a big step, but how can you ensure you make the right one? Well, this is one of the parts that many people wrestle with. This is because they make choices based on feelings, impulses, or fleeting excitement, only to end up in a similar situation later. Therefore, effective execution is essential. A strong foundation for change is established when you have a well-defined, strategic framework for making decisions that are both strong and growth oriented.

Let's examine a few tips that can help you make decisions that will help you rise above unfavorable circumstances.

- Realize that you can create change despite any obstacles standing in your way.
- Understand that you can either make your own decisions

or let someone else make them for you. If you choose to let someone else make them for you, there's a chance you may not like or agree with that decision.

- Get clear on the outcome that you are looking to achieve.
- Assess both the risks and the rewards of your decision.
- Create a strategic plan that supports progression.

Knowing how to make sound decisions is an essential skill that's often overlooked. It's important to understand that making a decision by itself isn't enough to transform your situation. However, you can transform challenges into positive outcomes when you back up your decision with additional elements such as commitment, adaptability, and consistent action to name a few.

Believe it or not, more people experience failure because they abandon their decisions rather than because they've made the wrong ones. If you feel that you've made a wrong turn, as long as you continue driving, you always have the option of making the right turn. One of the essential keys to overcoming circumstances isn't flawlessness; instead, it's consistent actions, sound adjustments, and resilience.

No matter where you are in the journey, your value is not determined by your circumstances, nor do your circumstances determine the value you walk away with. You are much more than your circumstances; the value you walk away with is determined by what you deem to be valuable.

In this chapter we covered how both your perception and your responses to circumstances determine your experience. We also brushed over how becoming aware of the choices you have available, can serve as an empowering tool. We even touched on how making intentional

decisions can help to establish a solid foundation for progress. And last but surely not least, you learned how real change takes more than just making a decision. It takes consistent action, adaptability, and resilience to transform your circumstances.

Now that you know you're greater than your circumstances, what will you do with this insight?

Why let your circumstances get the best of you when you can get the best of them? You no longer have to feel like a victim of circumstance. You have the right, insight, and the power not to be. The decision is yours, and so is the reward when you act on it consistently. Are there any decisions that you've been avoiding making? What action can you take today to get the best of your circumstances instead of letting them get the best of you? Are you willing to commit to growth every day moving forward? Not only do I believe you can do it but I'm rooting for you!

It's already been established that you're worth much more than your circumstances. Now, the next step is to step into it. The outcome you want isn't beyond your reach; but you might have to move quite a bit closer to grab it and take possession of it. So, what are you going to do from this point on? Go ahead it's your move.