

# Morning Inspiration with Pastor Byron

**"Don't Forget Who You Are"** Proverbs 3:5-6, Mark 9:23-24

**"Activating The Power of God's Word In Our Lives..."** Isaiah 60:1-5

Monday, April 16, 2018 & Wednesday, April 18, 2018

Don't allow circumstances to define you, you can go through for only so long that it becomes normal to go through, which turns into your new normal. Break free from that mind set and live on purpose.

## 1. *You are not defined by your circumstances!*

- a. Your situation does not define who you are. **YOU define who you are. Your gifts and talents define who are you.** Your attitude defines who you are.
- b. If you have a crappy attitude, **you'll have a crappy existence.** I don't want to live my life every day as though I'm a victim.
- c. Your circumstances may have hurt you. Maybe someone else has hurt you. Maybe you hurt yourself. Whatever the case may be, **you have the power to change it.** Just like you had the power to create it in the first place.
- d. Each and every one of us has value and you have the power to live life through one of 2 ways –
  - i. as a victim who can't move beyond the victimhood;
  - ii. or as an empowered person defined by love.
- e. Choose to live as empowered person defined by love. When the victimhood falls away, when I learn from my mistakes, when I remove the doubt and jump through the fear, **I know I can be, do or have anything my heart desires.**
- f. ***"Change the way you look at things, and the things you look at change."***  
~Wayne Dyer

## 2. Exercise This...

- a. EXERCISE 1 - Take a moment to look directly into a mirror and **practice loving and being kinder to you.**
  - i. You are not a reflection of your financial portfolio or how high up the ladder you have risen. Wayne Dwyer has a quote that has been used

repeatedly in the past several years, "**Change the way you look at things, and the things you look at change.**"

- ii. You are 100% deserving of the very best. Stop aligning yourselves with the negative aspects of what is going on in your life.
- b. EXERCISE 2 - Each morning before your feet hit the floor, think of five things that you are grateful for.
  - i. When we start to count our blessings both big and small it's amazing how many more start to appear.
  - ii. You are unique, special and dynamic, there's only one you, forged out of the stresses and complexities of life.
- c. EXERCISE 3 - We all need to hear how much we are appreciated. So take time today to tell someone how much you appreciate what they do for you...
  - i. Thank all of family, friends, associates and clients for making a difference in your life. You make a difference in someone's life by giving a simple acknowledgement. **You ALL MAKE A DIFFERENCE IN THIS WORLD!**

### 3. 9 Steps to Change

- a. **Forget Regret** - Leave your mistakes and regret in the past. They don't define your value, then or now. When you stay in the past you become stuck and unable to move forward. Give yourself the gift of forgiveness and keep moving forward.
- b. **Learn from Failure** - Learning from failure and having regret are two separate things. Regret is an emotion; a feeling of disappointment along with a modest amount of shame or guilt. But to look back at a circumstance and figure out what went wrong gives you some very important information. This review allows you to evaluate what worked and what didn't, and more importantly, why. Often when you are removed from a situation, you can look at it more objectively which will allow you to make better choices to keep moving forward.
- c. **Ask for Help** - You are not alone. It may *feel* that way sometimes, but there are many people who would extend their hand and lift you up if asked. Often times we are afraid to ask because we don't believe we are worthy to receive the help, we are surrounded by millions and millions of people by design – for a purpose. A hand to grasp, a shoulder to cling, and a face to radiate hope can help you to keep moving forward.

- d. **Believe You Are Worthy** - Whatever your goal, your dream, or your desire, you are worthy of achieving it. The closer you get to it is when the enemy of your soul will begin putting doubt in your mind by playing the self-limiting tapes that say you are not worthy.
- e. **Take 100% Responsibility** - Except in rare and unfortunate circumstances, you are responsible for the quality and condition of your life. Sometimes we choose to do nothing when we get hit hard because it's just easier and less painful that way. But the real pain is only deferred. You have to live with yourself. You have to live with the voice in your gut, your inner wisdom, that says you gave up too soon or didn't try hard enough. It's your choice, then, to get up and keep moving forward.
- f. **Know What You Want** - This isn't about the *how*, only the *what*. In order to move forward in life, you need a firm foundation to step from. Understanding *what* and *where* you want to go in life will provide your vision and spirit – your foundation. The *how* will figure itself out when you know you want to keep moving forward.
- g. **Trust** - When you get hit hard and land on your back, look for the reasons and for the value in this. Open your heart and trust this happened for a reason. Perhaps it was to test your determination or to alert you to the fact you were on the wrong path. Either way, trust the experience is happening for a reason and be open to making adjustments in order to keep moving forward.
- h. **Want it More** - How badly do you want it? When you get hit hard, you have an opportunity to answer this question. It's one thing to say you want to do something, or to be something. But to walk through the pain; to get up and keep moving forward knowing there may be more pain ahead, is a test of your determination and resolve.
- i. **Keep the Faith** - Faith: *A strong belief in something without proof or evidence.* At the end of the day when you are weary from all of the effort and energy you have expended and you are sore and tired from being hit hard so many times, but the dream is not realized, the one thing that tells you to keep going; to get up tomorrow and to keep moving forward, is your faith.