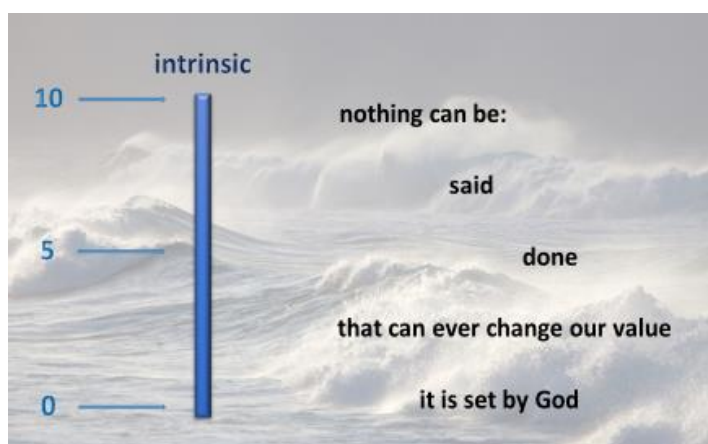




## Settle your value

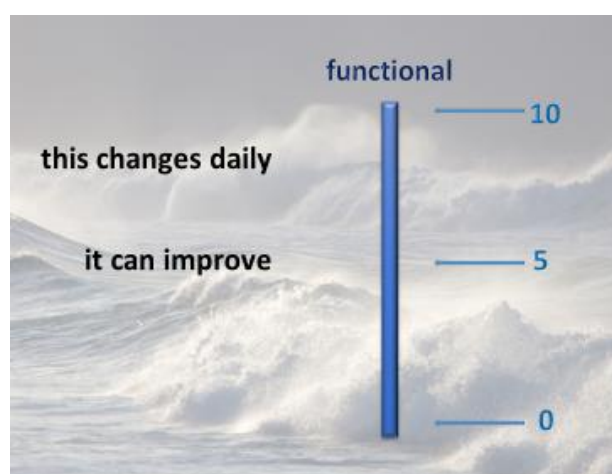
### Intrinsic value

We each have an intrinsic value – and this, of course, includes our introvert. We are 10 out of 10, and nothing can ever change that. This is how God views us. This is the value he has set on us. Although we speak of someone ‘giving us value’, this is not possible. We already have that value to maximum capacity. What we mean is that someone can make it easier or harder for us to believe that we have value – but we have it anyway.



### Functional value

We also have a functional value. This reflects how well we use who we are to accomplish what we are meant to do. The functional value should always be a measurement of how well we are using who we are as opposed to how others might view success or even what they are doing with who they are.



Let's say we have a day in which we fall well below what we would have hoped for – and we score only 5 for that day's performance. If we haven't settled that our intrinsic value is 10 then we will take our performance score as 'proof' of what we have always believed about ourselves and that is that we are 'no good' and 'not up to the job.' If we accept that our intrinsic value is 10 then we will see a poor performance score as a blip and will be far more likely to do better the next day because we still feel positive about ourselves. We will see it as an encouragement to use more of who we are. Remember that a baby

has no functional value but its intrinsic value is settled. It is only as we grow up that we can fall prey to the illusion that our intrinsic value is less than 10. We must separate functional and intrinsic value.

If we are struggling with a sense of failure in any given situation, it would be helpful to pause and ask ourselves whether we are focussing on our functional value or intrinsic value. We are going to get things wrong, make mistakes and put ourselves and others under pressure. The way we handle those mistakes will be determined by how quickly we can remind ourselves of our intrinsic value and act on it.

If we don't have an accurate sense of our intrinsic value, we can set the bar too high to compensate and thereby set ourselves up to fail. It can become so much a part of us that we don't recognise it. The Choleric Melancholic temperament can have this tendency. The Choleric will set the bar very high but the Melancholic will know it cannot be achieved. The vicious circle that results simply confirms his



negative view of himself. Other temperament mixes may feel so bad about themselves that they don't even bother to set the bar.

If we are going to be true to God's Word, then we will value ourselves. When you get something wrong, small or large, don't let that become a comment on who you are. Don't let the sick feeling in the pit of your stomach lead to self-condemnation but rather to a reassessment of how you use who you are. Even false accusations will be easier to handle when you know your intrinsic value is 10. When you make a mistake, remember that you are 'better than that' and then choose to be. Take control of your thinking and the changes will happen.

John Sparkes, January 2017