"The way you treat yourself sets the standard for others on how you demand to be treated. Don't settle for anything other than respect."

You are more than just a name; you are a great spirit inside of a physical body.
Recognizing greatness inside you isn't always the easiest thing to manage to do, especially since there are so many things that we are able to do that we tend to give these things much less focus. For instance, we breathe thousands of breaths each day without even thinking about it once throughout the day. Breathing is key to us staying alive, yet it is such a part of a normal everyday lives that we don't even look at this process as incredible, or even much pay attention to it at all.

In a sense this is what we do with our lives overall as well. We take for granted how special we are, and how much greatness that we have inside of us. If you've been full of doubt lately, turn it around. Remember that you are great, and that you can do all things through Christ who strengthens you.

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