

*Picture of the Week: January 26, 2015*



Hope you're safe if you're in the midst of wet, snowy weather. Where I am the trees look beautiful dusted with snow. Nice to look at, but I'm not into driving in weather like this. To the left is a sunset from Seattle when I visited in November. Can't wait to see views like this again.

My thought for this week is borrowed from a quote from an unknown author. "Your value does not decrease based on someone's inability to see your worth." We face rejection, abuse, humiliation, disappointment and other forms of disparagement at some point in our lives. How we're treated or what people think of us does not determine who we are. Only we can allow people to devalue us. Let's not allow that to happen by believing in our power and love for us. When we do, one, we feel better about who we are, and two, we allow the universe to bring us people and circumstances that do reflect our value. Please share and have a great week. :)