

Penny Worthy, Rich in Self-Value- by Janie Foley



Reach in your pocket. Feel down between the couch cushions. Clean out the cup-holders in your car. Empty the washing machine. Look in the trash or maybe even on the bathroom floor. Almost anywhere you look, you're going to find some type of currency. A penny. A dime. A nickel. A quarter. Perhaps a dollar. On a good day, a five-dollar bill, or even a ten, twenty. On a great day, a fifty. What about a hundred? You'd be inclined to believe you've had some good karma, right?

What if I told you that you, yourself, right here, are worth one cent? You'd probably be offended. Are you worth one single penny? Of course not. Okay, so, what about a nickel? A dime? Are you worth twenty-five cents? What if I said a dollar? Still, you'd answer no. I could keep going, though. What about five

dollars? Ten? Twenty? Fifty? One-hundred?

At a certain point, there begins to be some real and honest speculation on your self-worth. Take that number high enough, and your first reaction won't be no. Cross that threshold, and you'll take a step back, and you'll change that answer from "absolutely not" to "well.... It depends", right? It depends on what you must do for that cashout. Next, tell me, what would you do? Would you try a hardcore drug? Would you go nude in public? Would you walk up to a stranger on the street and hug him? Would you hit them?

Whatever it is that you'd do for that payoff, whatever your price... why would you do it? For the money, of course! Well, let me put that into some real perspective for you. You'd do it because the financial gain, the bounty, is greater to you than you are to yourself. That money is more valuable to you than you are on your scale of self-worth.

Imagine I fold a hundred-dollar bill in half. You'd still want it. What if I wrote on it? What about now? What if I went as far as to rip it in half? Put it back together with a little tape; you can still spend it. Why? Because it is still valuable. And even ripped and taped back together, it is more profitable than your standing in the belief of value you have for yourself and who you are.

Did you know that the value of money is based purely on demand? I'm sure you've heard it's backed by gold. Well, that was true, until the 1970s. American money is literally backed on demand and the federal government's "full faith and credit." So basically, it has worth because they say so. Ever heard of fiat money? A simple Google search will tell you this, "Fiat money does not have use value and has value only because a government maintains its value, or because parties engaging in exchange agree on its value"

(https://en.wikipedia.org/wiki/Fiat_money). Our money is intrinsically worthless, yet some of

us would still sell our best parts for it. Even if it's been ripped up, washed, worn, or drawn on. Even if it's been in the hands of a drug addict, a stripper, a preacher, a teacher, a fighter, a lover, or even a sexual predator, we hold its value. It has been enough to start wars. It has cost us lives. It has separated and segregated society. And worse of all, it has put a price tag on our happiness and who we believe we are.

And even right now, if someone says to you, "This hundred dollar is worthless. It has no value", even if they proceed to throw it away or if they yell and scream and try everything in their power to convince you that it's worthless, meaningless, insignificant, average, unimportant, or even down-right useless, it's still worth something to you, isn't it?

So, if you don't believe someone when they say all those things about the worth and value of money, then why do you believe them when someone says they are true about you? If our money still has value simply because we believe it does, why are you any different?

Is it because you have been ripped up, washed, worn, or even been thrown away? It is because you have been in the hands of a drug addict, a stripper, a preacher, a teacher, a fighter, a lover, or even a sexual predator? Maybe you were one yourself, or maybe you still are. Is it because someone has fought you, yelled at you, screamed at you, devalued you, and tried everything in their power to convince you that you are worthless? Maybe it is because you have a broken past. Maybe it is because you have made mistakes and choices that have left you feeling less than worthy.

Your intrinsic value and self-worth was, is, and forever will be. Your value is not less because of the things you have been through (this is what defines you). Your value is not less because of the things you have done. Your value is not less because of your past.

A grimy quarter is still valuable.
A crumpled and worn, half-torn bill is still profitable.
You, a struggled person, are still worthy.

So, let me ask again, are you worth one cent? I hope your answer is "Yes."

Janie E. Foley