

No One Is Better Than You

Wilhelm · March 15, 2008–2026

A Daily Reflection Workbook

Since 2008, Wilhelm has delivered a message on March 15 every year. Read together, they form a complete curriculum for living as your authentic self — from claiming your birthright, through releasing worry and self-judgment, to the declaration that has been repeated twice: no one is better than you. This workbook gives you each message followed by two reflection questions. Take your time with each one. Write what comes. The ultimate gift is the discovery.

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March 15, 2008

BIRTHRIGHT & CREATION

When your initial reaction to any event, circumstance, or situation that arises in your life experience is 'this too is working out for my Highest Good', you avail yourself to endless possibilities of manifesting your truest desires. In that very instant, you have claimed your birthright of creation while at the same time let go of your very own resistance to receiving your unlimited desires. You do not always know in your present awareness all the forces at work in the Universe to bring you your best.

Reflection Questions

1. Think of a current situation that feels difficult. What would change if you genuinely believed it was working out for your highest good?

2. Where in your life are you resisting receiving what you desire — and what belief is creating that resistance?

March 15, 2009

TRUE NATURE

There are no thoughts you can think, words you can speak, or deeds and actions you can perform that actually disconnect you from the true nature of your being. At times, they will appear to you to have done so, simply because of your judgment of what is occurring. It is always your intention on your physical life journey to evolve. That very evolution is a continual re-membling of that very true nature of your being. Choose who you desire to be in each moment of now.

Reflection Questions

1. What thought, word, or action have you used to convince yourself you are disconnected from who you truly are?

2. Who do you choose to be in this moment — right now, today? Write it down as a declaration.

March 15, 2010

WORRY & CREATION

Worry is one of the most self-defeating practices in which you may engage. It is self-defeating in that it brings you precisely the opposite of what you desire. When you worry, you are using your very own creative ability to give energy to the event, situation, or circumstance that you do not want to occur. When you understand that your creative abilities, managed by your thoughts, are extremely powerful, you will use them more wisely.

Reflection Questions

1. What are you currently worrying about — and what are you inadvertently creating by giving it that energy?

2. What would you focus on instead if you fully trusted your creative power to bring you what you desire?

March 15, 2011

NO RANDOM EVENTS

There are no random events that occur in your personal experience. All events that you experience hold some value and purpose that always lead to your greater awareness, expansion, and highest good. This does not mean that you intended to continually question all those events, but it does mean you did not intend to close the door to the wisdom those events hold by labeling them random. When you simply allow yourself to remain open, the information intended for you is always revealed in the perfect manner and at the perfect time.

Reflection Questions

1. What event in your life have you labeled random or meaningless — and what wisdom might it actually hold for you?

2. What would it mean for your life if you fully accepted that nothing has been accidental?

March 15, 2012

DO ONE THING

Do one thing. What this simply means is do one thing at a time. When you are able to devote your full attention to that one thing, you become much more effective at getting it done, you enjoy the process much more, and you are living in your moment of now as you always intended. The notion of multitasking is completely ineffective and dissipates your enjoyment of anything you attempt to do. The quality of the things you do fuels your expansion much more than the quantity of things you attempt to do.

Reflection Questions

1. What is the one most important thing you need to give your full attention to right now — and what are you allowing to distract you from it?

2. Where in your life are you prioritizing quantity over quality — and what would change if you reversed that?

March 15, 2013

FINDING YOU

Your entire physical life journey and experience are about finding you. The process of finding you is expansion and evolving. A fully actualized being has made the journey of discovery, exploring, owning, and accepting their full selves a joyful one. When you reach that place of finding you, there is no judgment, shame, regret, or fear. This journey can be confusing because at times you think it is about the things you acquire or what position you hold, but those are merely tools that you use to find you. The ultimate gift is that discovery.

Reflection Questions

1. What have you been using as a substitute for finding yourself — achievement, possessions, status — that has not delivered the fulfillment you sought?

2. What aspect of yourself have you not yet fully owned or accepted — and what would it feel like to do so today?

March 15, 2014

NOW OR NEVER

Now or never is precisely the type of urgency you would do well to apply to whatever you attempt to do in your physical life experience. There comes a time when you have to begin to trust in yourself and the Universe in order for you to expand. The only thing that prevents you from continuing on this path is your persistent doubt, worry, and, most importantly, lack of belief in who you are. Once you have decided to own your belief in yourself, it is reflected to all others, and they develop that belief in you.

Reflection Questions

1. What have you been postponing that you know you need to begin now — and what belief about yourself is causing the delay?

2. What would it look like to act with 'now or never' urgency on your most important goal today?

March 15, 2016

PRIORITIES & SCHEDULE

There are times when it is quite beneficial for you to pay attention to the mundane or ordinary experiences of your life, and especially those over which you maintain control. When you find that you come to the end of your day and notice there are a number of things you have yet to accomplish, this is precisely where you would do well to reexamine your schedule and set new priorities. Your previously held goals have changed, which is a natural result of your own initiated expansion.

Reflection Questions

1. What priority in your life has shifted recently — and does your current schedule reflect who you are becoming?

2. What one thing could you remove from your day to make room for what matters most right now?

March 15, 2017

DEPENDING ON YOURSELF

Everyone is indeed depending on you because you set it up that way. You learned at a very early age to use the idea that others depend on you as a motivator to accomplish something, to be an example to others, and to cause them to feel proud of you. Now, the real reason you do this is that you desire to know that you can depend on yourself.

Reflection Questions

1. Where in your life are you using others' expectations as a motivator — and what would change if you simply trusted yourself instead?

2. What does depending on yourself look like for you right now — and where are you still waiting for someone else to validate you?

March 15, 2018

BUILD SOMETHING BEAUTIFUL

You come upon a parcel of land upon which sits a dilapidated building. You view the land and its environment, and you have the idea to remove the old building and build something much more expansive and beautiful. You have no illusion that this might be a daunting task, but you also know the process will be fun because you are heading toward something more significant than what existed. Now you understand your life and where you sit now. Build something beautiful.

Reflection Questions

1. What old structure in your life — a belief, a habit, a relationship, a career — needs to be removed to make way for something more expansive?

2. What is the beautiful thing you are building? Describe it as specifically as you can.

March 15, 2019

TEARS OF JOY

Tears of joy. In the middle of the night, you awakened and began to reflect, and what felt to be spontaneous, tears started streaming down your cheeks. The awareness and the joy were you recognizing who you were meant to be, and your purpose was to help others experience the same. The significant thing for you to notice was your reluctance to accept what you were receiving, not believing it, or being willing to discuss the process. That is the problem you all have. You will now begin to give that up.

Reflection Questions

1. When have you had a moment of sudden recognition — joy, tears, clarity — about who you are meant to be? What did that feel like?

2. What are you still reluctant to accept about yourself or your gifts — and what would it take to stop resisting it?

March 15, 2020

BECOMING MORE

You are being asked to become more. That sentence is the answer you each have been seeking to know. Why do you have your current personal and global experiences? You all are an integral part of the evolution of the world. Who do you want to be — and when will you do that?

You were being prepared. When you approach your life in this manner, the events, circumstances, and experiences you have had begin to make sense. Nothing ever goes wrong; it is only that you come to understand this later. The reason you were being prepared is so that you would accept your greatness. Truly.

Reflection Questions

1. What is your life currently preparing you for — and what greatness are you being asked to accept?

2. Who do you want to become? Write it down. And when will you begin?

March 15, 2021

MEANT TO SUCCEED

You were meant to succeed now. That sentence is true for every person, or they would not be alive now. You may not know or remember what you are succeeding with specifically, but it is something you set forth for yourself on your evolutionary journey. You each have one, and it coincides with the collective evolutionary journey of evolution. You wanted your life to be an adventure, and that would not be the case if you had already experienced the adventure.

Reflection Questions

1. What does succeeding look like for you right now — not eventually, but now? What is the specific thing you were meant to accomplish at this time?

2. Where are you treating your life as a problem to be solved rather than an adventure to be lived — and what would shift if you changed that?

March 15, 2022

YOUR OPPORTUNITY

Your opportunity is before you now. You chose a time to be born because you knew it would be the best possible time on your evolutionary journey to coincide with the conditions of your world. You hold all the power. When you put the energies of all souls together, you create your world. The only manner you accomplish your original life goal is to love yourself, for then that is the energy you will add to the world. That collective energy of love will change the current conditions existing in your world if more of you decide to love yourself now.

Reflection Questions

1. What opportunity is directly in front of you right now that you have been hesitating to claim?

2. What would it mean — practically, today — to love yourself enough to add that energy to the world?

March 15, 2023

NO ONE IS BETTER THAN YOU

No one is better than you. And you are no better than anyone else. That is the existential understanding you are attempting to reach with the current restructuring of your world that happens through you. You exist now to aid in your evolution and that of your world. All the information we have provided over the years was to help you in your ascension process so you might thrive and live a life of love and joy. You do that by releasing your old and outdated thinking and behaviors.

Reread 2013.

Reflection Questions

1. Where in your life do you still act as though someone else is better than you — and what belief is driving that?

2. What old and outdated thinking about yourself are you most ready to release today?

March 15, 2024

NO ONE IS BETTER THAN YOU — AGAIN

No one is better than you. That is the one statement we wanted more of you to come to understand and accept, for if you do so, not only do you accelerate your ascension but that of your planet. We gave you the same title a year ago. But we gave you the idea in 2012 and had our messenger write a song for you in 1987. We wanted you to accept your evolving process and that of your world.

Listen: Better Than Me

<https://www.youtube.com/watch?v=r74N2WvFB-Y>

Reflection Questions

1. Wilhelm gave this same message two years in a row. What does that tell you about how important this understanding is — and how fully have you accepted it?

2. What would your life look like if you genuinely believed, in every situation, that no one is better than you and you are no better than anyone else?

March 15, 2025

THE PORTAL

Here is the message you wanted today. We provided it last year, but it will make more sense today.

Watch: Discover The Hidden Truth About Your Life Path

https://youtu.be/k_kqbRh3cYA

Reflection Questions

1. What message from last year is finally making sense to you now — and why do you think it needed this much time?

2. What hidden truth about your life path are you now ready to discover and act upon?

March 15, 2026

LIVE YOUR AUTHENTIC SELF

You could all live great lives. The only reason any of you would not do so is your reluctance to discover and live as your authentic selves. There is no soul born who does not possess that ability, but you must also become willing to move beyond your previously held limitations, which only exist in your consciousness. We provided a way for you to accomplish just that, and today we are moving our messenger beyond his, as it will aid you all. We have said there is order in your life and universe, and more of you will believe that today and get on with creating the life and world you want.

Reflection Questions

1. What is the one limitation you are most ready to move beyond today — and what has been keeping it in place?

2. What does living as your fully authentic self look like? What is the first step you will take today?

No One Is Better Than You.

No one is better than you. And you are no better than anyone else.

That is the existential understanding you are attempting to reach. You exist now to aid in your evolution and that of your world. You do that by releasing your old and outdated thinking and behaviors — and by finally living as the authentic self you were born to be.

You could live a great life. The only reason you would not is your reluctance to discover and live as your authentic self. Begin today.

— *Wilhelm, March 15, 2026*

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