

Love Who You Are: Becoming Your Own BFF Workshop

Session #1: Identity and Self-Worth

- FEAR: False Evidence Appearing Real
 - says “I am who the world says I should be”
 - only 2 real intrinsic fears= falling and loud noises which means all other fears are made up and they are something that doesn’t come from God
 - **Reason #1** for living in fear: looking at the whole ladder and looking at how far we have to go with what we want to achieve, which leads to overwhelm and procrastination
 - we fear judgement, we won’t measure up, rejection which causes comparison and perfectionism
 - Look at instead; getting just 1% improvement each day, focusing on how far God has brought us on our journey
 - Book recommendation: The Gap and The Gain by Dan Sullivan and Benjamin Hardy
 - **Reason #2:** living in fear: how our beliefs shape us and focusing on our past “fails”
 - The Belief Cycle
 - Belief: something we have grown up with/ that has been instilled in us through others and we take it as our truth- those negative beliefs that hold us back and prevent us from loving ourselves like our own BFF and how God sees us
- ***See attached PDF [Societal Labels](#)
 - Thoughts
 - Emotions
 - Action- not doing anything is an action
 - Results
- Take time to reflect on some of the experiences that have shaped us and creating new empowering beliefs
 - FAIL= First Attempt In Learning
 - Thomas Eddison= “I never failed, I just found 10,000 ways that didn’t work”
 - When something doesn’t work- ask yourself: “What can I learn/change/improve?”
- FAITH= Forward All Issues To Heaven
 - says “I am who God says I am”
 - Being our own BFF with the love and grace God gives us: trust over control; peace over pressure
 - It starts with knowing your values and the top 5 things that matter the most to you. Attached you will find the “Values Exercise” to help you determine your top 5 values: 1) pick one of the values in each section that means the most to you; 2) struggling to figure out which is your top one?- ask yourself- is this value more important than this one? Go with your gut, and please don’t hesitate to contact me if you have any questions!

***[Values Worksheet](#)



- Daily Affirmation: "I love honor and accept myself the way God sees me despite what I or others say, think, or do"

Session #2: Mindset and Thought Life

- The Flower Garden of Life: Flowers of Positivity and Weeds of Negativity
Just as with a flower garden, those pesky weeds grow in places we don't want them to and always seem to find a way to "pop up" out of nowhere and we have to remove them- so to it is with all of those negative thoughts we have about ourselves; the flowers take a lot of time with nurturing, watering and attention so to we need to take that time to nurture and reinforce the positive thoughts
- God sees you the same way you see your BFF. The voice of your heart and encouragement you give to others comes from the same heart God placed inside you!
**See attached PDF- [Who God Says We Are](#)
- As you work to create your Flower Garden of Positivity, negative thoughts will come up. It is important to acknowledge them and then reframe into positive, empowering thoughts
**See PDF [Thoughts and Beliefs](#)
- As you step into loving who you are and treating yourself as your own BFF and the way God sees you, it will take time, patience, and faith and the more you grow, the more resistance there will be- it's embracing the stages of learning as termed by Martin M. Broadwell in his book "Management of Training Programs"
 - Stage 1= unconscious incompetence- ignorance is bliss
 - Stage 2= conscious incompetence- this is where fear will hold us back and keep us stuck
 - Stage 3= conscious competence- effort- requires practice.. Lots and lots of practice and recognizing you will take 3 steps forward and 2 steps back, 3 steps forward, 1 step back on occasion
This is where the "change is hard", "I don't have time", "you can't teach an old dog new tricks" stories come into play and it's about taking one small action step every single day
 - Stage 4= unconscious competence- you have arrived and are in flow and also recognizing the importance of continuing to pick out those weeds of negativity and nurture the flowers of positivity
- Your "why" must be stronger than all of the excuses/struggles/roadblocks of life
- Here is a letter I often say to myself in the mirror that is helpful in tapping into our inner BFF and through how God sees us: [Letter From God](#)

Session #3: Setting Boundaries Without Guilt

- God designed boundaries to lead us to peace, freedom, and healthy relationships
- What boundaries really are: See PDF here- [What Boundaries Really Are](#)
- Boundary setting scenarios: See PDF here- [Boundary Setting Scenarios](#)



- When we say “yes” to something out of guilt/fear/obligation- it is a warning light on the dashboard of your heart that something is out of alignment= we are operating from other people’s expectations and not God’s divine direction; we are equating our value based on what we are doing and not the person God says we are
- Affirmations:
 - Guilt is not my guide- peace is
 - God didn’t call me into exhaustion- He called me into excellence through rest
 - My “no” can be just as holy as my “yes”
 - When I stop leading with worry, I start loving with wisdom
- If Jesus, who was perfect in love, set boundaries, then setting boundaries isn’t selfish—> it’s Christ-like. He didn’t feel guilty for resting/saying “no” because His “yes” was guided by purpose NOT pressure

We are meant to thrive, not just survive! Treating ourselves like we treat our BFF allows us to view ourselves how God views us!

Link to Reflection Questions: [Reflection Questions](#)

