

This guide is intended to be used as a complement to my podcast "Another Beautiful Life." It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I'm already praying you hear His voice clearly.

## **Episode 140 – How Do You See Yourself?**

1) Write down a few thoughts you've had about yourself lately:	
In the episode, I shared a story about 'Hayley' regarding how she saw herself and her world based on an event she experienced at age 7. Our brains try to understand the experiences we have in life and makes up 'stories' to fill in the gap when there's not enough information to fully understand. You may not have an experience with a thunderstorm like Hayley, but I'd venture to guess you have something that's keeping you from an abundant life. Most of us do.	
2) What have you experienced in the past that may have led you to believe a lie-based 'story'?	
When we were young, the part of our brains that we would use to bring logic and reasoning into a situation is not fully developed. So, all the 'stories' our brains make up at that age are made from the one part of our brain that is fully developed, and that is our emotional brain. The emotional brain encourages us to cope in certain way so that we will avoid feeling all the negative emotions. Coping makes us want to do things like cry or get angry, hide or run away, lash out, push back, yell and defend ourselves, people please or become co-dependent, or show off to get attention.	
3) In what ways to you find yourself "coping"?	

4)	LOOK back at your answers to question number one and circle the lies.
mad Who dea	self-worth is too often based on what other people tell us about ourselves or those 'stories' our brains de up. To change the lies that we believe, we must evaluate where we are getting our value and worth en we accept that we are of great value to God because of the price He paid to make us worthy - the th of His Son on the cross - this will be the lens through which we are able to see ourselves rightly. This ef system changes the way you think. And the way you think changes your life.
You You You You You Jere You	are fearfully and wonderfully made by God Himself (Psalm 139:13) are made in His image, His likeness (Genesis 1:26-27) are made on purpose for a purpose (Psalm 139:13-16, Ephesians 2:10) are fully known by Him, even the number of hairs on your head (Matthew 10:28-31) are no accident (Jeremiah 1:5) are unique and special and have something to offer this world that's needed (Psalm 139:13-14, emiah 29:11) are loved beyond measure (Jeremiah 31:3) are the apple of your heavenly Father's eye. The object of His obsession. (Psalm 17:8)
5)	Which of these truths stand out to you and why?
you eve	are responsible <i>now</i> for what you are thinking about your past experiences as they relate directly to . You get to choose what you want to think about something - whether that be a circumstance, a past nt, a word spoken to you, or even a message running through your head. You get to create a "story" ut everything you experience in life. And in that story, you get to decide who you are.
you	like Hayley began to reframe what she previously thought was true, you can do the same regarding r past experiences and let your eyes see things from a new perspective. Choose for yourself a story full ruths, not lies.
6)	Create a new 'story' about you:

If you'd like some help in this area, I'd love to be your Life Coach. Feel free to email me at: