



Healthy Living



Curriculum One (1)
Week 4

**The Document contains
copyrighted and licenced
materials**

**Do not distribute
without permission.**



Healthy Living



WEEK FOUR:

Foundations of the True You

WHO I AM... HOW I ACT THE MIRROR

*When I look in the mirror, who do I see,
Standing there staring back at me?
Is it someone I know who soars like a dove,
Or someone I feel not even God could love?
“What can I change?” I cry to myself,
To make me love ME... take ME off the shelf.
The answer comes simply and so amazingly true,
It’s turning my life over completely to You.
Lord help me to love myself as I am,
The person for whom was given The Lamb.
Help me to grow, please loosen the chains,
Let me forget past sorrows and pains.
Teach me to accept the person You made,
Give guidance to know what will last and not fade.*

(Belva Peden 1991)

Others perceive you through your actions. Your actions also dictate the way you see the “person in the mirror.” You are what you do. Positive attitudes and actions indicate that you are working through the parts of yourself you see as unhealthy and unproductive. Negative attitudes and habits indicate an unwillingness to take steps to change. You will feel trapped in your behaviors and problems. You must stop covering up just to get by this problem. You have reinforced these feelings of helplessness with negative statements. How many times do you catch yourself saying “I just can’t resist this” or, “I’ll never do this?” You must remove these words from your vocabulary or they will become self-fulfilling prophecies. This negative self-talk may be a very small part of your life but it is a powerful one. The good news is that you can have a tremendous impact on your ability to succeed by merely eliminating these statements from your daily self-talk. Who you tell yourself you are will change the course of your behavior. You must now learn some new ways to convert negative statements to personal affirmations and encouragement. Throughout this week you will be asked to take a closer personal look at some of the things you say to yourself and how they affect your behavior.

You will learn to identify your “internal critic.” You will discover how this personality creates holes within you. You will be better able to control the ways you attempt to fill these places of need within you as you come to understand the origins of them. Silencing the critic with positive truth will fill those places of need with strength and growth. You have practiced years on your negative thoughts so you must expect to work diligently to change these negative ideas you have about yourself.

**THE SUCCESS OF YOUR EFFORTS DEPENDS UPON
THE SERIOUSNESS WITH WHICH YOU APPROACH THE TASK
AND THE CONSISTENCY YOU DEMONSTRATE IN FOLLOWING THROUGH!**

WEEK FOUR - Lesson 1

Interpret every success you achieve today, no matter how small, as proof that the “I can’t” statement can become an “I can, I will, I did!!!!”

OPTIONAL SCRIPTURE READING:

I PETER 3:10

“For whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech.” (New International Bible)

PSALM 26:2

“Cross-examine me, O Lord, and see that this is so; test my motives and affections too.” (The Living Bible)

PERSONAL EVALUATION

1. What are two or three negative statements you make to yourself every day concerning your weight loss?

2. Applying what you have learned about changing negative words to positive ones, re-write the above statements in the space below.

3. How do you feel about who you are right at this moment?

4. How does your opinion of yourself today affect your actions and attitudes toward yourself and others?

5. List some beliefs you have about yourself. How did each of these beliefs originate?

6. Think about the beliefs you listed above and their origination. How can you build on the positive ones and eliminate or diminish the negative ones?

THIS CONCLUDES WEEK FOUR – LESSON ONE

THE FOUNDATION OF YOUR IDENTITY

Those negative statements you make to yourself had to originate somewhere. They do not just suddenly pop into your mind and take root. Most of what you believe about yourself comes from your evaluation of past success or failure OR the opinions or comments of others. You must take responsibility for your negative statements while you develop an understanding of where they came from. As you look today at the role others, including your family and friends, have played in your opinion of who you are, do not seek to place blame. Life is a series of relationships with imperfect people. Everyone brings experiences from the past, positive or negative, into each new relationship. As you learn about the role others have played in your life you should gain a sense of freedom and release. Placing blame on others will keep you in a rut of negative behavior and bitterness. You must use this new information as another stepping stone to strength.

Your identity is based to a large extent on the opinions and comments of others. Many of the statements you have heard may be untrue, but when they originated from an authority figure in your life you believed them. The more often you hear them, the more believable they become. As they become truth for you, you act them out within your own life. Most of these foundations for identity were formed in your childhood and teenage years. You took them with you into adulthood, possibly even seeking out relationships which supported them. They will continue to rule you until you make the decision to replace them with the truth. Many people go through life with these weak and negative foundations, and some exhibit them visibly through self-destructive behaviors. These self-destructive behaviors may even give the person a false sense of comfort.

The “role” you played in your “family drama” greatly influenced the comments and reactions you learned to base your identity on. If you grew up in a dysfunctional family your role was your way of coping with pressure and disappointment. Your overeating may be a direct reaction to the stress of “playing out” this role in your adult life. You must now allow yourself to break out of this role and be the individual you were created to be. You will be free to make healthy, self-affirming decisions for your own life when your foundation for identity is based on who you are, not what you do. You will begin to respond to the comments of others from a source of strength rather than weak, self-abusive behavior. Look for a moment at some common roles that many overeaters play. Notice how they use these roles to mask the stress of life and thereby receive recognition and love from others.

THE “DOER”

If you are a doer, you are a very busy individual who performs and provides most of your family’s maintenance functions. The motto of your family and friends is “Give it to (your name). (Your name) can handle it!” You are the force that drives them. Your feelings of importance and acceptance are directly dependent upon how much you are able to accomplish for others. If others respond differently than you expect, you feel empty and unimportant. Your feelings of no contribution together with those

of isolation, fatigue and inferiority cause you to turn to something else to offset those feelings. If you are an overweight doer, that activity you turn to is eating.

THE “ENABLER”

If you are an enabler, you provide your family and friends with a sense of belonging, nurturing them emotionally and relationally. You desire and strive for peace in the home at all cost. You avoid all conflict if possible and just want everyone to get along. You are motivated by the fear that if family members do not get along, they will scatter and leave you alone. You also cover up or defend the weaknesses of your family members to others at the risk of hurting your own integrity. The family remains handicapped and immature because you will not allow them to grow through their own crises and mistakes. If this has happened in your own family you have probably had to resort to sarcasm or nagging to get a reaction. You may have even turned to self-abusive overeating as a weapon to try and evoke change in the family. These and other roles which you may have played in your family drama are unproductive and very unhealthy. These two are just examples of the many roles you may have played. They produced negative behavior because they are “roles,” not the real foundation of who you are. Is the pain of the role you have adopted easier to accept than the pain of facing your daily stress without the role? Yes, because dropping the role will produce change. BUT... that change will produce a self-controlled, free lifestyle as the TRUE YOU. The discomfort of change is only temporary. As you exchange your role for the personality of the TRUE YOU, you will become comfortable and natural. You have had to work hard to “play out” your role. The result of your efforts has been a weaker sense of yourself. As you lay the foundation for being yourself and accept that person it will result in positive actions throughout your life!

OPTIONAL SCRIPTURE READING:

EPHESIANS 4:14-15

*“As a result, we are no longer to be children, tossed here and there by waves, and carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming; but speaking the truth in love, we are to grow up in all aspects into Him, who is the head, **even** Christ...”*
(New American Standard Bible)

JOSHUA 1:9

“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” (New International Bible)

PERSONAL EVALUATION

1. How have the opinions and statements of others affected your eating behaviors?

2. How do you feel about the current role you play in your family drama?

3. What would you like to change about this role?

4. What decisions can you make today to effect the above changes?

THIS CONCLUDES WEEK FOUR – LESSON TWO

THE RESULT... ADDICTION AND COMPULSION

You have explored the foundation for your identity and how it may have contributed to your unhealthy eating behaviors. Certainly, not all overweight people have low self-worth or were raised in a dysfunctional family, but some of you fall into one or both of these categories. If this does not apply to you, it still may be helpful to you to realize that food is a common defense against stress. The excess fat on your body is a symptom of some form of food misuse. You can continue to protect yourself by discounting these facts or you can choose to see the evidence and make a change for life. Facing the truth is the only way you will take care of this problem once and for all. A transformed life for you is the goal of this program.

Negative self-image and “places of pain” manifest themselves in a variety of symptoms. Those symptoms may be overlooked until they result in outward evidence such as fat. You may have even denied your problem then because you did not want to face the stress. Continuing to deny and defend has allowed you to endure your pain and promote the illusion that you are in control... but it is only an illusion. The symptoms of overeating and fat are a definite sign that you are not in complete control of your life. You are just now beginning to understand the pain, fears and deceptions that have contributed to your problem. Two common results of these negative habits, attitudes and foundations in your life are ADDICTION AND COMPULSION. Most overweight people do not consider their eating behavior addictive or compulsive. Look for a moment at the definitions of these two terms and you will see they can easily be associated with many behaviors and functions.

Addiction is an out-of-control dependence which negatively affects the daily function of a person in some way. Addictions can be physiological or emotional (psychological). Addiction to food can be either of these. Eating is obviously not wrong in itself. It is a normal, necessary activity in life. When participation in eating cannot be controlled, it becomes an addiction. You show signs of addiction when you depend on food to care for your appetite urges and emotional weaknesses. Addiction can intensify or weaken, but once a part of your life, know that it will remain at some level. Because of this it is extremely important that you identify your level of addiction and the types of food you are addicted to. This awareness can free you to grow in your ability to deal with this addiction, making it a less important part of your life.

A compulsion is an out-of-control behavior which gives the illusion of control. Behavior can be compulsive in many ways. Even a good behavior can become a compulsion if you cannot control your desire for it.

Addiction or compulsion is normally associated with unhealthy, immoral or illegal activities and behaviors. The truth is people from strong moral and/or religious backgrounds suffer greatly from addiction and compulsion, especially in the area of eating. Christians tend to avoid facing a food addiction because they are not supposed to have “problems or weaknesses.” Rather than seek help to

WEEK FOUR – Lesson 3

free themselves from this behavior, they misuse their spiritual resources to cover the problem. Have you ever said or heard statements like “God accepts me fat” or “He gave us abundance to make us happy?” Statements like these simply attempt to hide desperation and the inability to control eating behavior. In times of great stress do you look to your loving, close relationship to God, or do you turn to food? This question may cut deeply into you; however, you must allow the truth to spur you on and let nothing stand between you and God, especially in something He intended for our health and well being... food. Understand that addictive and compulsive behavior is not restricted to alcoholism and drug abuse. Acceptable behaviors such as eating can become out of control as well. All addictive or compulsive behavior is aimed at quickly filling an inner void, such as the areas of hurt and confusion you have previously identified. Poor self-image and negative attitudes produce these unhealthy behaviors. You must remember that addictive and compulsive behavior produces temporary relief at best. The more you resort to your addiction or compulsion the less chance you will have of experiencing the healing of becoming the TRUE YOU.

**YOU ARE NO LONGER A SLAVE TO ANY BEHAVIOR –
YOU HAVE BEEN GIVEN THE KEYS TO LIFETIME FREEDOM,
HOWEVER,
DO NOT DISCOUNT THE PATTERNS
WHICH YOU HAVE ALLOWED INTO YOUR LIFESTYLE –
CONFRONT AND OVERCOME THEM
BY ADHERENCE TO THE GUIDELINES
OF THIS PROGRAM!!**

OPTIONAL SCRIPTURE READING:

ROMANS 7:15

“I don’t understand myself at all, for I really want to do what is right, but I can’t. I do what I don’t want to – what I hate.” (The Living Bible)

PSALM 119:9-10

“How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands.” (New International Bible)

PERSONAL EVALUATION

1. What feelings did you experience as you read through this lesson?

2. Did reading about this subject cause you discomfort? Did it confirm your suspicions? Explain what this means in terms of your self-image.

3. Do you have any family members or close friends with a history of addiction or compulsion? How does their problem compare to your behaviors?

4. Do you have difficulty admitting or accepting that you may have a serious problem with eating? Why?

THIS CONCLUDES WEEK FOUR – LESSON THREE

IDENTIFYING THE LEVEL OF YOUR ADDICTION

Yesterday may have been the first time you ever thought your eating behavior might be addictive or compulsive. Discovering the depth and intensity of your problem with food may be a very sobering and/or painful experience. The creators of this program relate well to the feelings you may be having. Toni recalled the night she first started to really understand her dependency on food. She drove home knowing something within her had begun to die. She wasn't convinced she was ready to say goodbye to the comfortable eating habits she had settled into; however, calling these behaviors "food addiction" left no room for excuses or rationalizations!! You must remove these behaviors from your life, down to the root!! Now the good news... **IT IS POSSIBLE AND YOU ARE PROVING IT EVERY DAY!!**

You will better understand addictive and compulsive eating behavior by examining some of the symptoms. Before PRISM® came into your life you may have experienced many of the following symptoms.

- A. **HEALTH PROBLEMS.** Physical problems such as swelling, back problems, high blood pressure, trouble walking, feet or knees hurting.
- B. **FOOD FOCUS.** Even when on a diet, you were preoccupied with food. You talk about it, look forward to it, think about it. It has become a primary concern.
- C. **TRANQUILIZER.** In the past you used food to cope with and tranquilize stresses, needs and hurts in your life. You could even continue to do this on the PRISM® program. You must now acknowledge this; change, and learn to deal with life's situations in healthy ways.
- D. **"FOOD ADDICT – WHO ME?"** You deny that food is in control and defend your actions with statements like: "I need more exercise;" "I'm too old;" etc.
- E. **RESPONSIBILITY TRANSFER.** You transfer the responsibility of your actions to someone else. "I need the junk food for my kids;" "My husband must have large meals;" "We're busy and eat out all the time."
- F. **MYSTERY METABOLISM.** You are clever and secretive in your eating, thinking you are deceiving everyone. You hide the wrappers and lie to conceal your overeating. "I don't really eat that much, I have a slow metabolism;" "I have a thyroid problem;" "I retain water."
- G. **BAD PERSON SYNDROME.** You feel like a "bad" person and like yourself less with each pound gained. That self-hate drives you to eat even more. You eat – feel bad – eat – feel bad, falling into a vicious cycle.

Many of you may be experiencing some level of food addiction or compulsion in your life. Don't be discouraged, defensive or embarrassed! Think of this as your first step toward solving your problem!! Truthfully, you probably have been aware for a long time that your eating behaviors were becoming a problem. Now you know some of the ways this problem perpetuates itself. Cutting off these "addiction support systems" will weaken the impact of addiction in your life. That is one reason **YOU MUST FOLLOW THIS PROGRAM TO ITS COMPLETION**. You do not have to live your life "addicted" to food! Your choice today to continue on the journey to the **TRUE YOU** will send your food addiction running, instead of it running you!!

OPTIONAL SCRIPTURE READING:**GALATIANS 5:1**

"It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery." (New American Standard Bible)

PROVERBS 16:25

*"There is a way which **seems** right to a man, but its end is the way of death." (New American Standard Bible)*

PERSONAL EVALUATION

1. Look again at the symptoms of addiction and compulsion. Which ones did you find were true in your life? How have these symptoms affected your life?

2. How will your life change when you remove those symptoms?

3. How long did it take for your “satisfied” feeling to wear off after you overate?

4. Read your answer to question two. When these symptoms are removed from your life, how long will your feelings of personal satisfaction last?

5. Compare your answers to questions three and four. How does this make you feel?

THIS CONCLUDES WEEK FOUR – LESSON FOUR

CO-DEPENDENCY: REACTING VS. RESPONDING

The term “co-dependency” has been used extensively in recent years to describe many behaviors. In its broadest sense, co-dependency describes anyone who subjects himself to a problem person. How could co-dependency relate to your eating behavior? If co-dependency is a part of your life you may use eating as a way to balance the resulting stress and pain. This lesson will not concentrate on co-dependent behaviors; rather it will look at how the choice you make in reacting or responding to the destructive behavior of others influences your eating behavior. Your reaction or response can be the difference between continuing your successful weight loss journey or retreating to your old eating habits.

Co-dependency and loving, righteous concern are often confused. If you are a caring, giving person, you want to help others in need, particularly those you love. There is a vast difference, however, between helping and becoming co-dependent. A co-dependent person **REACTS** to another’s problem rather than **RESPONDING** to his need. The co-dependent often **OVERREACTS AND UNDERRESPONDS**. You may allow the problems and behaviors of another to dictate your actions. Co-dependency is progressive... as the behavior of another intensifies, your reaction also intensifies. Your reactions do not cure the problem, but add to it.

Reactions to another person’s behavior tends to be emotional. Feelings such as anger, worry, frustration and anxiety are expressed. You utter the first words that come to mind, later wishing you could take them back. Your intense reaction irritates the situation rather than corrects it. So... why do you react in this way?

Bred out of fear of the unknown, instant reaction becomes a habit in these situations. You react because you think you have to... because you do not know how else to respond. As your reactions actually make the situation worse, you feel an emptiness inside. Worn out and hurt, the door opens wide for you to turn to food for comfort and nurturing. You use food to fill those empty spaces within you. You reinforce your feelings of weakness, frustration and the inability to control your eating behavior.

RESPONSE takes into account the deeper needs of another and is motivated by love, not fear and anxiety. Response to the need of another does not relieve their responsibility for their own problem. Even though you may be the target of anger and bitterness, you must respond in honesty as well as love. You must avoid emotional games and battles. The foundation of responsive behavior is trust. You must choose to trust God, yourself and the other person to work through this problem behavior. It is amazing how your friend or loved one will begin to change their behavior when you demonstrate unconditional love and trust.

Your decision to respond rather than react will have positive results for you as well. You will feel

DISCOVERING GOD'S VIEW OF THE "TRUE YOU"

Today you will consider the most basic and important aspect of your identity. Almost all humans have a belief in a supreme being who created things. When you are faced with a struggle or pain, does the fact that God is aware of your situation affect you in a positive way? Do you believe that God can take an active role in your personal struggles? Or, do you see God as powerful but not actively involved in your day to day life? Your ideas about God's role and concern for your daily life have come from many different sources.

This lesson may introduce you to some new ideas about your God. The writers of this program believe that God is very involved in your daily life. God has a definite view of and purpose for the TRUE YOU! You no longer need cling to low self-worth and fear when you open yourself to God. The most important truth you can learn on your road to complete freedom is that **GOD LOVES YOU!!**

After examining your attitudes, habits and beliefs about yourself and how they have affected your eating behavior, you no doubt see it is time for a complete "house cleaning." Your daily adherence to the program guidelines and understanding of the **KEY PRINCIPLES** is part of that house cleaning. Cleaning up the house is only part of the job. Remember the discussion on "restoration?" THAT is the process taking place within your physical body right now. You must now "redecorate" the house by changing your belief about yourself and the way God views you. You must let go of your past identity which is based on inaccurate messages, and build a new self-awareness which is based on God's unconditional love and acceptance of you through His Son, Jesus Christ.

You may not see God as trustworthy and having only your best interests in mind. Your perception may be that God is a powerful, all knowing Creator with no tolerance for your failures. You may have grown up believing God has some of the same unloving characteristics as others with authority in your life. These negative images of God may be connected to emotional hurts and destructive relationships you have brought from your past. These past hurts only get in the way of your discovery of God's true view of you. Negative beliefs based on childhood experiences must be cleaned out of your mind. You must "redecorate" with the knowledge of God's love for you.

Only God can solidify the foundation of the TRUE YOU by providing three of your primary needs for high self-worth. First, you have a need to belong. You must feel you are wanted, accepted, cared for and loved for who you are. (Matthew 6:25-34, Luke 15:3-32, Isaiah 65:24, John 3:16 and Luke 7:28) Second, you need to feel worthy and able to say with confidence "I am good, I am alright, I count." You may feel worthy only when you live up to your own standards or the standards of others. You are worthy in God's eyes regardless of your performance. You do not need to continue to strive for worthiness. You are a unique original, the creative and loving expression of a compassionate God! (Romans 5:8, Hebrews 13:5, Isaiah 53:3-6, Galatians 3:28-29, Romans 8:1, II Corinthians 1:3-5,

Romans 8:31 and Psalm 139) Third, you need to feel competent, knowing you can accomplish much and cope with life successfully. When you grasp the knowledge of who you are in God's eyes, you have a new tool to help with life's struggles: "I can do EVERYTHING through Him (Jesus Christ) who gives me strength!" Philippians 4:13 (Emphasis added). (Ephesians 3:16-21, Romans 15:13, Romans 8:37-39 and Galatians 5:1).

Has your perception of God been challenged today? Can you see that your perceptions may be based on experiences that have clouded the true picture of God's love for you? Take this opportunity to clear away the clouds! Let God reveal Himself to you in a real and personal way. Redecorate your image with the beauty and color of God's love and acceptance of you!

**HIS LOVE NEVER FADES
HIS ACCEPTANCE NEVER TARNISHES
HIS CREATIVE DESIGN IS IMPECCABLE
AND
IT IS ALL AVAILABLE TO YOU TODAY!**

THIS CONCLUDES WEEK FOUR – LESSON SIX

AFFIRMING YOUR STEPS TO A POSITIVE IDENTITY

You now have a solid foundation for a correct self-image and a new identity as the TRUE YOU. Once again, you must transfer this new ATTITUDE to ACTION. This new foundation must be reaffirmed on a daily basis; otherwise, your old attitudes of unworthiness and incapability will hinder your success. Today you will discover guidelines for **KEY PRINCIPLE NUMBER FIVE:**

A POSITIVE SELF-IDENTITY IS THE ONLY SOLID FOUNDATION ON WHICH TO BUILD A LIFE OF PHYSICAL, EMOTIONAL, AND MENTAL HEALTH

The following is a summary of the steps discussed this week to help you change the way you see yourself:

1. Do not worry or feel guilty. No matter how much guilt you carry, it will not change the past. No amount of worry will change the future. Let the past pass away; be concerned only for today.
2. Accept the fact that the road to the TRUE YOU is a process. Though you carry with you the results of your problem with overeating, realize you are still the person God created you to be. God sees your potential and stands ready to help you bring out your best. You promote this process through adherence to the program guidelines.
3. Take responsibility for yourself. Put aside unproductive exercises such as self-induced suffering and self-pity. Do not blame others for your actions or gauge your success by their standards. Discover your individuality and the freedom to be the person God created you to be. You have not been called to make a good impression, but to make the best of who you are.
4. Be aware that family and friends may be upset by the changes in you. Some people have a difficult time accepting any type of change. Your loved ones may not have been thrilled with the overweight you, but they may be even less comfortable now with the changes they see in you. Concern yourself not with their comfort; rather, have confidence that you are on the road to your “right weight” and the TRUE YOU.
5. Be honest with yourself about negative attitudes and their consequences. When you detect a negative attitude within you, STOP! Think about the natural consequence of the actions associated with that attitude. How will these actions affect your complete and lasting success?
6. Try new activities. Do the things you have only dreamed of doing. All things are possible! Make a list of some special things you have always wanted to do or places you have wanted to go. In the past, you may have felt you didn’t deserve these things. Challenge that lie today by following through on your desires. Ask someone you love to participate with you; it will make the experience even more meaningful. After each activity, write down all of your positive feelings and responses.

7. Believe the truth about how God views the TRUE YOU. It takes time and effort to overcome negative feelings about yourself regardless of their source, but the change is within your grasp. The first step in this process is to accept what God believes about you. God loves you and accepts you as you are. He will help you to become the person you were created to be. At the conclusion of this lesson you will be asked to write your own personal affirmation. A personal affirmation is a written detailed description of the person you want to become. The lessons this week have prepared you for this assignment.

**GOD IS FOR YOU!
THE TRUE YOU IS BEFORE YOU!**

OPTIONAL SCRIPTURE READING:

PSALM 139:1-14

“O Lord, You have examined my heart and know everything about me. You know when I sit or stand. When far away you know my every thought. You chart the path ahead of me, and tell me where to stop and rest. Every moment, you know where I am. You know what I am going to say before I even say it. You both precede and follow me, and place your hand of blessing on my head.”

*“This is too glorious too wonderful to believe! I can **never** be lost to your Spirit! I can **never** get away from my God! If I go up to heaven, you are there; if I go down to the place of the dead, you are there. If I ride the morning winds to the farthest oceans, even there your hand will guide me, your strength will support me. If I try to hide in the darkness, the night becomes light around me. For even darkness cannot hide from God; to you the night shines as bright as day. Darkness and light are both alike to you.” “You made all the delicate, inner parts of my body, and knit them together in my mother’s womb. Thank you for making me so wonderfully complex! It is amazing to think about. Your workmanship is marvelous—and how well I know it.” (The Living Bible)*

ASSIGNMENT FOR TODAY:

Write your own personal affirmation. Your personal affirmation should be a detailed description of the person you want to become – the TRUE YOU. Describe the person you want to become physically, mentally, emotionally and spiritually. Think diligently in each of these areas and be specific. Take great care in writing the description of the person you want to become because you will become that person.

This affirmation should be read by you at least one time each day. Reading it every day will help you become this new person. On the following page you will see the personal affirmation that Toni wrote in October, 1989. Toni’s affirmation will give you an idea of the kinds of things to include in yours. In order to be effective, your own personal affirmation must be written by you and for you. **THIS IS AN IMPORTANT STEP TO BECOMING THE TRUE YOU!**

October 24, 1989

MY PERSONAL AFFIRMATION

I am a child of God walking and growing in truth, with an unshakable faith in Jesus Christ who guides and directs my path. He is the Way, the Truth and the Life.

I am an intelligent, organized, compassionate wife, mother, daughter, sister, friend, and woman who uses time effectively and efficiently. I use our resources wisely.

I continue growing in knowledge and truth by feeding my mind positive, worthwhile and scriptural materials and listen to spiritual music to set the proper atmosphere in our home.

I am a slender, beautiful, physically fit, healthy woman. I use my full potential that God gave me to lead an obedient, disciplined, full, happy, balanced life. I give proper attention to all the important people and events in my life and enjoy doing it. Most of all, I show the love of God in my life to others, for I am truly blessed and loved by God.

I work and strive each individual day to achieve my potential, dreams, goals and plans to become all that I can through Jesus Christ, my Lord; to be all that He saved me for and wants me to become; to be in His presence in glory and hear Him say to me "Well done, my good and faithful servant." Amen.

