



# *Healthy Living*



Curriculum Three (3)  
Week 16

**The Document contains  
copyrighted and licenced  
materials**

**Do not distribute  
without permission.**



*Healthy Living*

based on  
**THE PRISM**  
WEIGHT LOSS PROGRAM

**WEEK SIXTEEN:**

# Identity... the Essence of Restoration

## HOW IDENTITY INFLUENCES ACTIONS

As you learned three weeks ago, your identity is an unchangeable part of who you were created to be. The transformation process involves changing how you view your own identity. As this transformation of your attitude takes place, the resulting actions will become “natural” to you. Are you finding that your right actions are becoming more natural each day? Or, do you still have to “work” to incorporate right actions into your life? Your attitude about who you are (your self-identity) plays a major role in your actions each day.

This week you will look deeper into this important aspect of transformation. You will learn that **YOUR SUCCESS IS DEPENDENT UPON YOUR ABILITY TO TRANSFORM YOUR ATTITUDE ABOUT YOUR SELF-IDENTITY!**

In order to better understand how attitudes influence actions, it might be helpful to look at a few examples. When you began this program, you obviously identified yourself as overweight, needing to lose some “extra pounds.” This attitude about yourself influenced you to: 1) sign up for the program; 2) sign your Agreement of Resolution; and, 3) follow the program guidelines. These right actions were a result of your attitude about yourself at that time. As your journey progressed, you may have identified yourself as being “acceptable,” comfortable at where you were. After all, you were receiving so many compliments. This attitude of acceptance of yourself may have contributed to actions of: 1) permitting yourself to “slip” once in a while; 2) acting as though you were a weight loss expert; or, 3) beginning to dress in clothing which was inappropriate or unflattering to your current size.

How do you identify yourself today? Do you see yourself as “stressed out and overwhelmed?” This attitude about your self-identity can lead to actions of “giving yourself permission” to violate program guidelines. Instead, identify yourself as a person who is able to confront and overcome challenges as they arise!

Are you beginning to see how important it is that you transform your attitude about your self-identity? This step in your journey may seem very risky, but the reward of a healthy, realistic attitude is **THE NATURAL TRUE YOU LIFESTYLE!!**

### OPTIONAL SCRIPTURE READING:

#### EPHESIANS 2:8-10

*“For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast. For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (New International Bible)*

#### ISAIAH 64:8-9

*“Yet, O Lord, You are our Father. We are the clay, You are the potter; we are all the work of Your hand... Oh, look upon us, we pray, for we are all Your people.” (New International Bible)*

**PERSONAL EVALUATION**

1. How did the examples in today's lesson relate to you and your attitudes?

---

---

---

---

2. What does this say about your previous and/or current self-identity?

---

---

---

---

3. What right actions are you having trouble incorporating into your life?

---

---

---

---

4. What attitudes about your identity are contributing to your answer to question three?

---

---

---

---

***THIS CONCLUDES WEEK SIXTEEN – LESSON ONE***

## IDENTIFYING WITH THE TRUE YOU

What is your attitude about the image in your TRUE YOU mirror? Do you identify that person as yourself? Or, do you find that you are skeptical about the very existence of such a person within you? Are you becoming cynical about your ability to reach your destination? After all, it has been over fifteen weeks and the reflection in your bedroom mirror still may not bear much resemblance to the person in your TRUE YOU mirror. Even more than that, you may not be able to relate to the lifestyle you envision that person leads!

These attitudes of doubt, skepticism and cynicism will not result in right actions becoming a natural part of your life. Your attitude about your identification with the TRUE YOU must be transformed! The person in your TRUE YOU mirror is NOT a person you are creating – IT IS THE PERSON YOU WERE CREATED TO BE!! You must form an attitude of trust concerning the existence of the TRUE YOU. This attitude of trust will solidify the fact that right actions BELONG in your life TODAY! You do not need to see the physical evidence of completed transformation to begin LIVING THE TRUE YOU LIFESTYLE!

To help you better grasp this concept, consider the following example from nature. You are aware that stars exist in the sky. You will agree that they are a natural part of the night. When you look to the sky during the day, you do not see any stars. Does this mean they are gone? NO! They are merely “masked” by the light of day. Nightfall does not produce or create the stars, it simply reveals them! In the same way, your TRUE YOU identity lives within you.

**YOUR ATTITUDE OF TRUST  
AND THE RIGHT ACTIONS WHICH RESULT  
WILL SOON REVEAL  
THE TRUE YOU!!**

### **OPTIONAL SCRIPTURE READING:**

#### **ROMANS 8:18-19**

*“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. The creation waits in eager expectation for the sons of God to be revealed.”  
(New International Bible)*

#### **PSALM 18:28-30**

*“For You cause my lamp to be lighted and to shine; the Lord my God illumines my darkness. For by You I can run through a troop, and by my God I can leap over a wall. As for God, His way is perfect! The word of the Lord is tested and tried; He is a shield to all those who take refuge and put their trust in Him.” (The Amplified Bible)*

**WEEK SIXTEEN** – *Lesson 2*

**PERSONAL EVALUATION**

1. In what ways do you struggle identifying with the picture in your TRUE YOU mirror?

---

---

---

---

2. Have you experienced attitudes of doubt, skepticism or cynicism as you have tried to identify with the TRUE YOU?

---

---

---

---

3. How have the above attitudes hindered your ability to accept your right actions as a “normal” part of life?

---

---

---

---

4. How does the analogy of the stars in the sky help you identify with the TRUE YOU?

---

---

---

---

***THIS CONCLUDES WEEK SIXTEEN – LESSON TWO***

## **BREAKING YOUR IDENTIFICATION WITH PERFECTION**

Today you will explore how an attitude of “perfection” can result in self-sabotaging actions. These actions can lead you to become frustrated with your “lack of progress” and possibly end with an emotional “F.L.I.P. out” (Frustration Level Involving Perfection).

Do you have a tendency to only identify with perfection in your performance? How do you feel when the results of your actions fall short of your expectation level? Are you making statements like “Three months and I’m only this far? Maybe I’m fooling myself. I can’t be transformed!” or “This is only adding more tension to my already intense life!” Your attitude of frustration resulting from your inability to “be perfect” can lead to bitterness. “I don’t need to measure this.” “I don’t have time to read today.” “What will doing this matter anyway?”

On the other hand, perhaps it has been easy for you to measure, count and “be perfect” as you follow each of the guidelines, striving for perfection. The program guidelines are your “protection” from your perceived weaknesses. You thrive within a formal structure, confident and secure in the limits which have been prescribed for you.

Part of your identification with perfection may be your NEED to be perceived as “perfect” by others. You may find it necessary to be “all things to all people.” When those same people fail to respond to your “perfect” actions in the manner you expect, you become angry. This anger can result in an attitude of bitterness which does not support your identity of perfection. You feel you have once again failed to live up to your own personal expectations.

None of these ways of identifying with perfection will bring about lasting change and the results you desire and feel you must obtain! Whether your identification with perfection is related to a fear of exposure or the need to be in control, the transformation of your attitude must take place in much the same way – through TRUST. TRUST in God, His sovereignty and His unconditional acceptance of YOU! TRUST in YOUR ability to give up your identification with perfection! TRUST in the fact that others love and accept YOU regardless of your imperfections and weaknesses!

**THE LIFESTYLE OF THE TRUE YOU DESIRES THE BEST,  
BUT IS NOT DRIVEN DOWN THE ROAD BY PERFECTION!  
RELEASE YOUR IDENTIFICATION WITH PERFECTION.  
TRUST GOD AS YOU IDENTIFY WITH  
THE PERSON YOU WERE CREATED TO BE!!**

---

**WEEK SIXTEEN** – Lesson 3

**OPTIONAL SCRIPTURE READING:**

**II CORINTHIANS 12:9-10**

*“And He has said to me, ‘My grace is sufficient for you, for my power is perfected in weakness.’ Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.”* (The New American Standard Bible)

**ROMANS 15:13**

*“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”* (New International Bible)

**PSALM 116:8-9**

*“For you, O Lord, have delivered my soul from death, my eyes from tears, my feet from stumbling, that I may walk before the Lord in the land of the living.”* (New International Bible)

**PERSONAL EVALUATION**

1. If you can identify with perfection in any way, write a letter in which you release yourself from HAVING to be perfect.

---

---

---

---

2. In what ways does releasing yourself from perfection free you to choose right actions in your life?

---

---

---

---

3. Does your answer to question two cause you any feelings of anxiety? How will learning to TRUST ease your fears?

---

---

---

---

***THIS CONCLUDES WEEK SIXTEEN – LESSON THREE***

## **INDIVIDUALIZING YOUR IDENTITY**

As you begin to take a closer look at your identification process, you must recognize how you may have “connected yourself” to a group as you formed your self-identity. Your perceptions of how you “line up” with certain groups of people may prevent you from allowing yourself to become an individual. It is difficult to leave behind inherited perceptions of strength and security that accompany these associations. As you move toward your OWN identity, the thought of “trading in” time-tested connections for the unknown may frighten you. Attitudes of uncertainty and doubt can result in hesitation and feelings of loneliness – you are caught in the transition between your old and new identities.

Here are some examples of “connections” people have made as a basis for their identity. As you read, consider whether you have used any of them to form YOUR identity:

1. Size can be viewed as a measure of strength, particularly in the area of athletics. Large people can be viewed as being dominant and powerful. People who identify themselves as strong and independent because of their size may feel weak and vulnerable as their size decreases.
2. The “softness” created by extra fat on the body can be viewed as comfortable and nurturing. This “cuddly, huggable” condition is warm and safe and can actually make a person feel “more lovable.” As people lose this “cushion,” they may believe they are less capable of providing warmth and security for others.
3. Often people have close family ties to certain types of food and eating. This can be a major component of a person’s self-identification. They believe the sign of a secure and happy family is sitting around the table to a huge meal. Some measure a mother’s love and identity in her ability and desire to cook large, delicious meals for her family. Other members of the family may be identified with her as they consume what she has specially prepared. Fear of being viewed as uncaring, ungrateful or even “condemning” may cause a conflict between right actions and “identity with the family.”
4. Shared physical characteristics may also “connect” a person to family members and reinforce an identification with them. A person has “his mother’s eyes” or “his father’s chin.” Some of these characteristics; however, may be more related to being overweight than to family traits. If a person’s entire family is overweight, then being “fat” is part of “family identity.” Statements like “You’ll always carry your extra weight there, just like your mother” or “You carry yourself just like your father” can further reinforce a person’s identity with an overweight parent. As a person loses the extra weight, he may feel his identification with his family is in jeopardy. This may feel more like “running away from home” than “running toward a TRUE YOU destination.” Beware of the attitudes these “identity connections” can produce! **YOU HAVE THE UNDERSTANDING, DESIRE AND COURAGE TO DISCOVER YOUR OWN TRUE YOU IDENTITY! YOUR “RIGHT TO BELONG” IS NOT BASED ON WHAT YOU DO OR HOW YOU LOOK! IT IS BASED ON WHO YOU ARE!!**

**STRENGTH IS SHOWN THROUGH ABILITY  
LOVE COMES FROM THE HEART  
SELF-CONTROL PROMOTES HEALTH AND STABILITY  
FAMILY BONDS ARE A GIFT**

**THE IDENTITY OF THE TRUE YOU  
IS BASED ON THESE TRUTHS!!**

**OPTIONAL SCRIPTURE READING:**

**II TIMOTHY 1:7**

*“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”  
(New International Bible)*

**PSALM 139:13-16**

*“For You created my inmost being; You knit me together in my mother’s womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be.” (New International Bible)*

**PERSONAL EVALUATION**

1. Did you identify with any of the examples in this lesson?

---

---

---

---

2. How has your weight loss journey changed your “identity?”

---

---

---

---

3. If your journey has affected your identity with family or close friends, list some new, healthy ways you can identify with them.

---

---

---

---

***THIS CONCLUDES WEEK SIXTEEN – LESSON FOUR***

## CARING FOR YOUR IDENTITY

As you begin to identify with your TRUE YOU picture, have you thought about the actions of care for yourself which support this identity? Consider some of the following ways you can care for your identity at this point in your journey:

1. Make an honest assessment of the clothing you are wearing. Are your clothes clean and in good condition? What kinds of styles do you select? Are they appropriate for your age, personality and current shape? Do you still have an attitude of “if it fits, wear it?” Do you purchase only clothing which hangs on the “sale rack?” How you care for the TRUE YOU identity is reflected by how you dress it!
2. Evaluate the amount of time you spend and the priority you place on personal grooming. Do you carve out time in the morning to properly groom and dress yourself? Or, do you meet the needs of everyone else first, leaving little or no time for yourself? Are you clinging to the identity of the “frazzled parent” or the “swamped business person?” The identity of the TRUE YOU is free to take the time and make the effort to care for its appearance!

Remember, the identity of the TRUE YOU is not something you create, it is the person you were created to be! Focusing on how you care for your identity does not mean changing who you are. You are a unique and special person! Let your actions support your belief in this truth!

If you are uncertain about how to enhance and support your TRUE YOU identity through your style and grooming, you may find it helpful to consult a style professional. There is no need to fear discovering new ways to look and feel good about yourself! Begin today to experience the freedom of choosing to care for yourself!

### OPTIONAL SCRIPTURE READING:

#### COLOSSIANS 3:12-14

*“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.” (New International Bible)*

#### ISAIAH 61:10

*“I delight greatly in the Lord; my soul rejoices in my God. For He has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.” (New International Bible)*

**THIS CONCLUDES WEEK SIXTEEN – LESSON FIVE**

## **FOCUSING ON YOUR POTENTIAL**

Change is exciting! It keeps you motivated, feeling vibrant and alive! The changes and discoveries which have taken place in your life in the last few months may be among the most exciting things that have ever happened to you!

When you first began your journey, you were willing to change based solely on your identification with being overweight. Now, you do not see dramatic, exciting changes in your outward appearance each day. The process of weight loss has slowed and is no longer your main source of motivation. You no longer identify yourself as merely being overweight. If you do not allow yourself to identify with your potential for success, you will quickly become **BORED** with life. Boredom is an attitude to avoid! When you become bored, you may have a tendency to pay little attention to caring for your needs. Things that were once a priority now begin to slip through the cracks. You become bored with everything about yourself: who you are, what you do, how you look, what you eat. Nothing seems to matter or help your circumstances to change. This bored attitude leads to actions of apathy and interruption of the growth process.

An attitude of boredom with your personal identity must be transformed into one of excitement as you concentrate on your potential to achieve success! Have an aspiring attitude about your potential! Let this attitude motivate right actions which lovingly support the **TRUE YOU** identity.

**MAXIMIZE YOUR POTENTIAL  
THROUGH ATTITUDES OF EXCITEMENT AND ASPIRATION  
WHICH RESULT IN ACTIONS THAT NURTURE  
THE TRUE YOU!!**

### **OPTIONAL SCRIPTURE READING:**

#### **I PETER 4:1-2**

*“Therefore, since Christ suffered in His body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God.” (New International Bible)*

#### **PSALM 37:3-5**

*“Trust (lean on, rely on, and be confident) in the Lord and do good; so shall you dwell in the land and feed surely on His faithfulness, and truly you shall be fed. Delight yourself also in the Lord, and He will give you the desires and secret petitions of your heart. Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely on, and be confident) also in Him and He will bring it to pass.” (The Amplified Bible)*

**PERSONAL EVALUATION**

1. Has an attitude of boredom crept into your life?

---

---

---

---

2. How does focusing on your potential in these areas help you to become excited again?

---

---

---

---

3. What are some aspects about your self-identity which excite you today?

---

---

---

---

4. What actions do these attitudes of excitement produce in your life?

---

---

---

---

5. List five of your current aspirations in life. (The word "aspiration" means: an ardent wish or desire chiefly after what is great and good.)

---

---

---

---

---

***THIS CONCLUDES WEEK SIXTEEN – LESSON SIX***

## **IDENTIFYING WITH YOUR CREATOR**

In what way does who created you affect your identification process? When you look at a flower do you consider the seed from which it originated? The flower's appearance is the evidence of the quality of the seed. The more valuable the seed, the greater potential for the flower. In the same way, the value you place on your creator says a great deal about your expectations of your own potential.

God is your Creator. This identification with a perfect Creator will give you an attitude of "enthusiasm" about your potential! Many people have never considered how their view of a creator can influence their self-identity. If your self-value is low it is a result of one of two things: 1) You have a low value of or do not recognize your Creator, or 2) You have never made the connection between your identity and that of your Creator.

Regardless of which category pertains to you, you acknowledge that you and everyone else has a "point of origin." This "beginning" is an important part of your self-identity. It is important for you to examine how this point of origin affects the way you see yourself today.

If you are a Christian, you believe in a perfect Creator. Have you made the connection between your self-identity and how it can directly relate to your identity with God? How you identify yourself with God can have a major influence on your own level of confidence in your potential. Consider the fact that God has a great desire that you would identify with Him. This was evidenced in His willingness to send His Son, Jesus Christ, in human form. Through Christ, you have the ability to know – and identify with – God. Christ is not only your Savior, but He is also the living example of God's character. God is consistent in all His actions. His love for you is unchanging. When you identify with Him and His perfect characteristics, you have an attitude of "enthusiasm."

The word "enthusiasm" originates from two Greek words, "en" and "Theos" or "In God." Your attitude of enthusiasm will result in actions consistent with growth. These actions will enable you to complete your journey to lasting transformation! This realization of your potential, based on your identification as a child of God, will be the spark that ignites your determination and confidence to accept nothing less than who you were **CREATED TO BE!**

**YOU ARE IDENTIFIED WITH AND ACCEPTED BY  
A LOVING, COMPASSIONATE GOD –  
LOOK WHAT HE HAS DONE FOR YOU!!**

**OPTIONAL SCRIPTURE READING:**

**COLOSSIANS 3:1-4/GALATIANS 2:20**

*“If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, who is our life, is revealed, then you also will be revealed with Him in glory.”*

*“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.” (The New American Standard Bible)*

**DEUTERONOMY 32:6**

*“Is this the way you repay the Lord, O foolish and unwise people? Is He not your Father, your Creator, who made you and formed you?” (New International Bible)*

**PERSONAL EVALUATION**

1. In what ways has your self-identity become clearer to you this week?

---

---

---

---

2. In view of your answer above, describe your self-identity.

---

---

---

---

3. What changes still need to occur concerning your attitude toward your personal identity?

---

---

---

---

4. What actions will these changes produce in your life?

---

---

---

---

***THIS CONCLUDES WEEK SIXTEEN – LESSON SEVEN***