**A WOMAN OF WORTH**

**Repairing Your Self-Esteem**

**I. THE PROBLEM**

***A. Inferior Puppy Parable***

***B. Low Self-Esteem: Problem of Women Today***

**ASSIGNMENT 1:** Check the symptoms that are sometimes true for you.

Share one or two with your group.

***C. Symptoms of Low Self-Esteem***

\_\_\_\_\_ 1. A Sense of unworthiness

\_\_\_\_\_ 2. Difficulty relating to people

\_\_\_\_\_ 3. Perfectionism

\_\_\_\_\_ 4. Inappropriate emotional responses

\_\_\_\_\_ 5. Fear

\_\_\_\_\_ 6. Touchiness and irritability

\_\_\_\_\_ 7. Inordinate concern for others' opinions

\_\_\_\_\_ 8. A critical spirit

\_\_\_\_\_ 9. Dependence on others

\_\_\_\_\_ 10. Difficulty accepting compliments

\_\_\_\_\_ 11. Worry

\_\_\_\_\_ 12. Overly scrupulous conscience

\_\_\_\_\_ 13. Legalistic attitude toward God and religion

\_\_\_\_\_ 14. Use of anger as a defense mechanism

\_\_\_\_\_ 15. A lack of transparency

\_\_\_\_\_ 16. Workaholism

\_\_\_\_\_ 17. Difficulty expressing emotions

\_\_\_\_\_ 18. Finding security in material possessions

\_\_\_\_\_ 19. An attitude of passivity

\_\_\_\_\_ 20. A sense of being inferior or superior to others

***D. Part of the Sin Problem***

***E. Case Study: Candace Schap (Sometimes I Don't Like Myself)***

**II. THE SOLUTION**

**W** - Wake up to your value.

**O** - Own your potential.

**R** - Remove false standards.

**T** - Turn failure into success.

**H** - Handle your negative emotions.

**Y** - Yield yourself to God every day.

***A. Wake up to your value.***

1. You are somebody, a child of god, created in His image.

*Psalm 139:13-16*

2. Jesus died to assure your success.

*Philippians 4:13*

**ASSIGNMENT 2:**

* Begin to appreciate the way God has made you. Fill in the following inventory. Share with your group.
* Praise God for the unique person He made you to be.

1. Three leisure-time activities I enjoy:

2. Three things I do well:

3. Three achievements in my life:

4. Three positive adjectives that describe me:

5. Three things I like about my body, the way I look:

***B. Own your potential.***

1. God has a plan for your life.

Jeremiah 29:11

Isaiah 49:1

2. God sees you as a winner.

Isaiah 60:1-3

Isaiah 55:9-12

3. Your potential is unlimited under the power of the Holy Spirit.

**ASSIGNMENT 3:** Bible Women of Worth

1. Make a list of women in the Bible who project an image of success and high self worth.
2. Beside each name describe her actions that make you think she was a woman of high self-esteem.

**Woman's Name** **Actions**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***C. Remove false standards.***

1. Worldly self-esteem based upon false standards:

a. Possessions

b. Performance

c. Position

d. Appearance

e. People

**ASSIGNMENT 4**:

* Share briefly a time when you got into trouble trying to live up to someone else's expectations.

2. The G-Factor (Acts 3) God does not expect us to give to others what He has not first given to us.

**ASSIGNMENT 5:**

* Below is a list of some of the gifts women have. Which ones do you have? Thank God for His gifts. Share some of your gifts with your group.

Hospitality Teaching Musical Cooking

Gardening Decorating Crafts Artistic

Mechanical Sewing Designing Listening

Money Speaking Organizing Writing

Poetry Faith Prayer Discernment

Friendship Thoughtfulness Joy Peace

Computer Healing Comforting Driving Encouragement Flowers Evangelism Pastoring

Shopping Saving Money Knowledge Wisdom

Languages Love Helping Supporting

Letters Communication Leadership Smile

Hair styling Health Sensitivity Family

***D. Turn failure into success.***

1. Turn off the failure tapes.

2. Christ can help you turn failure into success.

***Six positive things you can do with failure:***

a. Acknowledge it.

b. Thank God for it.

c. Learn from it.

d. Use it.

e. Overcome it.

f. Transform it.

**ASSIGNMENT 6**:

* Share a time when you learned from a failure or when you were   
  able to use it as a stepping-stone to success.

***E. Handle your negative emotions.***

1. God understands our feelings.

Hebrews 4:15

2. Contact with God transforms negative emotions.

Isaiah 61:3

3. God can supply your emotional needs.

Philippians 4:19

4. Feelings follow actions.

2 Chronicles 20:22

**ASSIGNMENT 7**:

* Below are ten characteristics of a woman with high self-esteem. Rate yourself. Five is the best. Share with your group one area where you are high, and one area where you need improvement.

**A Woman of Excellence**

1. Walks with her head up, giving a smile to each person she meets.

1 2 3 4 5

2. Looks people in the eye when she speaks.

1 2 3 4 5

3. Volunteers her name first in a new association.

1 2 3 4 5

4. Receives a compliment graciously, always saying "Thank You" but never playing down or playing up the value bestowed.

1 2 3 4 5

5. Does not make excuses. Doesn't put herself down, but talks affirmatively about the progress she is making.

1 2 3 4 5

6. Dresses and looks her best at all times, always appropriate for the situation.

1 2 3 4 5

7. Walks erectly and briskly but with relaxed yet rapid pace in public.

1 2 3 4 5

8. Sits up front in meetings so that she can exchange questions with the speaker.

1 2 3 4 5

9. Gives her own name first when initiating or accepting a telephone call.

1 2 3 4 5

10. Seeks out women of excellence as friends and role models.

1 2 3 4 5

***F. Yield yourself to God every day.***

**ASSIGNMENT 8**:

* Write out a prayer to God. Discuss with Him your own problems of self-esteem. How have you sensed He has been speaking to you so far in this seminar? What message is He giving you? This is for your own eyes only. You will not be asked to share.

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**PERSONAL GROWTH EXERCISES**

**Quiet Time Ideas**

1. Give yourself the gift of solitude. Go away for several hours. Read, meditate on Scripture, contemplate God's handiwork in nature and be totally silent. You may want to write about your experience in your journal.
2. Plan a special devotional hour around the book *Desire of Ages.* Read one chapter each day along with the Scriptural passages on which it is based. Keep a notebook of your discoveries. Write out quotations that appeal to you. The 87 chapters will take you through three months of personal devotions and help you well on your way to becoming a woman who understands her worth.
3. For one month, keep a diary of things that show God's hand at work in your life. At the end of each day write down all the evidences you have seen of His protecting care. Document your answered prayers. Write down news items that are a fulfillment of prophecy.
4. Choose a verse in Scripture that means a lot to you. Insert your name where it is appropriate. Rewrite it showing what the text means to you in your particular circumstance. What is God trying to tell you?
5. Choose one promise of Scripture that is meaningful for to you, one that expresses what you need God to do in your life during the next few months. Take that as your special text. Ask God to fulfill that promise each day. During your devotional time pick one of the words in the text. Look it up in a concordance. Look up all the references that use that word. Spend one day meditating on each reference, applying it to your own situation. In this manner one text can take several weeks or months of your devotional time.
6. Do a study of women in the Bible. Spend several days reading and rereading each story in Scripture and in the Spirit of Prophecy. Ask yourself some of the following questions about each woman: What were her problems? How did God work in her life? What positive characteristics of hers would you like to have in your own experience?
7. Make a prayer list. Include your own specific needs and the specific needs of other significant people in your life. Find a Bible promise that fits each need. Write it beside each prayer request. Each day take a few moments to go through your list and claim the promises. Make note of answered prayers as they come.

**Journal Ideas**

1. Write about your most devastating experience of failure. Face it objectively, as if you were a loving and compassionate friend responding to your struggles.
2. Write a letter to yourself, telling about your strong points and including specific ways you have helped and encouraged others.
3. What does faithfulness mean? Write about God's faithfulness and about the faithfulness of others.
4. Write about molehills you've made into mountains.
5. Describe an experience that seemed traumatic at the time, but that you laughed about later.
6. Write about images: the image you try to project; the image other people have of you; the image you see in the mirror; the images you have of others; the ideal image you have of yourself; the image of Christ.
7. Describe yourself, telling what kind of a person you are, without mentioning anything you do.
8. Explore the area of personal growth you're most concerned about.
9. Write out confessions of failures caused by sin. Thank God for His forgiveness.
10. Face risk. What does it mean to risk? What risks have you taken, and with what results? What do you want to risk? What are you unwilling to risk? Why does risk scare you?
11. Imagine that through no fault of your own you were suddenly reduced to dire poverty. What things in your possession or lifestyle would you struggle hardest to preserve? Why are these things so important to you?
12. Imagine a twenty-four hour clock. What time is it on the clock at this time of your life? Why? Write about this. It is too late for......... It is too soon for.........Now is the time for..........
13. Meditate on the meanings of the word "spring." Write out briefly each meaning, try to sketch a picture to illustrate the meaning, try to find a Bible verse that speaks to that meaning to your Spiritual life. Some other words to try: cross, grace, light, green.

**An Encouragement Box**

**Following are some suggestions for building an encouragement box:**

1. Glean encouraging passages from special letters you have saved, or include a card that meant a lot to you.
2. Reproduce sections from your prayer journal that remind you of answered prayer.
3. Write a list of qualities and spiritual gifts that you possess and want God to expand and use to His glory.
4. A photo of someone very special to you.
5. A Scripture that has been particularly encouraging to you.
6. Small mementoes that remind you of pleasant or inspirational moments.
7. Write about ways you are changing or growing spiritually, including specific examples of the changes.
8. A reminder of your immediate family members who love you, and need your nurturing care.
9. Small objects that remind you of some of the things in your life for which you are thankful. (Example: dog ID tag, spare key to your car, flower seeds, etc.)
10. Small mementoes or certificates that remind you of achievements in your life. (Example: diploma, blue ribbon from fair, ID bracelet from birth of a child).

An encouragement box is not an ego trip. It is a way to get a more objective view of yourself, to see your good points and successes through other people's eyes. Add things from time to time that express something good in your life. In low times, spend a few minutes going through your encouragement box, reminding yourself of who you really are. Always balance time spent in your encouragement box with time in worship, praise, and Bible study.

**GIVE YOURSELF A GIFT OF PLEASURE!**

All work and no play is no fun! When you are feeling rushed, rattled, and full of self-doubt, step back and look for some positive options in your life. Let your creative energy take over. The following are some ideas. Check any you plan to try.

\_\_\_\_\_\_ 1. Make an appointment with myself to do something fun.

\_\_\_\_\_ 2. Drive to work a new way.

\_\_\_\_\_ 3. Break up my routine during the middle of the week by eating at a favorite sandwich shop or packing a sandwich and eating outside.

\_\_\_\_\_ 4. Start a regular exercise program, go biking, or purchase some ankle weights and take evening walks.

\_\_\_\_\_ 5. Unplug the television. Spend my new leisure time listening to my favorite music, playing a musical instrument, reading a book, or studying some new facet of knowledge.

\_\_\_\_\_ 6. Become a tourist in my own hometown. Take a tour or visit a landmark to learn more about the place I live.

\_\_\_\_\_ 7. Clean out my closet. If I haven't worn something for two years, I'll donate it to the Community Services.

\_\_\_\_\_ 8. Take a leisurely bath complete with bubbles.

\_\_\_\_\_ 9. Keep an on-going IDEA notebook. Jot down my hunches and intuitions, and things I hope to do sometime.

\_\_\_\_\_ 10. Make a double batch of my favorite recipe and share it with a friend.

\_\_\_\_\_ 11. Keep my mind alert by enrolling in an evening class, reading a new book, or playing a question and answer game with my family.

\_\_\_\_\_ 12. Begin a neighborhood Bible Study group for women.

\_\_\_\_\_ 13. Start a discussion group with others in my field as a way of expanding my knowledge.

\_\_\_\_\_ 14. Make a list of all the persons I enjoy spending time with, and then plan to schedule a time to get together. It may be next week or next year. Enjoy anticipation.

\_\_\_\_\_ 15. Visit my local bookstore and buy a book on a new topic that I know little about but would like to know more.

\_\_\_\_\_ 16. Ask a friend to teach me how to crochet, knit, quilt, paint, take good pictures, or play a new game.

\_\_\_\_\_ 17. Buy an old piece of furniture and refinish it.

\_\_\_\_\_ 18. Create a prayer garden.

\_\_\_\_\_ 19. Press flowers and make a picture or decorate a box to store letters.

\_\_\_\_\_ 20. Copy my mother's or my grandmother's favorite recipes.

\_\_\_\_\_ 21. Make a cassette tape of my favorite childhood memories and tuck it away for my children.

\_\_\_\_\_ 22. Start a Round Robin letter among my family members.

\_\_\_\_\_ 23. Get advice on what colors and styles of clothing look best on me.

\_\_\_\_\_ 24. Become active in a cause I believe in, giving to others.

\_\_\_\_\_ 25. Plan a family reunion.

\_\_\_\_\_ 26. Start a collection.

\_\_\_\_\_ 27. Make some special Scripture memory verse cards.

\_\_\_\_\_ 28. Invite a friend to tea and decorate the table Victorian style.

\_\_\_\_\_ 29. Start a prayer journal.

\_\_\_\_\_ 30. Hang a wind-chime outside my kitchen window.

\_\_\_\_\_ 31. Buy my favorite chocolate and eat it all.

\_\_\_\_\_ 32. Begin an encouragement box.

\_\_\_\_\_ 33. Buy a book on herbs, exploring the different ways they can be used to enhance favorite foods. Plant an herb garden and dry or freeze my own supply.

\_\_\_\_\_ 34. Visit a craft store. Buy instructions and materials to make something beautiful for my home. Have fun being creative.