

What's a Girl To Do?



Let's talk a bit about how you can feel better about yourself before going on to the next section. Discuss this around your tables and make a list. Each table can share several examples.



You are more than your dress size.

You are so much more than your appearance. Make a list of what makes you "you"—gifts, talents, interests, personality, characteristics. What do you enjoy doing? What are you good at? How would your friends describe you?



Make a list of at least five things you like about yourself. Write them in your journals.



Don't compare.

As long as we're comparing ourselves to other people—our friends, classmates, co-workers, or celebrities—we will never like ourselves. We tend to take what we think is our worst and compare it to what we see as the best in others. And as long as we compare ourselves to others, we can't truly love, encourage and accept others—all traits people say make someone really beautiful.



Take care of YOU.

Do what makes you feel pretty. Wear colors you like. Take a bubble bath. Pamper yourself. Treat yourself like you're someone special. You are!

What do you enjoy doing? Take time to do it.

What makes you laugh? Get laughing.

Get physical! Enjoy your body. It is strength. The way you can move and do things that maybe you thought you couldn't do.

I am fearfully and wonderfully made.

— Psalm 139:14



Accept compliments.

Just say, "Thank you." When we don't accept a compliment graciously we're actually saying, "Your opinion about me doesn't matter. I don't believe you."

Believe that the compliment is true!



Talk good about yourself.

God doesn't want you talking bad about His daughter. Who talks the worst about you? Probably you. So stop. It won't be easy. But every time you find yourself thinking or saying things that put you down or aren't nice, stop. Tell yourself something positive instead.



To close this section let's each share at our tables one positive thing we can say about ourselves. Then we'll pray about this aspect of our discussion, thanking God for the beauty He created in each person.