

“The Truth about Who You Really Are” 10 day challenge!



“I testify that no one of us is less treasured or cherished of God than another. I testify that he loves each of us insecurities, anxieties, self image, and all. He doesn’t measure our talents or our looks;...He cheers on every runner, calling out that the race is against sin, not against each other.”
-Elder Jeffrey R. Holland

Day 1: For the Strength of Youth

Study the ‘Physical and Emotional Health’ section in the NEW “For the Strength of Youth” pamphlet.

- ~ What are the Word of Wisdom **Do’s & Don’ts**?
- ~ What promises will we receive if we obey the word of wisdom?
- ~ What can you do each day to care for your temple and gift from God?

Record your feelings in your journal

Scriptures:
D&C 89
D&C 59:18-20
D&C 88:15

Day 2: Who you really are

Read the 1998 conference talk “We are Children of God” by Russell M. Nelson

- ~ Write a Gratitude letter thanking your body for all it does for you
- ~ Ponder about the magnificent masterpiece that is your body
- ~ How does this knowledge change how you feel about your body?
- ~ Contemplate the eternal relationship between your body and spirit

Journal your thoughts

Scriptures:

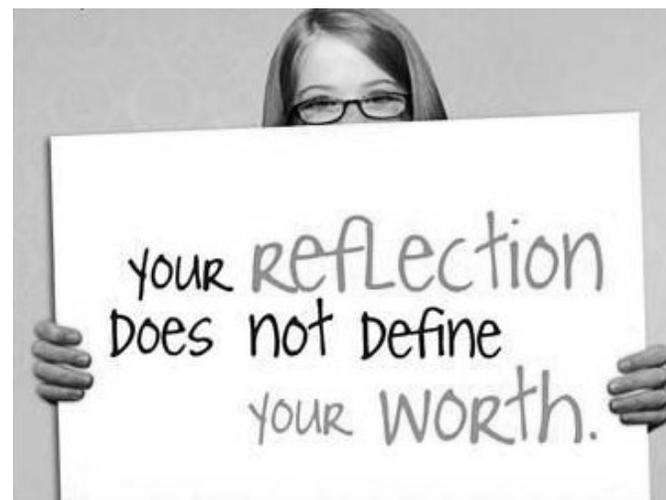
1 Corinthians 6:19
D&C 18:10
Ether 3:15-16

“Our Spirit and our body are combined in such a way that our body becomes an instrument of our mind and the foundation of our character”
Boyd K. Packer

Day 3: Satan’s attack on Women

Read the poem “If I were Satan”
(on next 2 pages)

- ~ Why do you think Satan attacks women so hard?
- ~ What are some of the ways he attacks us and what can we do to fight it?



IF I WERE SATAN

*Written by Kathleen Slade Hofer, adapted
from Paul Harvey*

I would gain control of gifted, creative, compassionate women in the world. I would attack the women because then I could destroy the future children and the family, the backbone of any nation. I would delude female minds into thinking their worth was their body, their appearance and achievements. I would promote an attitude of loving material things and using people, instead of the other way around. I would dupe entire generations of women into comparing themselves to the illusions portrayed in the media. I would have complete control of the media so that every day I would pollute the thoughts of women for my agenda. I would promote pornography and violence as art and entertainment. I would make the female body a sex object and promote fashions which make that statement. I would confuse women into thinking that glamour is beauty. I would get women to worship movie stars and models. I would set a standard of thinness as beauty in order to make women weak. I would

make it socially acceptable for a woman to dishonor her body through starvation in order to attain society's ideal for the female form. I would convince women that their hunger is a sin. I would make life so fast-paced and noisy that there is no time to nourish each other, to play together or listen. I would degrade the sacredness of marital intimacy and fidelity. I would make divorce easy and attractive, even fashionable. I would make it legal to take the life of unborn babies; I would make it socially acceptable to mutilate one's body or take one's own life. I would cheapen human life as much as possible, so that the lives of animals are valued more than human beings. I would promote a culture of perfectionism and competition where women are taught to feel inferior, guilty and not good enough. I would teach women to compete with each other and to compete with men. I would persuade women to focus on the God of self instead of their Creator. I would take spirituality out of the schools and out of the homes and out of the hearts of gifted, creative, compassionate women. I would leave things pretty much the way they are.

Day 4: Heavenly Father's definition of Beauty

The world's definition of beauty is very different from our Father in Heavens. In 1 Samuel 16:7 we learn that "man looketh on the outward appearance but the lord looketh on the heart"

- ~ Make a list of the people in your life that you look up to and admire. Do you admire them because of their looks or because they are kind, and emulate light and love? True beauty is something you feel more than something you see. A Young Women who is beautiful to God radiates kindness, is close to the spirit and lives a clean & pure life.
- ~ **Redefine beauty for yourself.** What makes someone beautiful to you? Try to focus on these things in your life instead of the worlds idea of beauty
- ~ Read the talk "True Beauty" by Lynn G. Roberts (lds.org)



Marjorie Pay Hinckley — "I don't want to drive up to the pearly gates in a shiny sports car, wearing beautifully tailored clothes, my hair expertly coiffed, and with long, perfectly manicured fingernails. I want to drive up in a station wagon that has mud on the wheels from taking kids to scout camp. I want to be there with a smudge of peanut butter on my shirt from making sandwiches for a sick neighbor's children. I want to be there with a little dirt under my fingernails from helping to weed someone's garden. I want to be there with children's sticky kisses on my cheeks and the tears of a friend on my shoulder. I want the Lord to know I was really here and that I really lived."

Day 5: Be Proud you are a (young) Women!

~ Read and ponder this talk by
Jeffery R. Holland

"May I Plead with you young women to please be more accepting of yourselves, including your body shape and style, with a little less longing to look like someone else. We are all different. Some are tall and some are short. Some are round, and some are thin. And almost everyone at some time or other wants to be something they are not! But as one adviser to teenage girls said: "You can't live your life worrying that the world is staring at you. When you let people's opinions make you self conscious you give away your power... **The key to feeling confident is to always listen to your inner self- the real you. And in the Kingdom of God the real you is more precious than rubies.** (Proverbs 3:15)

Every Young Woman is a child of destiny and every adult woman a powerful force for good.

...I speak here of optimum health; there is no universal optimum size.

Frankly, the world has been brutal with you in this regard. You are bombarded in movies, television, fashion magazines, and advertisements with the message that looks are everything! The pitch is "If your looks are good enough, your life will be glamorous and you will be happy and popular." That kind of pressure is immense in the teenage years, to say nothing of later womanhood. In too many cases too much is being done to the human body to meet just such a fictional (to say nothing of superficial) standard. In terms of preoccupation with self and fixation on the physical, this is more than social insanity, it is spiritually destructive, and it accounts for much of the unhappiness women face in the modern world....One

would truly need a great and spacious makeup kit to compete with beauty as portrayed in media all around us. Yet at the end of the day there would still be those "in the attitude of mocking and pointing fingers" as Lehi saw. Because however much one tries in the world of glamour and fashion, it will never be glamorous enough.

For you to fully claim Heavenly Father's blessings and protection, we ask you to stay true to the standards of the gospel of Jesus Christ and not slavishly follow the whims of fads and fashions. I want you to be proud you are a woman. I want you to feel the reality of what that means, to know who you truly are. You are literally a spirit daughter of heavenly parents with a divine nature and an eternal destiny. That surpassing truth should be fixed deep in your soul and be fundamental to every decision you make as you grow into mature

womanhood. There could never be a greater authentication of your dignity, your worth, your privileges, and your promise. Your Father in Heaven knows your name and knows your circumstances. He hears your prayers. He knows your hopes and dreams, including your fears and frustrations, And he knows what you can become through FAITH in him.

BE A WOMAN OF CHRIST. Cherish your esteemed place in the sight of God. He needs you. This church needs you. The world needs you. A woman's abiding trust in God and unfailing devotion to things of the spirit have always been an anchor when the wind and the waves of life were fiercest.

"To Mothers and Daughters" By Jeffery R. Holland was originally published as "To Young Women" in Ensign, November 2005

Day 6: Tune out the Media

No TV, Magazines or surfing the web.
Tune into Nature, people and what's going on around you. Go for a walk, have a conversation or maybe sing a song.

- ~ The media constantly bombards us with unrealistic and unhealthy ideas of beauty. Get in touch with who you are independent of these false messages and spend your time on things that are real and lasting like your personality, relationships & nature.
- ~ Recognize that the images you are seeing in the media are not real. Even the models in the magazines don't look like that. Our bodies are meant to have curves and so called "imperfections."

- ~ What did you tune in to when you tuned out the media? Journal about it.



- “Our physical bodies make possible a breadth, a depth, and an intensity of experience that simply could not be obtained in our premortal estate”
– “Things as they really are” Elder Bednar CES Fireside June 2010

Day 7: No Fat Talk

Refrain from talk about weight and shape of self and others. Whether you realize it or not fat talk hurts yourself and those around you. Examples of Fat Talk are; “I’m Fat”, “You look great have you lost weight?”, “Look at my rolls”, “I wish I was that skinny” the list goes on and on and on...Refraining from speaking about weight or shape- positively or negatively- allows us to focus on a person’s real value and worth. Remember a person’s size does not necessarily reflect their health. Just as we are all different heights, we all come in different shapes and sizes. We are responsible to take care of the body we have been given.

- ~ Pay attention to your thoughts today. Ask yourself if what you are thinking is really true. Are your thoughts coming from a loving Heavenly Father or from Satan who wants you to be miserable like he is? Try replacing your negative thoughts with Truth.

Day 8: Think less of yourself and more of others

Try to think less of yourself and more of others today. Compliment at least 3 people on something other than appearances (“You’re so thoughtful” or “I love your sense of humor,” etc.) Try and find someone who needs uplifting and go do something fun with them or just sit down and listen, whatever they need. Go sit by someone who is sitting alone at lunch or on the bus. Or maybe write a nice note to someone.

Read and ponder these scriptures:

Mosiah 2:17

St. Matthew 16:25

St. Matthew 25:31-46

Journal: What was your experience today?
How does it feel to focus on others more than yourself?

Day 9: Get ready on the inside

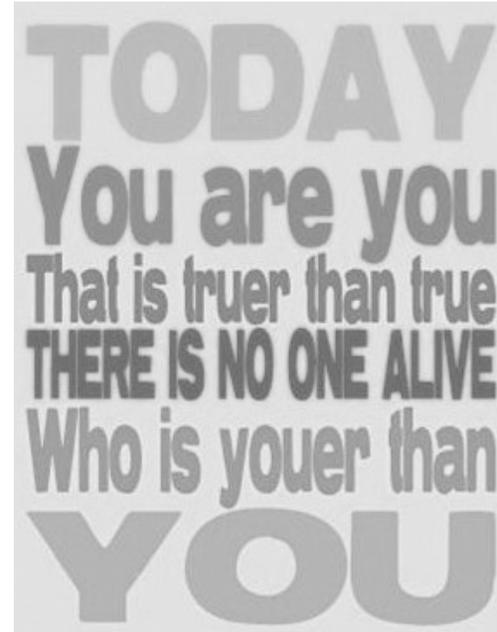
How much time do you spend getting ready each day? Today spend that same amount of time getting ready on the inside. Write in your journal, read your scriptures, listen to hymns, meditate etc...

Journal: Did you notice a difference in your day? How could you make time to spiritually and mentally arm yourself each day?

“Of all the creations of the almighty there is none more **BEAUTIFUL**, none more **INSPIRING** than a lovely daughter of God who walks in **VIRTUE** with an understanding of why she should do so. Who nurtures her spirit with everlasting **TRUTH.**”

- President Gordon B. Hinckley

Day 10: ARISE and SHINE forth!



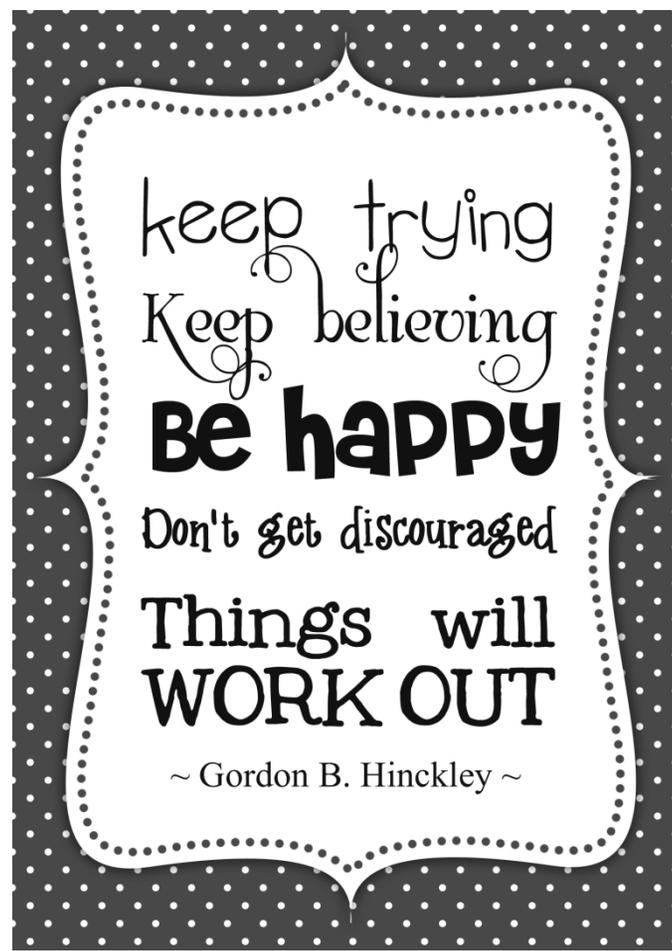
-Dr.Suess

Heavenly Father made you the way you are for a reason. He has a work for you to do! Nobody can do it as good as you can. As you stay close to heavenly father through living a righteous life you will accomplish your purpose here on earth and return to your heavenly home! Embrace who you are and take care of your physical body- it is your key to the kingdom!

Remember Heavenly Father knows and loves you.

- ~ Make a list of 10 positive things you like about yourself that have nothing to do with your appearance.
- ~ How can you use those things to ARISE and SHINE forth? Remember Heavenly Father gave you your specific talents and strengths for a reason.

“If you focus on all the things you’re not you’ll miss out on all the things you already are.”



www.downwitheatingdisorders.blogspot.com