

A
RAISING
GODLY
GIRLS®
GUIDE
TO

RESILIENCE

An illustration of a target with concentric rings in shades of orange and red. Several arrows with red fletching and black shafts are shown hitting the target. One arrow is in the bullseye, another is in the inner ring, and others are in the outer rings. The background is a solid light red color.

presented by
AMERICAN HERITAGE GIRLS®



Consider it *pure joy*,
my brothers & sisters,
whenever
you face trials of many kinds,
because
you know
that the testing
of your faith
produces
perseverance.

Let *perseverance*
finish its work
so that you may be

**MATURE & COMPLETE,
NOT LACKING ANYTHING.**

(JAMES 1:2-4, NIV)



FOUNDER'S NOTE



Dear reader,

Grit. Moxie. Toughness.

Whatever you call it,

part of helping grow a **GODLY GIRL** into

A WOMAN OF INTEGRITY

is establishing resilience.

Resiliency is a popular word in parenting circles. In my nearly 30 years of ministering to girls, I've talked a lot about raising resilient girls to become strong women (and I like to think I did just that in raising my three daughters). Raising Godly Girls is here to equip families as they raise up relational girls who invest in positive and loving relationships with others and cling to Christ when navigating emotions.

Have you ever seen the hilarious tweets tagged with the hashtag #ReasonsMyKidsCrying? Parents share things like *"She says her ice cream is too cold"* and *"I won't let him play in the toilet."* While these posts are always good for a laugh, I can't help but recognize the need to equip our parents and kids with emotional intelligence, or EQ.

EQ is being able to identify, evaluate, control, and express our emotions—especially key for our young people! Like reading, writing, and math, teaching kids how to identify emotions as temporary and recognize how feelings affect them is a powerful tool!

Resiliency is overcoming difficulty, but not at the cost of ignoring or downplaying it! Resiliency isn't a 100% success rate, it's knowing that in failure, future success is still possible. We call this failing forward or being "free to fail".

We know girls can feel chained by the expectation of perfection. We also see that kids today are driven by a need to achieve. For so many girls, the fear of failure is what keeps them from trying in the first place. But when a girl's natural curiosity for the world around her is fostered at home, church, her AHG Troop, and school, she is more likely to courageously dive in and try new things without fear of failure.

We know that failure is an inevitable factor in life. So often parents are inclined to protect their children from failure at all costs. But as Dr. Tim Elmore of the Growing Leaders Ministry puts it, in protecting our children from all failure, we aren't preparing them for life. It's in making space for failure that we give them a framework for adulting in the real world.

By incorporating chances to take risks and try without fear of failure, girls are actually able to fail forward. A girl is left feeling capable and empowered, not because of what she accomplished, but because she knows that her accomplishments (or failures) don't define her—God does.

I pray you find this resource life-giving in your Christ-honoring, counter-cultural parenting journey.

In Christ,

A handwritten signature in black ink that reads "Patti Garbary". The signature is written in a cursive, flowing style.

*Founder & Executive Director of American Heritage Girls
Host of the Raising Godly Girls Minute
& Raising Godly Girls Podcast*

P.S.: Raising Godly Girls® is a culmination of nearly 30 years of building women of integrity through American Heritage Girls® (AHG), the premier character and leadership development program for girls 5 to 18. Whether you're a parent, a pastor, an educator, or a volunteer for a youth-serving organization like AHG, this guide is for you. If you like what you read here, be sure to visit us online and learn more about empowering girls through the love of God at raisinggodlygirls.com.

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FIND THE TOOLS YOU NEED

Raising a **GODLY GIRL**

who is able to spread

GOD'S PEACE and love in our broken world proves easier said than done. No parent should have to go it alone. (Or maybe, you're not the #girlmom/#girldad, but you minister to families, and you find yourself with this guide... keep reading! Knowing the needs of your parents and girls is vital in meeting them where they are!) Finding a community of supportive, like-minded fellow believers is essential in your journey.

ACTION STEP:

Good news: you've already taken the first step in your journey toward raising a Godly girl—you've started reading this Raising Godly Girls Guide! Resources, like this one, are the arrows in your parenting quiver. Just as no one is born automatically knowing Calculus, no one is born knowing the ins and outs of great parenting strategy. It takes time to learn, and it takes voices you can trust to guide you. Together with your spouse or co-parent, create a list of shared resources on which you can rely when you don't readily have the answers!

(Check out page 36-37 for even more trusted sources.)

ACTION STEP:

Supporting your girl in building resilience starts with building up confidence in yourself. God calls the equipped, sure, but more often than not, God equips the called. For this, for your girl's deepest good, God called you. It's time to answer the call. Dig into Scripture (God's Word!), build a community (a virtual one is a great starting place, but don't limit yourself there!), and lean on your trusted people when you need to. We aren't meant to go it alone, after all, you know the age-old adage: *it takes a village to raise a child*. Ready for more good news?



As Christians, we belong to a centuries-old network of families raising their children in our faith tradition—look to your faith community and ministries to build your family's personal village.

**TOGETHER,
WE CAN RAISE UP A GENERATION OF
RESILIENT, EMOTIONALLY INTELLIGENT,
AND GOD-FEARING WOMEN.**

(Check out page 36-37 for even more trusted sources.)

DEFINING RESILIENCE & GRIT THROUGH A BIBLICAL WORLDVIEW

What is **RESILIENCE**?

Webster's Dictionary explains resilience in relation to Physics. It states that resilience is the ability of an elastic material, such as rubber or animal tissue, to absorb energy and spring back into its original shape after being stretched¹. The recovery that occurs in this phenomenon is similar to a girl's ability to rebound after a jarring setback. Like the elastic material, our girls must release that hardship and allow it to stretch them but not define them.

Types of **RESILIENCY**.

There are four commonly discussed types of resilience in social science—**physical**, **mental**, **emotional**, and **social** resilience². But as a Christian parent, you know there's another facet of your daughter's life that must be able to rebound in times of difficulty—she needs to develop **spiritual** resiliency as well.

Emotional resilience is the capacity to adapt to stress. It involves maintaining emotional stability and well-being in the face of adversity. Mental resilience is the ability to problem-solve and persevere in times of uncertainty. For young girls especially, mental and emotional resilience is crucial for navigating the ups and downs of life, building healthy relationships, and developing a strong sense of self-worth. Social resilience is the ability to come together

¹[merriam-webster.com/dictionary/resilience](https://www.merriam-webster.com/dictionary/resilience)

²communityindustrygroup.org.au/lessons/types-of-resilience



GODLY GRIT

is required to

persevere

& finish

the race well

because

HIS ABUNDANT

POWER AND

GRACE


enable believers

to remain faithful

when human

strength

runs out.



to find a solution in times of difficulty. Physical resilience is the ability to push past exhaustion or fear to allow strength, ability, and stamina to build. Spiritual resilience is the unshakeable nature of a girl's relationship with Christ. For many girls, spiritual resilience provides a sense of hope, comfort, and guidance in times of uncertainty.

What is **(GODLY) GRIT?**

Another word we can use in place of resilience is grit. From a Biblical Worldview perspective, the word grit is not a pull-up-your-bootstrap kind of grit. It is a grit cultivated by the Holy Spirit inside the heart of a Christ-follower. To be resilient, or gritty, a girl must be deeply and strongly rooted in her identity as a child of God, knowing who she is and Whose she is. Grit is a spiritual discipline that enables Christ-followers to persevere through hardships, walk wisely in all areas of life, and serve others. While serving others can be challenging, Christ seeks to develop each of our servant leadership skills in this ever-changing world. Godly grit is required to persevere and finish the race well because His abundant power and grace enable believers to remain faithful when human strength runs out.

Today's world values a life of convenience and comfort. But as girls grow in resiliency, they recognize that when little is given, little is gained. Offer your daughter a safe-to-

fail place where she can grow in her abilities, reliance on God, and ability to persevere. Together with your daughter, set a difficult goal. With your support, she can learn how to overcome obstacles, lean on Jesus, and bounce back in the wake of setbacks in order to achieve.

“I can do all things through Christ who strengthens me.”

(Philippians 4:13, NIV)

Paul’s words in his letter to the Philippians are some of the most quoted from Scripture, but they’re also some of the most misused. The traditional achievements of today, like winning a sporting event or building material wealth, aren’t the “all things” Paul spoke of in his letter. In fact, the circumstances in which he turned to Christ for strength were quite the opposite. Turmoil, difficulty, despair—those are the times Paul turned to Christ. Paul did not ask the Father to take his problems away or change his circumstances, but instead to give him the strength to shift perception and joyfully trust in the Lord despite the hardship. Teaching girls to trust in the Father while experiencing difficulty instills a sense of graceful poise and Godly perseverance that the world is so desperately devoid of today.





■ ACTION STEP:

Is your girl walking through a tough season lately? Carve out time for a cozy cup of hot cocoa or tea one afternoon and pour love into her heart. Like these robust drinks, your girl's heart also shows its true colors when her faith is **tested**. The longer a tea bag is steeped in hot water, the richer the essence of its flavor will spread into the surrounding water. The Books of Matthew, James, and Job in the Bible all encourage our girls that a tested faith produces a **strong, resilient, grace-filled** faith. Reassure your girl that when she leans into the truth of God's Word and rests in the Holy Spirit's guidance, her faith will stand the test of whatever may come, producing a life that reflects Jesus to all around her.

Find this in the Bible: Matthew 5:10-11, James 1:2-3, Job 19:25-27



PLAGUE OF PERFECTION

GIRLS LEARN from a young age
to put **THEIR WORTH** in the hands of others.

Sat perfectly still and quiet in church while her brother made a fuss? *Good girl*. Got the highest grade in the class? *Good girl*. Made every team she's ever tried out for? *Good girl*. But what happens when the expectation of perfection becomes a sort of plague, and being the “good girl” becomes less of a compliment and more of a constraint in her road to building resiliency? After all, a good girl *never* falters, and a good girl is *always* perfect. See the problem here?

Research shows that, in general, girls struggle with perfectionism more than their male counterparts³. Spend time on social media and you'll see common “syndromes” invented by posters—like Good Girl Syndrome⁴, Perfect Girl Syndrome⁵, or even Eldest Daughter Syndrome⁶. At its core, this deep longing for perfection is an obsession with control. We know that we cannot control and perfect every piece of our life, it is a fruitless pursuit.

The plague of perfectionism among Christian girls is pervasive and troubling, stemming from societal pressures, cultural expectations, and sometimes even misinterpretations of Christian teachings on holiness and Christ-likeness. For girls

³ncbi.nlm.nih.gov/pmc/articles/PMC8424040

⁴health.clevelandclinic.org/good-girl-syndrome

⁵eric.ed.gov/?id=EJ1091761

⁶theatlantic.com/family/archive/2023/11/first-born-children-eldest-daughter-family-dynamics/675986

desperate to achieve perfection, the reality that the human race is fallen and requires a Savior can be forgotten, blotting out their personal desire for the restoration only Jesus can bring.

For girls without an identity deeply rooted in Christ, the expectation of high moral standards gets conflated with achieving spiritual perfection, leading to the unrealistic expectation that perfection is attainable. But believers know that God's people don't need to achieve perfection in order to live a spiritually-healthy life. Instead, we must guide our girls to remember that God doesn't expect perfection, just repentance, which requires each of us to acknowledge that we *aren't* perfect.

This plague of perfectionism often spills into all facets of a girl's life—her faith walk, her academic pursuits, her athletic acumen, her self-confidence, and even her body image. (In fact, research shows that young women with self-identified perfectionistic concerns tend to struggle more with eating disorder symptoms⁷.)



The fear of falling short of these lofty, perfect standards can lead girls to experience feelings of inadequacy, anxiety, and self-doubt. Some girls may even go as far as to self-sabotage, through procrastination or making excuses, since never trying is “better” than trying and falling short of perfection.

For a girl early in her walk with Christ, internalizing the belief that she must constantly achieve perfection to earn God's love and acceptance perpetuates a cycle of self-criticism when she (naturally) falls short. This unhealthy perfectionistic mindset not only undermines her self-esteem

⁷pubmed.ncbi.nlm.nih.gov/27342414/

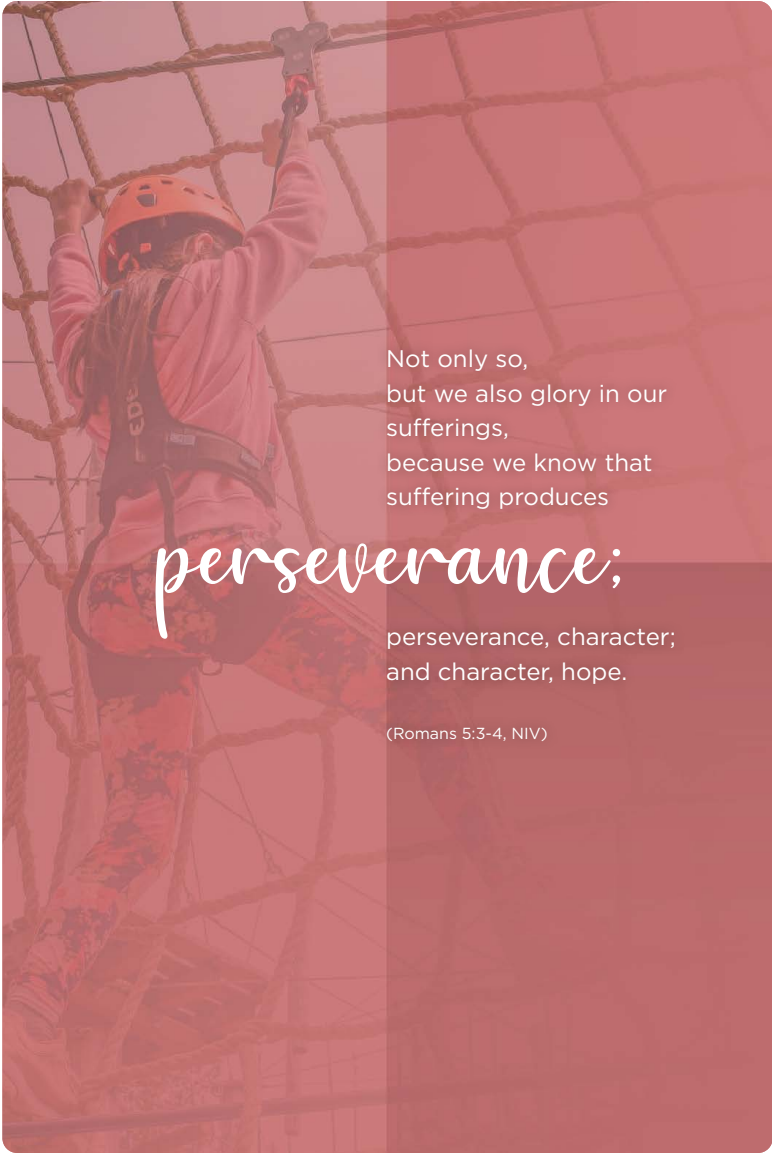
but also hinders her ability to admit her shortcomings, learn from failures, and experience genuine growth and authenticity in her faith journey.

To combat the plague of perfectionism, it's crucial for communities of Christian families and parents to emphasize grace, self-compassion, and the inherent worth of individuals in the Creator's eyes*. Encouraging girls to acknowledge their limitations and extend grace to themselves (and others!) can foster a healthier mindset rooted in faith. By nurturing an environment of acceptance, vulnerability, and growth in your home, your daughter can find freedom from the pressures of perfectionism and experience the joy and fulfillment of living authentically in God's infinite, merciful love.

**Find this in the Bible: Genesis 1:27, Psalm 139:13-16, Matthew 10:29-31*

ACTION STEP:

Does your daughter struggle with perfectionist tendencies? Next time she gets a high grade or meets a goal on her first attempt, stop yourself from meeting her accomplishment with a "Good girl!" Instead, ask her, "How does this make you feel about yourself?" or "I'm proud of your accomplishment, but I'm even more proud of you for trying!". Reinforce that while achievement is worth celebrating, her inherent worth doesn't lie in her perfectionism at all times. In preparation for future failures, build a mindset of resilience by shifting the focus from the achievement and onto her effort and character in times of success.



Not only so,
but we also glory in our
sufferings,
because we know that
suffering produces

perseverance;

perseverance, character;
and character, hope.

(Romans 5:3-4, NIV)



AFFIRM YOUR DAUGHTER IN HER RELIANCE ON GOD

Parenting blogs, books, & podcasts
are full of advice on

HOW TO RAISE INDEPENDENT, CONFIDENT GIRLS.

But what about raising a girl who is always reliant... **on God!** Our culture celebrates the one who goes it alone, but we aren't meant to leave God out of our goal planning, priorities, hopes, and dreams.

SCRIPTURES TO STUDY

*that reinforce reliance
on the Lord*

- *1 Chronicles 16:11*
- *2 Corinthians 4:16-18*
- *Hebrews 10:36*
- *Isaiah 40:28-31*
- *James 1:2-4*
- *Jeremiah 17:5-9*
- *John 15:4-5*
- *Matthew 8:24-26*
- *Matthew 11:28-30*
- *Proverbs 3:5*
- *Romans 5:3-4*
- *Romans 12:2*

ACTION STEP:

Listen to episodes 016-018 of the Raising Godly Girls Podcast. Co-hosts Rachael and Melissa squash the shame so many girls feel in times of failure and champion a culture of reliance on God and failing forward. *Plus*, Patti Garibay is joined by Dr. Kathy Koch (Celebrate Kids), to offer parents applicable tools to create a culture of Christ-honoring resilience in their home. Stream anywhere you listen to podcasts or listen on raisinggodlygirls.com.





RECOGNIZING & ADDRESSING THE SIGNS OF BURNOUT IN YOUR GIRL

Even with an understanding of emotional resilience, sometimes stress becomes too much. With high expectations, robust achievement goals, and jam-packed schedules comes the increased risk of burnout for your girl.

What is burnout? The American Psychological Association defines burnout as the “physical, emotional, or mental exhaustion accompanied by decreased motivation, lowered performance, and negative attitudes toward oneself and others. It results from performing at a high level until stress and tension, especially from extreme and prolonged physical or mental exertion or an overburdening workload, take their toll.”⁸

While burnout is most commonly seen in adults, youth are just as susceptible to this type of life-consuming exhaustion. After all, advanced school courseloads, endless extracurriculars, body changes... individually, all are reason enough to feel stress. But combine them in the life of a young girl, and she’s sure to feel overwhelmed.

Wondering if your girl is on the brink of burnout? Look out for these common signs and prepare to intervene. While this list is not exhaustive, it is meant to serve as a launch pad to help you, as her parent, stay engaged and informed on your daughter’s mental well-being.

⁸dictionary.apa.org/burnout

COMMON SIGNS OF BURNOUT

(but are not exclusively categorized by or limited to):

- Emotional exhaustion
- Persistent feelings of sadness
- Irritability
- Feelings of overwhelm
- Insomnia
- Disrupted eating habits
- Withdrawal from once-enjoyed activities
- Procrastination
- Sudden drop in school grades
- Recurring insomnia
- Frequent maladies *(like headaches, stomachaches, or other physical ailments)*

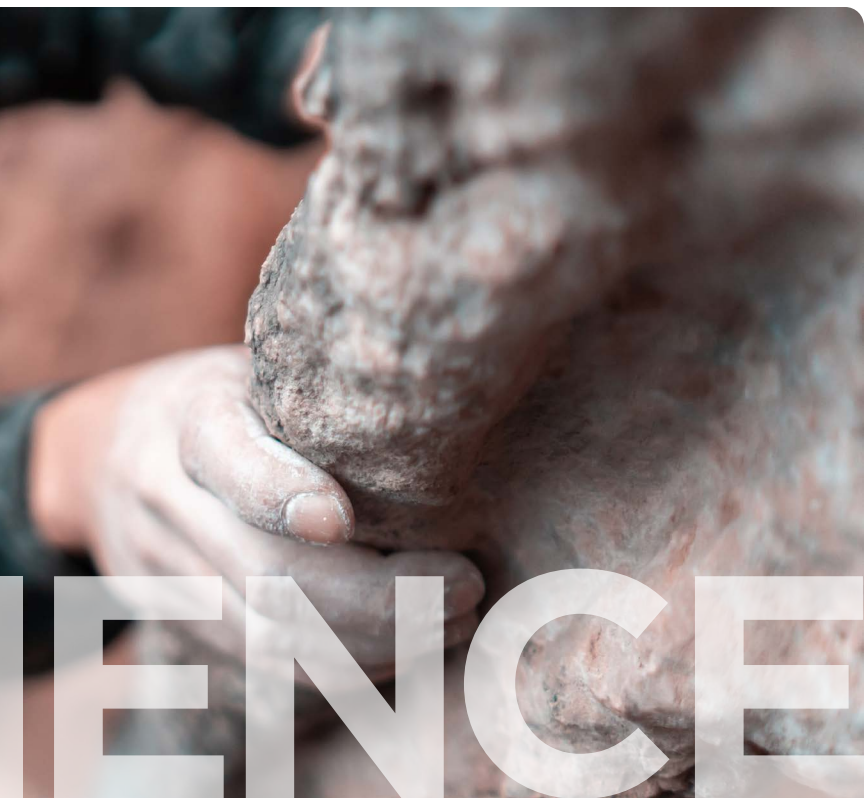
Remember, you aren't meant to be your daughter's parent *and* her physician. You can definitely meet her where she is, offer support, and advocate for her well-being. If you worry your girl is struggling with burnout, anxiety, or depression in a serious way, seek the professional clinical and spiritual care of a Christian counselor as a critical step in restoring her mental wellness. Christian counseling can provide a safe place to explore emotions, unburden the mind, better comprehend God's infinite love and mercy, and learn applicable coping techniques.

(For information on where to find a Christian counselor, see page 36.)



RESILIENCE

Resilience doesn't encourage ignoring
empowers a girl to **adapt and**



g or downplaying difficulty, but rather,
and overcome in the face of it.



■ ACTION STEP:

For a girl struggling to remain resilient in the face of life's stress, but isn't quite burnt out, a break might be just the thing she needs to reset. Self-care looks different for every girl, but a Godly girl knows true refreshment always includes time with the Lord.

Sabbath rest—rest that carves out space to reflect and reconnect with God, is soul-nourishing. Quiet Bible journaling before school, a jog accompanied with worship music, pairing a faith-based podcast with an epsom salt bath after practice, attending an additional church service with a friend during the week—however she fills her cup, be sure to encourage her to take time to care for herself, mentally, physically, and spiritually.



BUILDING EMOTIONAL INTELLIGENCE

The clearest way to **NURTURE**
your daughter's relationships without actually
MEDDLING
in your daughter's relationships?

Build emotional intelligence. God made His people to be in community with one another, but spend enough time around people in today's culture and you'll soon realize that we're all living in different worlds—separate, individualistic realities dictated by our own fleeting emotions. But just as words aren't weapons, emotions don't decide Truth. Only God does that. Building emotional intelligence in your girl allows her the ability to treat her emotions as a gauge, not a guide, and enter into adulthood equipped with a resilient spirit and a well-regulated mind-body connection.

What is **EMOTIONAL INTELLIGENCE**?

Emotional intelligence (EQ) is your girl's ability to identify, evaluate, control, and express her emotions in a positive way. Just as you would see great importance in teaching your girl math or reading skills, take the time to familiarize her with handling emotions. After all, a well-adjusted young girl is better prepared for her tween, teen, and adult years!

Is **EMOTIONAL INTELLIGENCE** Instruction Biblical?

Who made emotions? God did, of course! When God made humankind in His image (Genesis 1:27), He also instilled the capacity to experience emotion. We know

God experiences emotion, one need only turn to the Scriptures to see Him portray feelings of anger, delight, joy, and sorrow*. To experience emotion is a natural part of being human. Emotions are a God-given gift, but left unknown and unchecked, they can dictate actions in a way contrary to our deepest, God-honoring desires. Scripture is full of guidance on how to develop awareness, regulate emotions through self-control, and develop empathy, or love, for others. Fostering your girl's emotional intelligence allows her the opportunity to develop healthy habits and coping skills essential in building resilience.

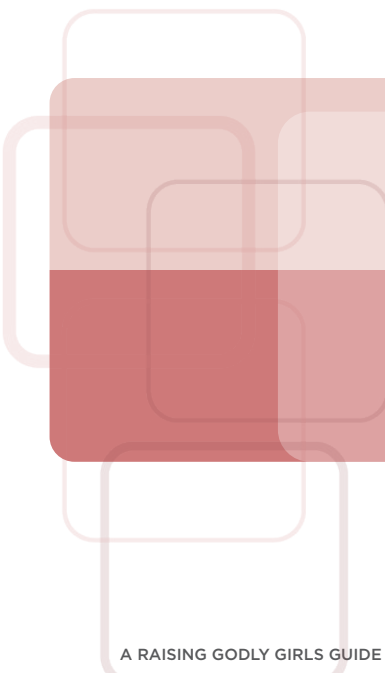
**Find this in the Bible: Matthew 21:12-13, Psalm 149:4, Zephaniah 3:17, John 11:35*

Putting **EQ INTO PRACTICE**

Being able to identify, evaluate, control, and express emotions is just the start! Social-Emotional skills take it a step further. Equipping your daughter with social-emotional skills is paramount to raising a Godly adult. When kids learn how to interact in a connective way with other people, they tend to express more kindness and empathy. While conversations about her feelings, brainstorming how to react to scenarios, and developing coping strategies are all helpful tactics, ultimately your girl needs to be in the presence of other children. A safe, Holy Spirit-filled place, like an American Heritage Girls Troop, youth group, or service organization, gives girls somewhere to interact and live out the EQ skills she's learning. This sort of authentic community provides the opportunity for her to be transparent with others about her thoughts and feelings while also being empathetic toward others' thoughts and feelings.

Modeling EQ AS A PARENT

Many millennial parents are experiencing an interesting phenomenon when it comes to teaching their girls about emotional intelligence—they're learning right alongside their girls! If you find yourself learning EQ skills for the first time as an adult, seek out the shift as a lesson in resiliency and perseverance. When you and your girl take time to invest deeply in understanding and regulating emotions, you'll embark on a journey of mutual growth. By modeling emotional awareness and empathy, you can instill valuable life skills in your daughter, empowering her to navigate relationships and challenges with resilience and compassion. This shared experience not only nurtures a deeper connection between you, the parent, and her, the child, but also equips both generations with essential tools for navigating the world outside your home too.



Building *emotional intelligence* in your girl allows her the ability to treat her emotions as a gauge, not a guide.

3 Practical Strategies **FOR DEVELOPING EQ in Girls**

- 1. Engage girls in activities that help them identify and label their emotions.** *For little ones, this could include emotion charts with corresponding facial expressions, for tweens this could mean identifying the more nuanced physical sensations they associate with a feeling, for teenagers this could be a journaling prompt to help them individually express their understanding of emotion in their body.*
- 2. Coach them in conflict resolution and growth through feedback and rejection.** *For girls, a fight, a bad grade, or even a difference of opinion can feel shameful. Coach them away from a shame mindset and into a growth one by treating emotions as temporary. Sometimes tears can take hold of situations and cause emotions to control her decisions. Talk and pray with your girl through times of difficulty to see her emotions as a gauge of her current heart condition, not the defining guide in the reality of her life.*
- 3. Equip her with Christ-centered emotion-balancing techniques.** *The world touts mindfulness and meditation as the highest benchmark for emotional regulation, but believers know that meditation or mindfulness bound by our human frailty isn't truly fulfilling. The peace God provides is unmatched to any feeling conjured up by our own human doing. God refreshes the soul, renewing the mind, body, and spirit to allow her resilience to shine through. Guide your girl to balance and regulate herself in times of emotional distress by leaning on her Heavenly Father—whether through reading His Word, guided Christian meditative prayer, or even outdoor prayer walks.*

ACTION STEP:

God's Word is a lamp to our feet and a light to our path (Psalm 119:105). Whether your girl is experiencing the joy of a goal achieved or the frustration of unmet expectations, guide her back to Scripture for God's infinite wisdom. Take it a step further and engage in a joint Scripture study! Together with your girl, read the following emotion and Bible verse, then write a way both of you can EMBRACE your EQ through this emotion.

JOY

John 15:10-11

EXHAUSTION

Mark 6:31

ANGER

James 1:19

DISGUST

Proverbs 6:16-19

SORROW

John 11

COMPASSION

John 8:1-11

FRUSTRATION

John 16:33

JEALOUSY

Luke 15:11-32

AGONY

Luke 22:42-44

EMPATHY

John 4:1-11

FORGIVENESS

Colossians 3:13

LOVE

1 John 4:7-12

LONELINESS

Isaiah 53:3

SELF-CONTROL

1 Peter 2:23



FAILING FORWARD

Replacing Her Fear of Failure with a Path Forward

Failure. Not something that your girl likely embraces, or that she's proud of. But what if failure was the exact catalyst she needed to achieve success in her life? What if you could teach her that failure is actually a good thing? What if failure was a way forward, not something holding her back?

- **Eradicate Expectations of Perfection**

We know girls feel the pressure to be perfect. But Scripture tells us that all people fall short of God's glorious standard—"for all have sinned and fall short of the glory of God" (Romans 3:23, NIV). Only He is holy and perfect. But God loves us, despite our imperfections—so He knows about our failures and promises to cleanse us and make us new when we lean on Him.

- **Emphasize God's Grace and Redemption**

Whether she misses the winning goal of the soccer game, plays a wrong note in the orchestra concert, or loses her temper yet again in your home, set her heart at ease by offering your girl gentle feedback through her failures and emphasizing the hope of improvement and change moving forward. God tells us in His Word that He is making all things new (Revelation 21:5).

- **Encourage Her Growth Mindset**

Negative self-talk is proven to diminish mental well-being, including a worsening of mental health disorders like anxiety and depression⁹. Rather than dwell in negativity in the midst of challenge or failure, a growth mindset allows opportunity to shine through the darkness. Affirm your girl in her effort, learning, and progress through failure. Encourage healthy self-talk and the Truths God speaks over her life—she has inherent worth, she is loved, and she is set apart because she

⁹health.clevelandclinic.org/what-is-negative-self-talk-and-how-to-change-it

is made in the image of God. If she gets stuck in patterns of negative self-talk, remind her of the words of 2 Corinthians 10:5, NIV: “...we take captive every thought to make it obedient to Christ.”

- **Establish the Difference Between Acting Recklessly & Taking Risks**


Living without fear of failure means being willing to take risks. But does your girl know the difference between being a risktaker and acting in a risky way? There is a difference between taking a risk, calculated and deliberate, and being reckless, careless and random. Failing forward requires intentionality and awareness in risk-taking. Be a sounding board for her each step of the way to discern the difference between reckless living and goal-oriented risk-taking. The wisdom of your experience can guide her into growth rather than self-destruction.

- **Create an Environment for Trying & Learning**

Does your home feel like a safe space to try? Establishing an environment for experiential learning, through trial and error, starts with a few small shifts. Consider celebrating progress over perfection by vocally praising effort and process, not just results. Try offering feedback in a constructive manner that encourages her to find new ways to improve, rather than simple critique that boxes her into the fear of failure. Be vulnerable about your own life’s failures and share how failure wasn’t a sort of quicksand but a trampoline to the next thing God had in store.

- **Reinforce Her Reliance on God**

Failing with trust in God intact is more life-giving than earthly success without Him. God’s plan for our lives is never void of His presence. Developing a reliance on the Lord requires cultivating daily spiritual, mental, and physical habits that prioritize His ways above our own. He is the vine, and we are the branches—without connection and reliance on Him as the source of life, your girl can do nothing (John 15:5).



You need to persevere so that when
YOU HAVE DONE THE WILL OF GOD,
you will receive what he has
promised.
(HEBREWS 10:36, NIV)



APPLYING RESILIENCE SKILLS IN REAL LIFE

Learn Something New, **TOGETHER.**

Rarely do we embark on new adventures where we're destined to fail right away. After all, who really wants to set out to be terrible at something? But what if we can teach our girls that the reward doesn't solely lie in our achievement, but in our effort? That through effort, failure, and eventually, success, our reward is both experience and achievement?

God designed humanity with a mind-body connection—when we labor, our brains are rewarded with serotonin and dopamine, the “happy hormones”. Behavioral Neuroscientists call this the “Effort Driven Reward Circuit¹⁰”. Working with the body, specifically the hands, activates areas of the brain that control movement, emotions, and thought. Because of their physical interconnectedness inside the brain, the effort-driven rewards circuit is activated. The result? A biological path to building mental well-being and emotional resilience.

¹⁰[scientificamerican.com/article/depressingly-easy](https://www.scientificamerican.com/article/depressingly-easy)

■ ACTION STEP:

Together with your girl, set out to try a new activity with the sole goal of effort. (Bonus points if it's new to both of you!) While she may discover a natural gifting in her new endeavor, the purpose of your adventure is to get her hands moving, her mind engaged, and her emotional resilience built. Chances are she'll miss the bullseye, the bread won't rise, the hike will end at mile 7 rather than the planned mile 10, or the stitches will be uneven... but if she's persevering, she's learning. There's a commonly-noted statistic that in order to master proficiency in a new skill or area of talent, a person, on average, needs to complete 10,000 hours of guided practice¹¹. Together with your girl, find a way to enjoy the 9,999 hours of trying, doing, failing, and learning before mastery (if she ever gets there!).

¹¹[newyorker.com/sports/sporting-scene/complexity-and-the-ten-thousand-hour-rule](https://www.nytimes.com/2013/08/07/science/complexity-and-the-ten-thousand-hour-rule.html)



Need ideas? Visit your local library, research local artisan classes, make an inspiration board on Pinterest, watch experts on YouTube, inquire about borrowing equipment from your local recreation center, or flip through the AHG Girl Handbook and select a badge program that features a skill new to the two of you.



Physical Activities

- Archery
- Tennis
- Pickleball
- Table Tennis
- Volleyball
- Hiking



Around the Home

- Bread Baking
- Canning
- Vegetable Gardening
- Flower Arranging
- Home Repairs
- Furniture Restoration



Crafting

- Needlepoint
- Embroidery
- Crocheting
- Sewing
- Beading
- Paper Making



Artistry

- Painting
- Pottery
- Calligraphy
- Stained Glass Making
- Screen Printing
- Wood Carving



DOCUMENTING YOUR NEW SKILL-BUILDING ENDEAVOR?



Tag @raisinggodlygirls

on Instagram and **share your journey** to building resilience **while learning something new!**

“When your girl discovers a new passion, like playing the piano, she’s likely to turn to the internet for inspiration... but yikes! Her search results in dozens of child prodigies and suddenly she feels inadequate and wants to quit. Nothing spoils your hopes and dreams like an internet search, right? We all fall victim to comparison, but online comparison is especially dangerous. Why? Because the internet’s benchmark for success is being the world’s very best. If we allow our girls to compare themselves to internet superstars, how will they ever allow themselves to explore the gifts and talents God has given them? Remind your girl that being the best in the world is not the goal—but being **her very best self is!**”

–Patti Garibay,

AHG Founder & Executive Director,

*Host of the Raising Godly Girls Minute
& Raising Godly Girls Podcast*

CONVERSATION STARTERS FOR YOU & YOUR GIRL

Resilience isn't a skill learned overnight or a muscle built with one training session. Resilience is built over time, through learned experience, dedication to prayer, and patience in the midst of struggle. Open conversation offers your girl a place to share her fears, pain points, and struggles and gives you a chance to show her behind the curtain of your heart. As she grows in both grit and grace, show her balanced leadership through courage as well as vulnerability.

Treat these questions as a starting point, not a checklist. Allow the discussion with your girl to blossom and transform into the empowering conversation God has planned for you both.

- What does it mean to persevere, adapt, and overcome?
- Why do you think girls feel the pressure to be perfect?
- The world says we can have it all, be it all, and do it all in life, but what does God call us to?
- How can your faith in Jesus help you handle difficult situations?
- Do you feel resilient?
- Do you feel "free to fail"?
- How can I better support you in times of failure?
- Have you ever wanted to give up on an activity because it was hard? Did you persevere?
- When you're struggling, do you find yourself turning to God or away from Him?

ACTION STEP:

Don't be tempted to treat the conversation around resilience as a one-time parenting box you can check off the to-do list. Resilience is built over time by way of learned experience and working through difficulty as it comes. Check in with your girl and keep resilience top of mind when providing encouragement or offering affirmations.



OTHER RESOURCES TO EXPLORE

We believe community is an inherent part
of **GOD'S DESIGN FOR HUMANITY.**

That's why Raising Godly Girls is proud to guide parents toward like-minded, Biblically-sound, and Christ-centered ministries to further equip you in your parenting journey.

*For more on **pop culture and teen culture**, visit:*

AXIS

axis.org

For more Biblical parenting perspective, visit:

COLSON CENTER

colsoncenter.org

For more Christ-honoring parenting advice on building character, visit:

CELEBRATE KIDS

celebratekids.com

For more on Christ-honoring parenting advice, visit:

FAMILY LIFE

familylife.com

For more on topic-driven parenting advice, visit:

FOCUS ON THE FAMILY

focusonthefamily.com

To find a Christian counselor near you, visit:

FOCUS ON THE FAMILY'S CHRISTIAN COUNSELOR NETWORK

christiancounselorsnetwork.com

For an age-appropriate storybook on resilience (and accompanying Free to B. Resilient Activity Patch Program), read:

FRIEDA B. KNOWS IT'S TRUE... YOU ARE FREE TO BE YOU

friedab.com

For girl leadership curriculum on resilience, growth through feedback and rejection, conflict resolution and more, check out:

AMERICAN HERITAGE GIRLS' G.R.I.T. WITH GRACE

ahg.pub/GRITwithGrace

For real-life resilience preparation and leadership curriculum, visit:

GROWING LEADERS

growingleaders.com

For actionable, Biblical parenting advice on raising a Godly girl in this difficult cultural moment, tune into:

RAISING GODLY GIRLS PODCAST

raisinggodlygirls.com

For Bible studies, devotionals, sermons, and more, visit:

RIGHTNOW MEDIA

rightnowmedia.org

For age-appropriate reading (and an accompanying activity patch program) for older girls, read:

THE LIES GIRLS BELIEVE: AND THE TRUTH THAT SETS THEM FREE
and **THE LIES YOUNG WOMEN BELIEVE: AND THE TRUTH THAT SETS THEM FREE**

mytruegirl.com

For child-focused lessons on emotional resilience, visit:

SQUABBLES

squabbles.com

LEARN MORE

We invite you to share this resource with a friend, pastor, or educator;
**together we can raise up the next generation of Christian leaders by
empowering girls through the love of God.**

WANT TO LEARN MORE?



Raising Godly Girls offers other **e-books** just like this one to equip those seeking to disciple the girls entrusted to their care. Visit the Raising Godly Girls website via the link below to find the guides on:

Fear & Anxiety

Gender & Identity

Biblical Worldview

Peace in Times of Global Conflict

The **Raising Godly Girls blog** is updated weekly with new, current topics and insight on how to raise a girl after God's own heart.

Tune in to the **Raising Godly Girls Minute with Patti Garibay**, a daily radio feature highlighting parenting solutions through a Biblical lens, playing on thousands of Christian radio stations across the country.

raisinggodlygirls.com



PODCAST

**30 YEARS OF GIRL-CENTRIC MINISTRY
EXPERIENCE WRAPPED UP INTO THREE
BIBLICALLY-SOUND, CULTURE-COUNTERING,
ADVICE-FILLED EPISODES EACH WEEK.**

WHAT TO EXPECT FROM
THE RAISING GODLY GIRLS PODCAST:

- ✓ Trusted voices and Scripture-based advice that provides and reinforces a **Biblical Worldview** for both parents and their daughters.
- ✓ **Three episodes each week** (airing Tuesdays, Thursdays, and Saturdays) packed full of information for busy parents on-the-go.
- ✓ **Wisdom on current cultural issues** girls and parents are facing today, including anxiety, identity, bullying, and more.
- ✓ **Real-world solutions** on how to overcome difficulties, tackle parenting problems head-on, and connect with girls in a meaningful and life-giving way.

Find the **Raising Godly Girls Podcast** anywhere you listen to podcasts, or stream online at raisinggodlygirls.com



THE MINISTRY BEHIND RAISING GODLY GIRLS

AMERICAN HERITAGE GIRLS is building women of integrity in communities like yours nationwide. Girls 5 to 18 are enjoying faith, service, and fun in a Christ-centered environment.



BETTER TOGETHER

From completing badgework to experiencing outdoor adventure, developing girl leadership skills to making lifelong friendships, a girl's time in AHG supplements the work of raising a Godly girl. AHG's Biblically-based curriculum enforces a Biblical Worldview in the next generation of Christian leaders.

Find a Troop near you or bring AHG to your church or Christian school by visiting americanheritagegirls.org

