



REFLECTIONS FOR THE RESCUE

REFLECT:

How have you been tempted to devalue this uniqueness of your soul?

What keeps you from believing in your value?

Do you struggle with being patient with yourself?
Why or why not?

RESPOND:

Write your name in the blank below:
I am _____, and I'm a uniquely and divinely created soul. Now write the statement somewhere you will see it often. Write it on your mirror with a dry-erase marker or lipstick. Jot it on a three-by-five card and keep it taped on the dashboard of your car.

CHAPTER 6: AN EPISODE FROM ADOLESCENCE ACTION PLAN