

# #BEYoutiful !

## Self-Care & Self-Esteem

with Tamara Smith & Elder Franchatta Barber

It's important that we love God and love others, right? Now let's look at why it's very important to love yourself to even know how to do that. In making self-care a priority, you are acknowledging that your physical, emotional and mental health is important to you being able to carry out this great commandment:

**"Love your neighbor as yourself."**

Read: Matthew 22:37-40 NKJV

### How do YOU love yourself?

Think about your energy *Gains* vs energy *Drains*.

**en·er·gy** *noun*

"the strength and vitality required for sustained physical or mental activity"

**Energy gains** are the people, places, and things that increase or reignite your physical, emotional, mental, and spiritual ability to do, pursue, and live.

**Energy drains** are the people, places, and things that decrease or extinguish your physical, emotional, mental, and spiritual ability to do, pursue, and live.

Tip: Do a *Gains vs. Drains* inventory

Finish these sentences:

To love someone is to \_\_\_\_\_.

To love ME is to \_\_\_\_\_.

Affirm yourself and say: "I love ME at THIS moment."

Activity: Write your own "Personal Proclamation of Self-Care."

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### Self-Esteem Questions for Reflection:

Am I worth it?  
Who does God say that I am?  
How do I not let my past define me?

**"Learn to value YOU, appreciate YOU, and love YOU."**

What baggage are you carrying?

Are you wearing your burdens? Sometimes we think we're masking our problems, but they are in plain sight. Don't hide who you are, *treat* who you are. Learn to let go of that heavy load!

**"Failure is an opportunity for \_\_\_\_\_." (Hint: growth!)**

### Ready. Shoot. Aim.

Why not "Ready, Aim, Fire?" Because sometimes we get so stuck in trying to aim before we shoot, that we never make a move. ("Analysis Paralysis")

**Ready** - Get on your mark and understand where you are in that moment, also having in mind where you are trying to go.

**Shoot** - Go for it! Take action.

**Aim** - Regroup and keep pressing forward towards your goal.

**Read Isaiah 43:4, I Peter 3:3-4, I Samuel 16:7,  
and Psalms 139:13-14**

Now go on and thrive with your BEYoutiful self!

\*insert two finger snaps

-Love Elder Fran and Tam