

Am I lovable? Webinar

2022 Webinar Series



Why do we struggle?

Some reasons you may struggle with feeling you are unlovable are connected to these following things:

Rejection

Abuse

Abandonment

Failure/ Not measuring up

Striving

Secrets/ hiding our true selves

Words of others

Broken promises

Shattered dreams



Why is it so hard to love yourself? Reflect on the reasons you struggle to love yourself. It may be because of some of the reasons listed above or it may be for some other reason. Write them down here. Identifying the WHY will help you recognize the roots so you can deal with them.

List the things that have been spoken over your life or things you have believed about yourself because of what you have experienced.

Hello, there is someone very important I would like you to meet:
Let me introduce you to yourself. The one of a kind unique you.

You may not know the person you were created to be.

The real you is hiding behind the scenes.

You have taken the words and opinions of others and adopted them as your own. You are not defined by what others think or say about you. You are more valuable than you know. You don't have to be ashamed of who you are. You have hidden your true self for a season, but you don't have to hide anymore. The world is waiting for the REAL you. You are not a mistake or here by chance, but for a very important purpose. It is time to introduce your unique self to the world. Come out of hiding so I can introduce you to yourself.

- Laura Burgoyne

So if I'm not who others say I am, then Who am I?

We are not defined by others, the things we have done, or even our failures. You were created by God uniquely and for a purpose. Take time to reflect on the fact that you were created by God, you are not like anyone else and you have been created perfectly by a loving father. What thoughts or feelings does that bring you?



Your life is like a
canvas and your
words are the
paint, and what
you put on the
canvas becomes
your future.

LESLIE BERNES

How do I change what I believe about myself?

Creating new Neuropathways

Things that you think repeatedly create neuropathways in your brain. Over time these neuropathways can get so ingrained that it is hard to change the thought pattern. You first need to break the connection in that neuropathway and create a new one.

It will take time and repetition to establish new patterns of thought but it is possible. Each time the old thoughts come you need to reject it and replace it with the truth.



Romans 12:1-2 "Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship. Do not be conformed any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is- his good, pleasing and perfect will.

Reflect on this scripture and what it means in relation to the negative things you have believed about yourself?

5 Keys to Remember

01 YOU ARE NOT DEFINED BY OTHERS

No matter what has happened in your life or what others have said about you, it does not define you.

02 YOU DO NOT NEED TO HIDE BEHIND A MASK

Don't change yourself to fit in. Don't hide behind a mask in hopes that others will love you. Be authentically yourself and others will love the true you!

03 GOD DOESNT MAKE JUNK

Everything God made was with intention and on purpose. God does not make mistakes and he certainly doesn't make Junk.

04 GOD CREATED YOU PERFECTLY

You are uniquely designed by God. He created you with a purpose and he knows you inside and out. If you are confused about who you are ask God to show you who he created you to be.

05 LOVE WHO GOD CREATED YOU TO BE

If God loves you then It is time to love yourself!



Activation

REDEFINING YOURSELF

Imagine everything that has defined you up until this point is written on a white board. Look at the words, or statements that you have believed about yourself.

Now imagine you taking a brush and you erase it all. Now you have a clean slate. All the old things are gone. Now ask God to show you who he created you to be.

Write down everything you feel God speak to you or words that come to mind. Or write down what scripture God brings to mind.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is admirable, if anything excellent or praiseworthy, think about these things. Whatever you have learned or heard from me, or seen in me put it into practice. And the God of peace will be with you.

Phiippians4:8-9 (NIV)

Learning to love yourself is a journey that will take time and practice.

WRITE OUT ALL THE THINGS GOD SAYS ABOUT YOU

Write out all the things about you that are true, read them often.

MEDITATE ON WHAT IS TRUE

What you focus on will become what you believe about yourself. Meditate on the truth!

SHARE THIS WITH A TRUSTED FRIEND

Accountability is the most important key to being successful. Choose someone you trust and that will be consistent at checking in with you to see how you are doing.

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful I know that full well.

Psalm 139: 13-14

Our Mission and Vision

What We Aim to Be

Our mission is to offer support, resources and opportunities for healing to those struggling with mental health issues. We achieve this through group mentoring session, one on one sessions and offering online courses that can be done at one's own pace to find freedom.

We desire to change the stigma and effects that these issues present in families. We find that these are generally passed on to other generations and we want to break that cycle. Where those we work with can find freedom and to pass that on to their future generations.

Contact Information

For Support, Mentorship and
Resources

Our Story

Often times in our most vulnerable and critical times we find that we journey alone. It is often because we are afraid to open ourselves up to others to let them know that we are struggling. Other times it is because we have a hard time finding others who can relate or help in our great time of need.

No matter what you are going through you are not alone. Our foundation is in the knowledge of God's care and participation in our lives. We want to make ourselves available to those seeking our support so that you do not need to journey alone anymore.

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