

BECOMING ONE WHOLE WOMAN EXPERIENCE

WORKSHOP

THE JOURNEY OF *BECOMING*

GRACE • GRIEF • GRATITUDE • GROWTH



GRATITUDE IN THE *MAKING*

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Become • Evolve • Embody



WELCOME TO WEEK 3

GRATITUDE IN THE MAKING

Gratitude isn't only about being thankful for what you have. It is also learning to recognize, appreciate, and care for the woman you are becoming.

SCRIPTURE - 1 Thessalonians 5:18

"In every thing give thanks..."

This week, gratitude becomes personal. We will look at how gratitude can be expressed through Self-Care, Self-Love, and Self-Awareness while keeping God at the center of the journey.

GRATITUDE IN THE MAKING MEANS LEARNING TO APPRECIATE THE WOMAN YOU ARE WHILE GIVING THANKS FOR THE WOMAN YOU ARE BECOMING.

My intention for this week:

THE GRATITUDE FRAMEWORK

SELF-CARE	Commitment • Celebrate • Commend
SELF-LOVE	Honor • Healing • Healthy
SELF-AWARENESS	Validate • Value • Vision

As you move through the workbook, notice how each area asks you to recognize value, respond intentionally, and give thanks for the work God is doing in you.

What does gratitude for myself look like right now?

SELF-CARE

How I care for the woman I am becoming.

SCRIPTURE - 1 Corinthians 6:19-20

Our bodies belong to God. Caring for ourselves is not about making ourselves the center; it is about honoring what belongs to Him and glorifying God in how we live.

1. COMMITMENT - INVESTMENT

Commitment means investment.

WHAT YOU VALUE, YOU INVEST IN.

SCRIPTURE - Galatians 6:9

Consider where you are investing your time, energy, health, development, rest, spiritual life, and future.

I AM WORTH SHOWING UP FOR.

Where do I need to recommit to myself?

What area of my life needs greater investment?

SELF-CARE: CELEBRATE

Celebration does not have to wait until the journey is finished. Gratitude gives you permission to recognize what God has already done and the progress you have already made.

SCRIPTURE - Psalm 126:3

"The LORD hath done great things for us; whereof we are glad."

You can celebrate:

- Progress
- Small victories
- Obedience
- Healing
- Growth
- Consistency
- How far you have come

YOU DON'T HAVE TO BE FINISHED TO BE WORTH CELEBRATING.

What have I accomplished that I haven't stopped to celebrate?

SELF-CARE: COMMEND

Encourage

Commend means to encourage. Women often know how to encourage everyone else while speaking critically to themselves.

SCRIPTURE - 1 Samuel 30:6

David strengthened himself in the Lord his God. The source of his strength remained the Lord.

LEARN HOW TO ENCOURAGE YOURSELF WHILE YOU ARE BECOMING.

What do I need to give myself credit for?

WRITE YOURSELF AN ENCOURAGING WORD

SELF-LOVE

How I honor the woman I am becoming.

SCRIPTURE - Matthew 22:37-39

The biblical order matters: love God first, and love your neighbor as yourself. Self-love in this workbook is not about placing self above God or others; it is about learning to honor yourself without abandoning yourself.

1. HONOR - BOUNDARIES

SCRIPTURE - Proverbs 4:23

"Keep thy heart with all diligence..."

Honoring yourself includes establishing and maintaining boundaries around your peace, time, energy, well-being, and personal growth.

I CAN LOVE OTHERS WITHOUT ABANDONING MYSELF.

What boundary would demonstrate greater honor for myself?

SELF-LOVE: HEALING

Self-love gives you permission to address what hurts instead of pretending it does not exist.

SCRIPTURE - Psalm 147:3

"He healeth the broken in heart, and bindeth up their wounds."

This continues the work from *When Pain Becomes Purpose*: what hurts deserves honest attention, and healing is part of becoming.

WHAT HAPPENED TO ME MATTERS, AND I MATTER ENOUGH TO HEAL FROM IT.

I DON'T HEAL BECAUSE THE PAIN DIDN'T MATTER. I HEAL BECAUSE I DO.

What area of my life still needs intentional healing?

SELF-LOVE: HEALTHY

The goal is not simply to feel better. The goal is to become healthier in the ways you relate, think, choose, communicate, and respond.

SCRIPTURE - 3 John 1:2

Consider health within:

- Relationships
- Thoughts
- Habits
- Communication
- Decisions
- Boundaries
- Emotional responses

IS THIS HEALTHY FOR THE WOMAN I AM BECOMING?

Something I need to continue:

Something I need to change:

Something I need to release:

SELF-AWARENESS

How I recognize the woman I am becoming.

SCRIPTURE - Psalm 139:23-24

"Search me, O God, and know my heart..."

Self-awareness requires honest examination before God. It helps you acknowledge where you are, what you need, and what is shaping your decisions.

1. VALIDATE - NOT PEOPLE-PLEASING

SCRIPTURE - Galatians 1:10

Validation means learning to acknowledge your feelings, experiences, needs, and growth without requiring everyone else to agree.

VALIDATION DOESN'T REQUIRE PERMISSION FROM EVERYBODY ELSE.

Am I making this decision because it is right for me, or because I don't want someone to be disappointed with me?

SELF-AWARENESS: VALUE

Self-Worth

Value means recognizing your self-worth. Value is not arrogance. Value is recognizing that you matter.

SCRIPTURE - Psalm 139:14

"I will praise thee; for I am fearfully and wonderfully made..."

This recognition should lead to gratitude and praise to God for His workmanship.

STOP MEASURING YOUR VALUE BY WHAT YOU HAVEN'T BECOME YET.

What qualities, gifts, strengths, or growth within myself have I overlooked?

I RECOGNIZE MY VALUE

SELF-AWARENESS: VISION

Purpose

Vision connects to purpose. Vision asks: **Where am I going?** Purpose gives direction to becoming.

SCRIPTURE - Habakkuk 2:2

Use this passage as a reminder to record vision clearly while keeping its biblical context intact; it is not a guarantee that every personal goal will happen.

SCRIPTURE - Ephesians 2:10

Believers are God's workmanship, created in Christ Jesus for good works.

I CAN BE GRATEFUL FOR WHERE I AM WITHOUT LOSING VISION FOR WHERE I'M GOING.

What do I see for the woman I am becoming?

GRATITUDE IN THE MAKING

The Full Framework

SELF-CARE Commitment • Celebrate • Commend	I invest in myself. I celebrate myself. I encourage myself.
SELF-LOVE Honor • Healing • Healthy	I honor myself. I allow myself to heal. I choose what is healthy.
SELF-AWARENESS Validate • Value • Vision	I validate myself. I recognize my value. I protect the vision for my life.

I AM GRATEFUL FOR WHO I WAS.
I AM GRATEFUL FOR WHO I AM.
I AM GRATEFUL FOR WHO I AM BECOMING.

GRATITUDE IN THE MAKING ACTIVATION

SELF-CARE

COMMIT

What am I committing to do for myself?

CELEBRATE

What progress am I celebrating?

COMMEND

What do I need to encourage myself about?

GRATITUDE IN THE MAKING ACTIVATION

SELF-LOVE

HONOR

What boundary will help me honor myself?

HEALING

What area needs my attention instead of avoidance?

HEALTHY

What healthier choice can I make this week?

GRATITUDE IN THE MAKING ACTIVATION

SELF-AWARENESS

VALIDATE

What do I need to acknowledge without waiting for someone else's approval?

VALUE

What do I recognize as valuable about myself?

VISION

What do I see for the woman I am becoming?

10 GRATITUDE IN THE MAKING AFFIRMATIONS

1. I can give thanks in every season while trusting God in the process.

1 Thessalonians 5:18

2. I will not grow weary in doing what is good; I will remain committed.

Galatians 6:9

3. I celebrate the great things the Lord has already done.

Psalms 126:3

4. I can strengthen and encourage myself in the Lord.

1 Samuel 30:6

5. I will guard my heart with diligence and honor healthy boundaries.

Proverbs 4:23

6. God cares for the brokenhearted, and I can make room for healing.

Psalms 147:3

7. I invite God to search my heart and lead me in His way.

Psalms 139:23-24

8. I do not have to live for people's approval; I belong to Christ.

Galatians 1:10

9. I praise God because I am fearfully and wonderfully made.

Psalms 139:14

10. I am God's workmanship, created in Christ Jesus for good works.

Ephesians 2:10

THIS WEEK, I WILL PRACTICE GRATITUDE FOR MYSELF BY...

SELF-CARE

This week I will invest in myself by:

SELF-LOVE

This week I will honor myself by:

SELF-AWARENESS

This week I will acknowledge:

ONE THING I WILL CELEBRATE THIS WEEK:

7-DAY GRATITUDE IN THE MAKING CHALLENGE

Days 1-4

DAY 1

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

DAY 2

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

DAY 3

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

DAY 4

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

7-DAY GRATITUDE IN THE MAKING CHALLENGE

Days 5-7

DAY 5

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

DAY 6

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

DAY 7

Today's Scripture: _____

Today I am grateful for: _____

Today I celebrate myself for: _____

Today I will care for myself by: _____

Something I recognize about myself today: _____

What God is showing me as I become: _____

CLOSING ACTIVATION

I THANK MYSELF FOR:

I CELEBRATE MYSELF FOR:

I THANK GOD FOR WHO I AM BECOMING BECAUSE:

GRATITUDE ISN'T JUST LOOKING AROUND AND SAYING THANK YOU.

**SOMETIMES GRATITUDE REQUIRES LOOKING IN THE MIRROR AND
RECOGNIZING WHAT GOD HAS BEEN DEVELOPING IN YOU.**

THE JOURNEY OF BECOMING

GRACE TO BECOME

I gave myself room for the process.



WHEN PAIN BECOMES PURPOSE

I learned to acknowledge, release, surrender, and live again.



GRATITUDE IN THE MAKING

I recognize, appreciate, and care for who I am becoming.



GROWTH

The journey continues...

AN ENCOURAGING WORD FROM COACH B

You don't have to wait until you're finished to appreciate yourself. Gratitude gives you permission to pause and recognize how far you have come while still making room for where God is taking you.

Celebrate your progress. Honor yourself. Give yourself permission to heal. Choose what is healthy. Recognize your value. You do not have to depend on everyone else to validate what God is developing within you.

Keep vision for where you're going, but don't overlook the woman standing here today. Be grateful for who you were, grateful for who you are, and grateful for who you are becoming.

You are still in the making - and there is gratitude here, too.

BECOME • EVOLVE • EMBODY

CERTIFICATE OF COMPLETION

THE JOURNEY OF BECOMING

WEEK 3 - GRATITUDE

GRATITUDE IN THE MAKING

This certifies that

Participant Name _____

has completed the Week 3 Gratitude experience.

Presented & Pre-Signed by

Date:

Brittany Foster | Coach B

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