

IT STARTS WITH

Faith

IDENTITY WORKSHOP WORKBOOK

Discovering Who You Are,
What God Says About You,
and Whose You Are

“Your identity is not found in your
past or pain, your title, or other
people’s opinions. Your identity is
found in Christ.”



BELIEFS



BOUNDARIES



BALANCE



BECOMING

PRESENTED BY

Facilitator Coach B

BRITTANY FOSTER

HEALING HANDS AND HEARTS MINISTRIES



Welcome

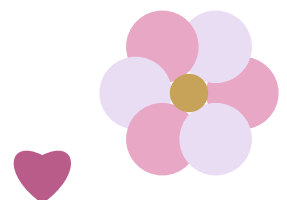
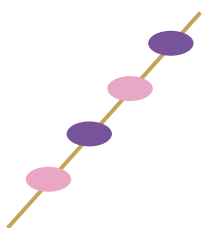
Faith is more than a feeling. It becomes a foundation for how we believe, how we see ourselves, how we respond to life, and how we move forward when we cannot yet see the outcome.

This workbook is designed to help you examine the beliefs shaping your life and bring them into alignment with God's truth. You will explore faith, imagination, identity, image, perception, perspective, confidence, power, and authority.

Workbook Purpose

For women who struggle with limiting or distorted beliefs and desire to grow in faith, truth, confidence, and identity.

Growth begins when we identify what we believe, recognize what shaped it, and choose what truth will lead us next.





How to Use This Workbook

- ☐ Read. Move slowly through each teaching page and Scripture.
- ☐ Reflect. Notice what thoughts, emotions, memories, or beliefs surface.
- ☐ Write. Put language around what you currently believe.
- ☐ Compare. Ask whether that belief agrees with God's truth.
- ☐ Respond. Choose a practical action that demonstrates faith.
- ☐ Revisit. Growth takes faith, trust, time, and truth.

Our Starting Point

This workbook begins with faith. As you move through each section, allow faith to shape what you believe, how you see yourself, and how you respond to God's truth.

My intention for this workbook:





Table of Contents

FAITH

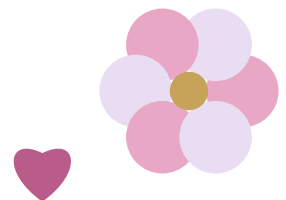
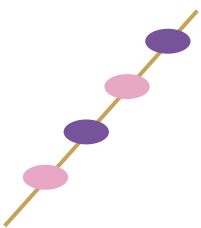
- Beliefs
- Imagination
- Trust • Time • Truth
- Function: Faith Over Feelings, Fear & Facts
- Fruit: Words • Actions • Mindset

FOUNDATION

- Identity
- Who You Are • What You Are • Whose You Are
- Who Does God Say You Are?

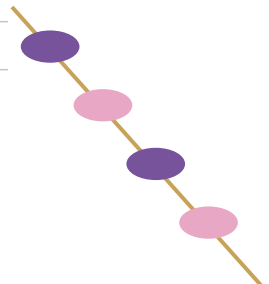
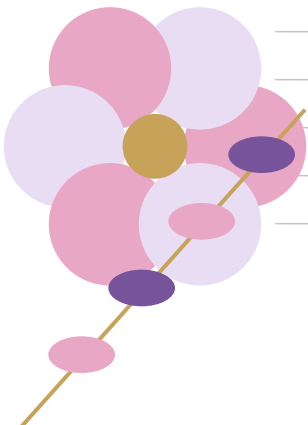
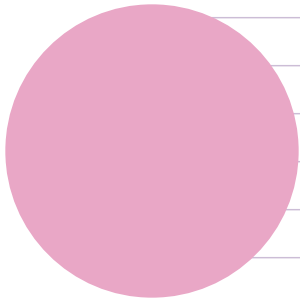
FRAMEWORK

- Image
- Perception & Perspective
- Thought vs. Idea
- Healed Lens vs. Hurt Lens
- Power, Confidence & Authority
- My Faith Commitment



BELIEFS

What you accept as true can influence what you expect and how you respond.





What Are Beliefs?

Belief: a mental state or feeling of being certain that something is true or real, even without absolute proof. It can mean holding a personal conviction, having religious faith, or having trust in a person.

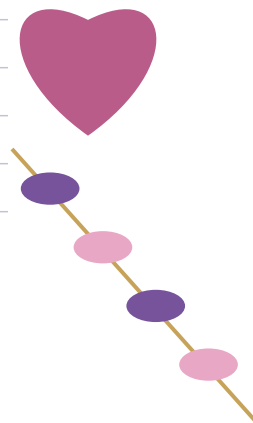
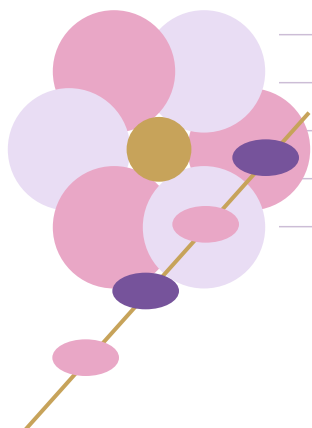
Beliefs can become a lens through which you interpret yourself, your experiences, your relationships, and your future.

Beliefs I currently hold about myself:

Beliefs I want God's truth to reshape:



Faith • Trust • Time • Truth





Known Before You Were Formed

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”

Jeremiah 1:5

This Scripture points to God’s knowledge and purpose before birth. Consider how that truth challenges beliefs built only from what others have said, what you have experienced, or what you currently see.

What does this verse reveal to me about God’s intentionality?

What belief about myself needs to change in light of this Scripture?





Faith: Imagination

Imagination: the mind's power to form mental pictures, new ideas, and sensory experiences when those things are not present or have never been seen in real life.

Faith reaches beyond what is presently visible. Imagination gives the mind a place to picture possibilities, while truth keeps those possibilities anchored.

Trust - What am I relying on when I cannot see the full picture?

Time - Am I willing to remain faithful while growth and answers unfold?

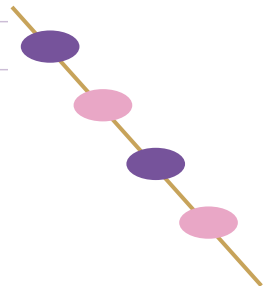
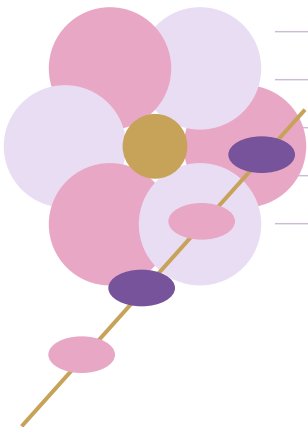
Truth - What has God said that must become louder than fear, feelings, or distorted beliefs?

What have I been picturing about myself, my future, and what is possible?

What truth will guide my imagination while I wait?



Faith Over Feelings • Faith Over Fear • Faith Over Facts





How Faith Functions

Faith over feelings does not mean ignoring emotions. It means emotions do not have the final authority over what you believe.

Faith over fear means fear may speak, but it does not get to decide your obedience.

Faith over facts does not require denying reality. It means present facts are not greater than God's truth, wisdom, or ability.

Which area challenges me most right now - feelings, fear, or facts? Why?





Faith Response Exercise

Complete each sentence honestly.

My feelings are telling me...

My fear is telling me...

The facts I can currently see are...

God's truth is reminding me...

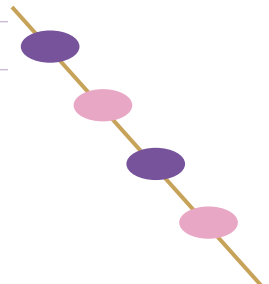
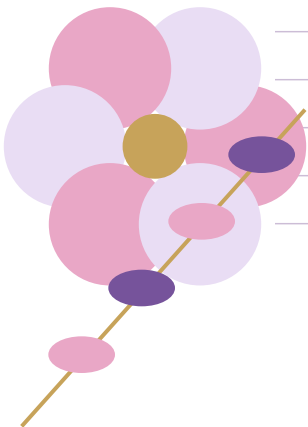
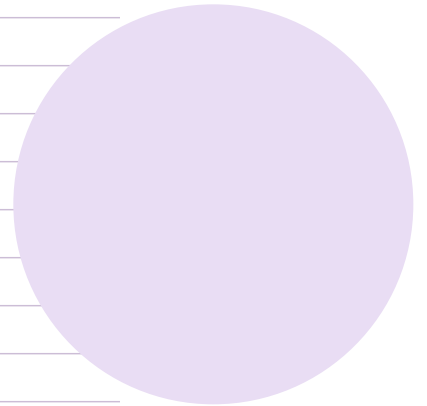
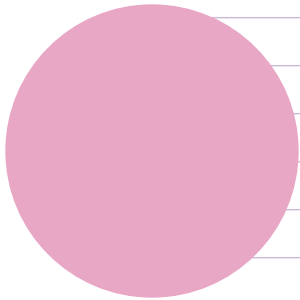




FRUIT

Words • Actions • Mindset

Lined writing area for notes, consisting of 20 horizontal lines.





What Is My Belief Producing?

Words: What do my repeated statements reveal about what I believe?

Actions: Are my choices moving in agreement with faith or with fear?

Mindset: What patterns of thinking keep shaping my expectations?

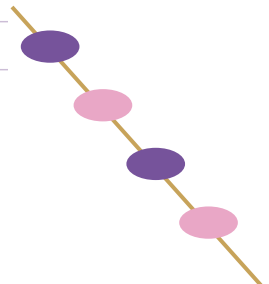
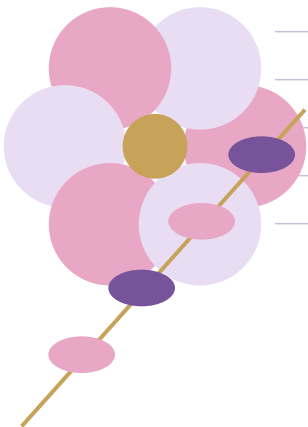
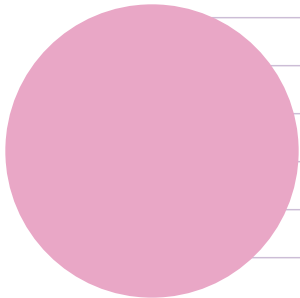
Area	Current Fruit	Desired Fruit
Words		
Actions		
Mindset		

One fruit I want my faith to produce consistently:



IDENTITY

Your foundation is the truth you build your understanding of yourself upon.





Who You Are • What You Are • Whose You Are

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Ephesians 2:10

Who are you?

What are you becoming?

Whose are you?



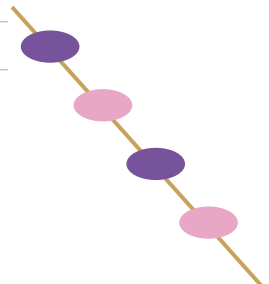


Who Does God Say You Are?

The answer must be found in His Word. Use this page to replace labels, assumptions, and distorted beliefs with Scripture-rooted truth.

What I Have Believed	What God's Word Says







Made in His Image

“Then God said, ‘Let us make mankind in our image, in our likeness, so that they may rule...’”
Genesis 1:26

Your framework matters because it affects how you interpret who you are. Genesis begins identity with God’s image, not with culture, comparison, performance, rejection, or failure.

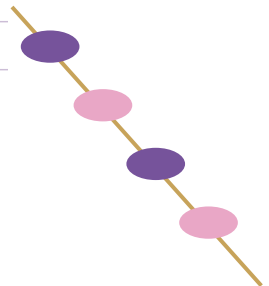
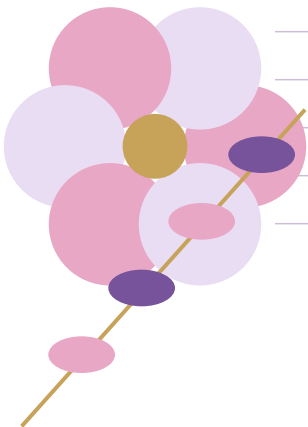
When I look at myself, what image do I see?

What has influenced that image most?



PERCEPTION & PERSPECTIVE

Perception interprets what you take in. Perspective is the point of view through which you understand it.





What Shapes Perception?

- ☐ Words - what people have spoken over you.
- ☐ Experiences - rejection, failure, abandonment, success, and defining moments.
- ☐ Beliefs - what you have accepted as true.
- ☐ Thoughts - repeated thoughts can become established ways of seeing yourself.
- ☐ Emotions - fear, shame, anger, or hurt can affect interpretation.
- ☐ Relationships - family, friends, leaders, and unhealthy relationships can influence self-perception.
- ☐ Culture & environment - messages about what you should look like, accomplish, or become.
- ☐ Comparison - measuring yourself against others can distort self-perception.
- ☐ Trauma & past experiences - yesterday's pain can become today's lens.
- ☐ Voices & influences - repeated input can shape what you eventually believe.
- ☐ Truth or deception - God's truth can renew perception, while lies can distort it.





Thought vs. Idea

Teaching thought: "It's never the thought we struggle with, but the idea."

Use this page to trace a recurring thought back to the idea or belief underneath it.

Recurring thought:

What idea is underneath this thought?

What belief does that idea reinforce?

What truth should replace it?





Healed Lens vs. Hurt Lens

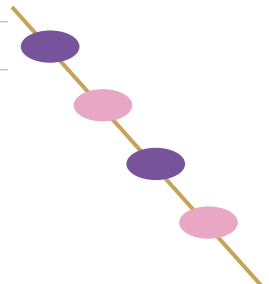
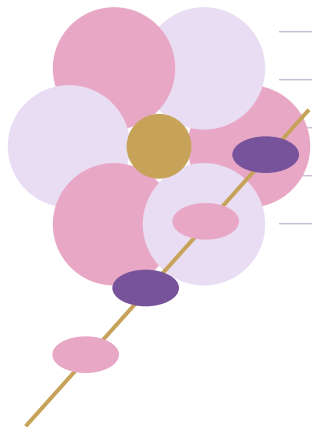
A hurt lens may interpret the present through unresolved pain. A healed lens allows truth, wisdom, and growth to reshape how you see yourself and your circumstances.

Situation	Hurt Lens	Healed Lens

What would change if I viewed this season through a healed lens?



Confidence is a strong belief in yourself, your abilities, or the reliability of others.





Power & Authority

“Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.”

Luke 10:19

Power: the ability, strength, or capacity to act, control, or influence.

Authority: the legitimate right or permission to give orders, make decisions, or act.

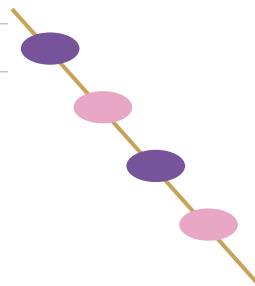
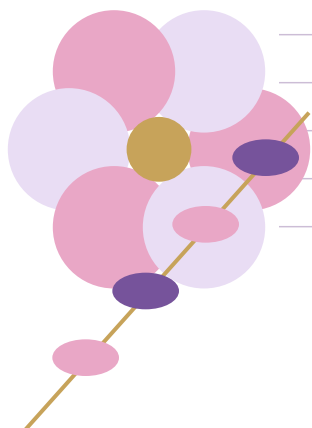
Key distinction: Power is the ability to do something. Authority is the legitimate right or permission to exercise power.

Where have I been living beneath the confidence God wants me to develop?

What would faithful, confident action look like this week?



Beliefs become visible through words, actions, and mindset. Choose what you will practice from here.





My Next Faith Step

The belief I am leaving behind:

The truth I am choosing:

The Scripture I will return to:

The action I will take:

The words I will speak:





Personal Commitment

I choose to build my beliefs on truth. I will not allow feelings, fear, present facts, past pain, comparison, or distorted perception to become the final authority over my identity. I will grow through faith, trust, time, and truth, and I will practice what I believe through my words, actions, and mindset.

My name/signature:

Date:

Faith Reflection

What is one thing I now believe differently than when I started this workbook?



Notes & Prayer



IT STARTS WITH FAITH

Keep building. Keep believing. Keep returning to truth.

Brittany Foster Cathron

Healing Hands and Hearts Ministries / Facilitator Coach B

