

BECOMING ONE WHOLE WOMAN EXPERIENCE
WORKSHOP

THE JOURNEY OF *BECOMING*

GRACE • GRIEF • GRATITUDE • GROWTH



GRACE TO *BECOME*

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Become • Evolve • Embody





God's Grace

God's Grace: Freely given favor, kindness, and empowering help that we do not earn or deserve.

Greek: Charis — carrying the sense of favor, graciousness, gift, or kindness.

Scripture: Ephesians 2:8-9

Saved by grace through faith. Salvation is God's gift rather than something we earn through works.

Scripture: 2 Corinthians 12:9

Grace empowers us. Grace is empowering you to become what you could not become in your own strength.

Grace is making room for imperfection, growth, mistakes, and the process of becoming.

Where do I need to make room for grace?



Forgiveness

RELEASE

Forgiveness creates freedom.

Release means "letting go."

Scripture: Colossians 3:13

In order to receive, you have to be willing to release.

What am I being asked to release?

What could I make room to receive by letting go?



Reconciliation

Reconciliation: the restoration of friendly relations.

Reconciliation can involve self and others as you move toward restored relationship and peace.

Reconciliation also requires confronting the internal struggle that can keep you from peace.

Where do I need reconciliation?

What would peace look like in this area?



Restoration

Restoration: the act or process of returning or reviving something to its original or former condition.

In order to move forward, you have to be willing to let go.

Healing is your responsibility.

Scripture: Psalm 34:18

What am I ready to let go of so I can move forward?

What in me needs restoration?



Healing Is a Process

Process - butterfly. It takes time.

Know the season you are in and what it requires.

EGG	- Faith
LARVA	- Forgiveness
PUPA	- Fortification
ADULT	- Freedom

Healing is your responsibility.

What season am I in?

What does this season require from me?



Self-Esteem

Self-esteem is what you think about yourself, including your worth, confidence, and value.

What you say to yourself matters.

Identity is connected to how you see and speak to yourself.

What have I been saying to myself?

What do I need to say differently?



Self-Awareness

Self-awareness: honesty with yourself and where you are at + who you are.

Self-awareness includes examining your beliefs, boundaries, balance, and the woman you are becoming.

Emotional intelligence:

Respond vs. React

Observe vs. Absorb

Detach vs. Attach

Where do I need greater honesty with myself?

Which contrast do I need to practice: respond/react, observe/absorb, or detach/attach?



Self-Care

Self-care: investing in yourself and prioritizing your well-being.

Self-care supports health + wellness transformation by requiring you to invest in yourself and prioritize your well-being.

Love must become an action in how I care for myself.

How will I invest in myself this week?

What part of my well-being needs to become a priority?



ACTIVATION / DECLARATION

GRACE TO BECOME

Put grace into practice through declaration, reflection, and intentional action.

Speak it • Apply it • Practice it



10 Grace for Self Affirmations

1. I give myself grace to become. 2 Corinthians 12:9
2. I release myself from condemnation. Romans 8:1
3. I receive God's forgiveness and choose to move forward. 1 John 1:9
4. I release what I can no longer carry. Colossians 3:13
5. I give myself permission to heal. Psalm 34:18
6. I choose grace over self-condemnation. Lamentations 3:22-23
7. I recognize the value God placed in me. Psalm 139:14
8. I honor the process of becoming. Philippians 1:6
9. I make room for rest and renewal. Matthew 11:28
10. God's grace is sufficient for me. 2 Corinthians 12:9

The affirmation I need most today:



Weekly Goal — Give Myself Grace in One Area

This week, I will give myself grace concerning _____ by choosing
to _____ instead of _____.

My goal:

What will this look like in action?



Homework — Release • Reconcile • Restore

RELEASE

What am I ready to stop holding against myself?

RECONCILE

What truth do I need to come back into agreement with?

RESTORE

What area of myself needs intentional attention, healing, or care?



7-Day Grace Challenge — Day 1

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



7-Day Grace Challenge — Day 2

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



7-Day Grace Challenge — Day 3

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



7-Day Grace Challenge — Day 4

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



7-Day Grace Challenge — Day 5

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



7-Day Grace Challenge — Day 6

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



7-Day Grace Challenge — Day 7

Today's affirmation:

Today's Scripture:

Today I gave myself grace when:

What I learned about myself today:



My Grace to Become Commitment

What am I choosing to release?

Where am I choosing reconciliation and peace?

What am I allowing to be restored?

How will I love and care for myself while I become?



CERTIFICATE OF COMPLETION

THE JOURNEY OF BECOMING GRACE TO BECOME

This certificate is presented to

Participant Name

for completing the Grace to Become workbook and activation journey.

Become • Evolve • Embody

Date

Brittany Foster
Coach B

Pre-Signed by Coach B

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