

HEALING HANDS AND
HEARTS MINISTRIES

YOU ARE *That Girl*

IDENTITY WORKSHOP WORKBOOK

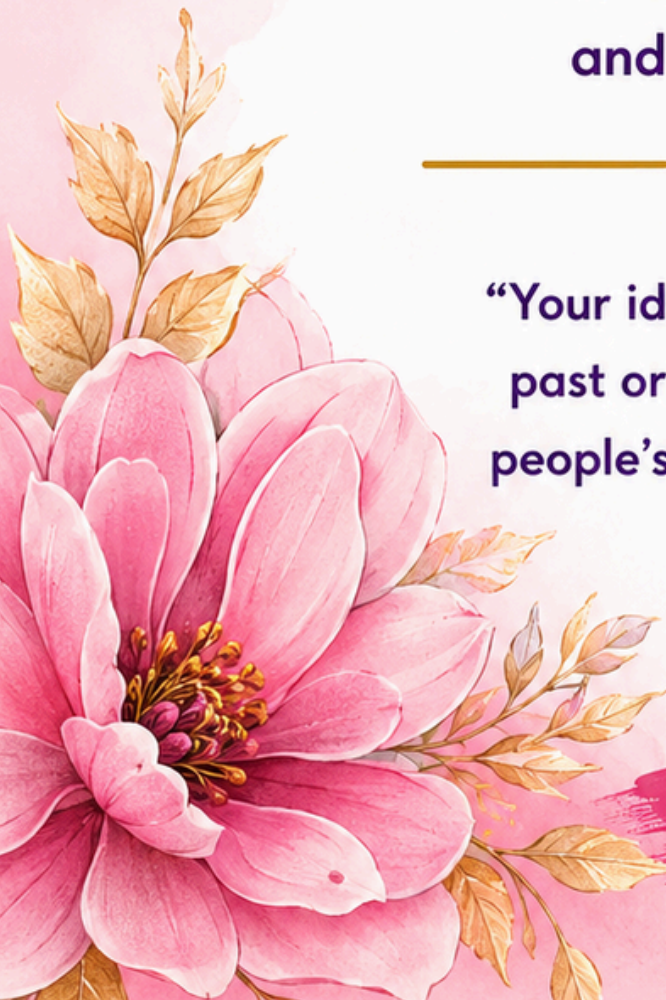
Discovering Who You Are,
What God Says About You,
and Whose You Are



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

PRESENTED BY

Coach B | Brittany Foster



Welcome

I'M SO GLAD YOU'RE HERE!

I am so glad you are here! This workshop is designed to help you uncover the powerful truth about your identity in Christ. You were created on purpose, for a purpose, and with a purpose.

So often, we tie our identity to our pain, mistakes, or brokenness. But as believers, our identity is not defined by our past—it is found in Christ. When you truly understand who you are and whose you are, you can walk boldly and confidently in your God-given purpose.

"Then God said, 'Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.'"

GENESIS 1:26



WORKSHOP

Objectives

By the end of this workshop, you will:



Understand who God says you are and believe it about yourself.



Recognize the lies of the enemy and replace them with God's truth.



Walk in your God-given identity, authority, and purpose.



Break unhealthy cycles and step into the new creation you are in Christ.



Activate your identity through daily declarations and intentional action.

WHAT IS *Identity?*

Identity: The fact of being who or what a person or thing is.

Your identity is not based on:

- ♥ Your past
- ♥ Your mistakes
- ♥ Other people's opinions
- ♥ Your circumstances
- ♥ Your title or position



Your identity is based on:

*WHO GOD SAYS
YOU ARE!*

WHO AM I?



Let's discover who
God says you are!



YOU ARE *Called*

“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

God knew you before you were formed. He saw every hair of your head, every move of your heart, and handcrafted a divine purpose for your life—meant to be fulfilled. The moment you are born you are becoming is not a surprise to Him.

REFLECTION QUESTION

How does knowing God knew you before you were born change the way you see yourself today?

ACTIVATION

Write down one area of your life where you need to trust God's purpose instead of your own understanding.



YOU ARE *Chosen*

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

1 PETER 2:9

You are the one. God handpicked you for the assignment on your life. He didn’t choose you because of what you have done, but because of who you are and who He is making you to be.

REFLECTION QUESTION

What makes you feel chosen by God?



ACTIVATION

Replace the lie with one truth from this Scripture.

Lie: _____

God’s Truth: _____





YOU ARE *Complete*

**“The LORD is my shepherd;
I shall not want.”**

PSALM 23:1

You are not lacking spiritually, mentally, emotionally,
physically, or financially. You are fully complete with
who the Father says you are, a sustained
and our Provider.

REFLECTION QUESTION

Where have you been looking for fulfillment
outside of God?

ACTIVATION

Write three blessings God has already provided
that remind you you are not lacking.

1.

2.

3.



YOU ARE WHAT AM I?



Let's discover what
God says you are!



YOU ARE A THREAT TO THE ENEMY



“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”

LUKE 10:19

The enemy does not attack what is harmless—he attacks what is valuable. You are a threat because God’s purpose within you is powerful.

REFLECTION QUESTION

Why do you think the enemy fights you so hard?



ACTIVATION

Write one way where you will boldly walk in God’s authority instead of fear.



YOU ARE MORE THAN A CONQUEROR

“No, in all these things we are more
than conquerors through Him who loved us.”

ROMANS 8:37

You are a winner in all things. You don't have to
“try harder” to be blessed—God's love for you has
locked in. He sees it actually a setup for a greater victory!

REFLECTION QUESTION

What battle are you thinking God
has already won for you?

ACTIVATION

Write that battle below, then surrender it to God.

God, I trust You with this. 

YOU ARE A CYCLE BREAKER

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

2 CORINTHIANS 5:17

You are not your trauma, your past, or your parents' mistakes. In Christ, you are a new creation. As you break generational cycles, you are creating change in your family and impacting generations.

REFLECTION QUESTION

What unhealthy pattern or cycle stops with you?

ACTIVATION

Complete this sentence:

“Because of Christ, it ends with me...”



Whose Am I?



Let's discover whose
you are!



YOU ARE A CHILD OF GOD



See what great love the Father has lavished on us,
that we should be called children of God!

1 JOHN 3:1

Before you were a wife, friend, leader, or business owner—you were His child. You belong to Him today, tomorrow, and forever.

REFLECTION QUESTION

Who have you allowed to define your worth besides God?



ACTIVATION

Finish this sentence:
I am God's child, and
therefore I belong to Him. I am



IDENTITY TRUTH

Activation



- 1** Choose one Scripture that speaks to your identity in Christ.
- 2** Choose one word from that Scripture that describes who God says you are.
- 3** Create one personal affirmation using that word.

EXAMPLE:

Scripture: Romans 8:37  Word: Conqueror

Affirmation: "I am more than a conqueror
through Christ, who loves me.

God is with me!"



7-DAY IDENTITY CHALLENGE

For the next **7** days:

-  Read your chosen Scripture daily.
-  Say your affirmation aloud three times.
-  Thank God for that truth.
-  Walk as though it is already true.

**I CHOOSE TO
WALK IN MY
GOD-GIVEN
IDENTITY!**

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[illegible]



PRAYER



Father,

Thank You for reminding me that my identity is found in You. I choose to believe what You say about me and not the lies. Renew my mind daily with Your truth and set me free. You have declared me loved, chosen, and called on for Your purpose. Help me walk in the worth and confidence that comes from the commitment:.....
and Your name because I am Yours!

In Jesus' name,

Amen.

MY BIGGEST TAKEAWAY TODAY

[illegible]

ONE ACTION I WILL
TAKE THIS WEEK 



A large rectangular area with rounded corners, enclosed by a thick, pink, brushstroke-style border. Inside this area are eight horizontal pink lines for writing.



20



You are
designed, prepared,
and positioned by
God for such a
time as this.

