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Guidebook

# *chosen.*

An online mindset journey  
to walking in your worth

chosen.



## *Introduction*

It was a typical Wednesday night. I'd just finished work at my full on and fulfilling 9 to 5 as a high school teacher and it was time to head to the church building in which the weekly youth club I volunteered at was running. I was tired and not particularly expectant for anything out of the ordinary to happen.

It just so happened that this particular night, we watched a video sermon. A well-known preacher flooded our screens with positivity and power prose.

I was still tired & unexpectant.

And then the atmosphere shifted and with that, so did my slump.

*"You are a masterpiece."*

Another bit of power prose? Maybe. But something about these words echoed around the room and these 14 and 15-year-olds from the surrounding local council estate started listening like this wasn't just another semi-interesting talk from another semi-funny guy.

Once the man on the screen had finished, it was back to games of pool and table tennis with a side of pizza. But one of the boys couldn't quite shake it.

*"I am a masterpiece."*

Whether he'd never been told that he was special before, or just that he welcomed the reminder, I don't know. But those words put a smile on his face and a spring in his step. Those words pushed his shoulders back and held his head high.

*That's what happens when we live chosen, lovely.*

It's said that up to 80% of the world's population suffer with low esteem. Did you know that when it comes to women, those statistics get even more alarming with self-esteem beginning to be a 'thing' by the age of nine? Nine.

That's why being told you're a masterpiece by a charismatic stranger can really hit a nerve.

The thing is, we've been told it all along. Life just gets too noisy for us to hear it and so we start listening to everyone else telling us we're not enough.

*You are more than enough. You are chosen.*

At the beginning of time, in Genesis, chapter 1, verse 31, God calls His creation of man and woman 'very good'.

The birds, sea, sky and stars only got a solid 'good'. But you?

# chosen.



*Very good.*

Translated from the Hebrew word 'tob', this good means more than we give it credit for. Beautiful, best, most and precious are just a few of the words our English language possesses to try and do 'tob' some justice.

You are beautiful, best, most, precious and **chosen** by a holy and perfect God who literally couldn't be more thrilled with the way you turned out.

The problem we've got is believing that. I mean, we start to stop believing it when we're nine years old. Nine.

**chosen.** is an online mindset journey to walking in your worth. On this journey, we're going to spend some time together listening to the most important voice there is when it comes to getting a say in who we are.

Who knows creation better than Creator?

We're going to look at the common factors in what makes us live 'less than' lives and make some decisions about how we're going to start living chosen so that we can begin to walk in our worth and live our lives on purpose. Maybe even for the very first time.

Each stop (module) on this journey is going to remind us of another area of life we need to live chosen in. Amongst other things, I'll share my personal experiences of rejection, redundancy, shame, people pleasing and anxiety and how, because of Jesus - I now live chosen in spite of all of that and have gone on from strength to strength. You can too.

I'm so excited you've joined me on this journey. It's going to be an eventful one for sure!

You, lovely, are a masterpiece.

You are chosen.

**I can't wait to share this program with you, lovely!** For now, take some time to dive into the work below. I want you to start thinking about what hinders you from chosen living because we're about to move that mindset mountain and start living life on purpose.

*chosen.*

***You were made for more...***

**Pull out a journal and allow yourself some prayerful time and space to dive into the work below.**

1. List the three main barriers which you know hold you back from walking in your worth e.g. 'Worrying about what people would think about me if I did X...'
2. Alongside these barriers, try to list the moments (triggers) in your journey so far, which have led you to hold onto those limiting beliefs.
3. What are some of the things these barriers have prevented you from doing?
4. List an achievement/moment in your life, of which you are most proud.
5. Were there specific barriers you had to shift in order to achieve what you previously listed?
6. What is the **biggest** mindset mountain you know that you need to move by the end of this course in order fully walk in your worth?

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*"Let love and faithfulness never leave you;  
bind them around your neck,  
write them on the tablet of your heart."*

Proverbs 3:3