

# TAKE CARE OF YOURSELF



## AMAZING YOU!

*A Woman's Guided Transformation  
to Reclaim Her True Identity*

*Linda A. Fuggs*

## AGING, IDENTITY, & EMBRACING THE NEW YOU

Fuggs, Linda A.. *Amazing You: A Woman's Guided Transformation to Reclaim Her True Identity.*  
Faith Walk Life Coaching, LLC.

# LET'S BE HONEST FIRST & THEN CONSIDER THE SOLUTION

## Common Ways Identity Can Change with Age

### Family Roles

- Loss of Spouse or Someone You Depended On

### Professional Status

- Sense of Self / Sense of Purpose

### Personal Values

- Changes in Priorities & Emotional Health



**“The worse loneliness is not being comfortable with yourself.”—Mark Twain**

**“Identity is not defined in terms of who we are in and of ourselves.**

**It’s defined in terms of what God does to us, the relationship He creates with us, and the destiny He appoints for us.”**



**AS ALWAYS,  
THE CHOICE IS OURS**

# Our Identities Ground Us and Keep Us Rooted In Who We Truly Are and What We Believe.

- Understanding our true identities is the foundation for everything we do and become. Without it, we may lose sight of our purpose and find ourselves swayed by the expectations and values of others and our culture.
- To fulfill God's purpose for our lives, we must know our identities. Knowing who we are and whose we are can transform our lives.

# There Is Power In Embracing and Learning About Our True Selves.

Three benefits of knowing and embracing your God-given (true) identity:

- ❑ It gives you confidence, self-esteem, and awareness.
- ❑ It validates you and increases your faith.
- ❑ It puts you in a better position to understand your worth.

Simply put, you gain a deep sense of peace and contentment.

**“When we find our identity in Christ, then that is the truest and most stable foundation we could have.”**

At the heart of what it means to be an amazing woman is the embrace of a new identity. We do not lose our true selves by defining ourselves in Christ, but we become our true selves only in Him. For an amazing woman, “Identity is not defined in terms of who we are in and of ourselves. It’s defined in terms of what God does to us, the relationship He creates with us, and the destiny He appoints for us.”

**God created us to reflect and reveal who He is through our identities. Our identities are rooted in Him, and we can only truly become our authentic selves by knowing Him.**

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# In CHRIST we are:

- A child of God (1 John 3:2)
- A shining light (Matthew 5:14-16)
- A masterpiece (Ephesians 2:10)
- A new creation (2 Corinthians 5:17)
- Blameless (Colossians 3:12)
- Blessed (Ephesians 1:3)
- Chosen (Colossians 3:12)
- Delighted in (Zephaniah 3:17)
- Enough (Colossians 2:10)
- Forgiven (Acts 13:38-39)
- Free (Galatians 5:1) Gifted (1 Peter 4:10) Loved (Romans 8:38-39)
- Valuable (1 Corinthians 6:19-20)
- Wonderfully made (Psalm 139:14)

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