

Fun Fearless Female Series

How To
STEP INTO
Your GOD
Sized
DREAMS



How to Step Into Your God Sized Dreams

FUN FEARLESS FEMALE SERIES

Workbook

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Thank you

Companion Workbook for
Fun Fearless Female Series

How to Step Into Your God Sized Dreams

DELINDA LAYNE
TIFFANY PALUMBO

INTRODUCTION

What does the Bible say about you?

Being a *Fun Fearless Female* is not about beauty, being tall, skinny, a model, rich, or perfect. *WHEW! What a relief! It's not about having all the advantages, being lucky, or being at the right place at the right time.*

Instead, it is being; being the woman God created you to be. It's all about confidence both in who you are and in "whose" you are. It's learning to make smart choices for you and what you want in life



What Does the Bible say about you?

Look up and write each verse.

Ponder the power in them as you write.

He knows Your Name

Psalms 91:14

He knows how many hairs are on our heads.
Luke 12:7

He knew us before we were conceived in the womb.
Ps. 139:13

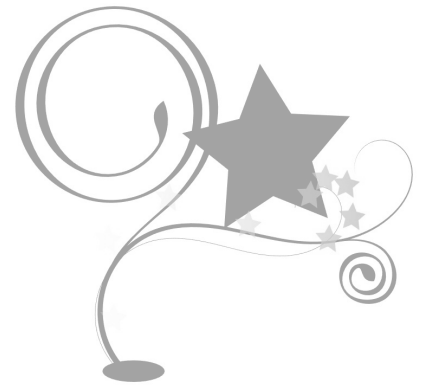
He knows when we sit down or when we get up.
Ps. 139:2

He knows our thoughts and our words before we speak them.

Ps. 139:2,4

What are your good qualities?

All of us can make a list of the not so good stuff. Instead, let's make a list of the good. What are a few of your good qualities, both character and physical traits? (i.e. pretty eyes, kind, loving, great legs)



CHARACTER	PHYSICAL

Chapter One

There is More to You than Meets the Eye

1) How did your upbringing shape your self image? Did anything cause you to “hold back”?

In the book, Delinda mentions a few things she heard during her childhood like:

- Pretty is as pretty does.
- Don't show off.
- Speak only when spoken to.
- Give the glory to God, not yourself.

There seemed to be more DO-NOT's than DO's.





Can you name any more?

Think of sayings, phrases, or 'train of thought' type teachings you learned growing up.

2) List at least two or three...

3) As women, what are some of the roles we are taught to play in our world? How about the Kingdom of God?

Make it your goal to fall in love with everything that you are.

Unknown



4) How does your body image, social status, or spiritual life affect the way you view yourself?

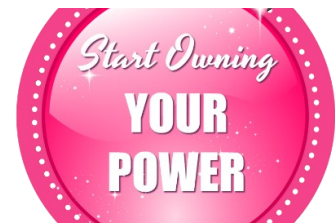
5) What are lies that you've heard others say about you or to you?
What are some lies that you tell yourself? (i.e. "You're not good enough" or "You're not smart")

6) When you think of yourself, do you tend to think about yourself in terms of the 'Good-Stuff' you listed—or the lies you may believe about yourself?

What viewpoint would yield the most fruit in your life? How can you change those thoughts?

Once you replace negative thoughts with positive ones, you'll start having positive results.

Willie Nelson



7) Read Matthew 13:53-58

What does it say to you?



When reaching for our dreams...

Some of us may have people in our lives that don't encourage us or may hold us back.

This might include family or church members, or even close friends.

Likewise, Jesus himself, had a difficult time when he returned to his hometown to teach.

8) When faced with negative relationships like this, what are some practical things we can do?



Chapter Two

Choose to be a Fun Seeker

1) Do you see yourself as the 'Life of the Party' or as an observer?

What is the difference?

The point of this question and the ones that will follow, aren't to make you feel bad. It's about having the choice to be a fun person or choosing to have more fun in your life.

God intended your life to be filled with shouts and songs of joy.

Ponder the scriptures on the next page.



Scriptures about Joy...

JOB 8:21

He will yet fill your mouths with laughter and your lips with shouts of joy.

PSALMS 126:2

Our mouths were filled with laughter, our tongues with songs of joy. It was said among the nations, "The Lord has done great things for them."



2) What does fun mean to you? Where do you fall on the fun meter?

3) When increasing your fun factor, Delinda encourages you to 'lighten-up' and not take ourselves so seriously. Also, allow yourself to have some imperfections.

What typical life situation could this wisdom apply to?

4) Dare to be silly! What is something silly that you have done?

Tell the negative committee that meets
inside your head to sit down and shut up!

Ann Bradford



7) Read Romans 12:2

What were your impressions about this scripture and changing your thoughts?



After discussing ways to 'Be and Have Fun'...

as a Christian, have you ever felt that it was
not Christian-Like to have fun?

Or even...sacrilegious?

6) Describe your feelings about expressing joy and Christianity.

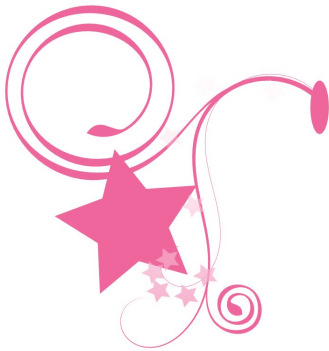
7) Just like the peddler holding the balloons,
we can miss out on life's opportunities for
fun, because our fists are tightly holding on
and we don't want to release.

*What are some of the balloons that you need to
release in your life?*



Down to earth tips...

Delinda has listed some great ideas in the previous chapter.

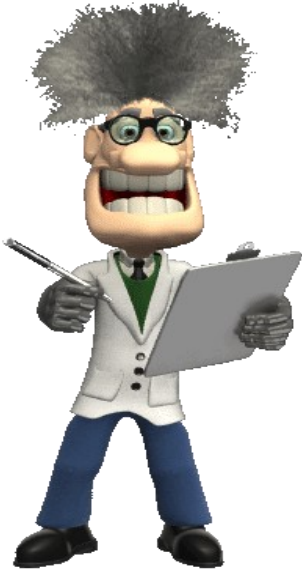


8) Can you list some of your favorite tips?

[illegible]

Chapter Three

Choose Happy



Have you ever seen a grouchy person being happy or having fun? Of course not, it just doesn't happen.

Someone who complains all the time has a woe-is-me attitude and can't be happy or fun.

You can choose to be happy or sad—negative or positive—fun or not.

Read Proverbs 16:25

1) In what way does the world try to steal our joy? What ways does it try to add to it?

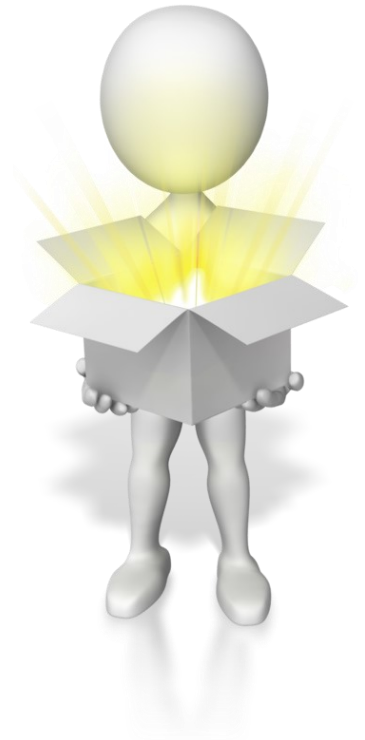
Let's think about

What makes your feel good...

You put on that special blouse that makes you feel like a million bucks, it brings a smile to your face. Then you try on a pair of jeans you haven't worn in a while. They fit!

It feels good—Isn't that cool!

It helps to notice these little things, because often they can turn into big things. A little smile in the day can help make your day a little brighter and it prepares you to have fun.



2) What are some small things that make you feel good? Do you take time to enjoy them and let yourself smile?

3) How does getting a compliment make you feel?

Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 16:24



4) Read Philippians 2:1-3 and Proverbs 15:23

Have you ever thought that your words are sweet to the soul and healing to the bones?

When I smiled at them, they scarcely believed it; the light of my face was precious to them.

Job 29:24



7) How has a smile changed your day?



What you think about, You bring about.

What do you think about most of the time?

Do you think about things that make you happy or are your thoughts about how everything isn't going the way you want?

5) What are some practical ways to choose your thoughts?

6) Read Psalms 37:4

What does the 'desires of your heart' mean to you?

How does God planting these desires in your heart, change how you prioritize your inner promptings?



The Abundant Life

If you have 'Abundant Life,' how does that relate to your happiness?

“...I am come that they might have life, and that they might have it more abundantly.”

John 10:10 KJV



7) What do you think about abundance?

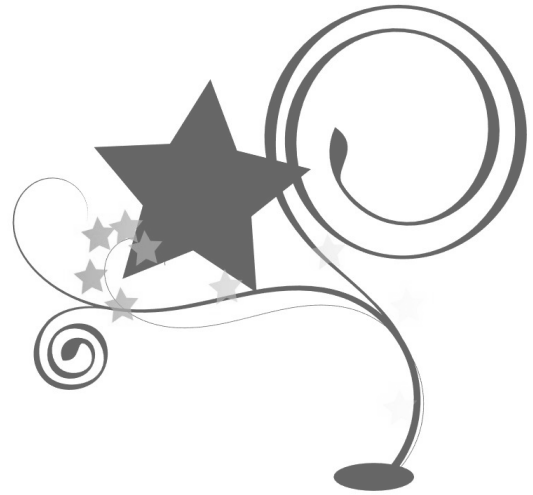


Chapter Four

Choose to Be Lively

- 1) When considering your thoughts, which thoughts take over your mind more often?
- A) Thoughts that paralyze you
 - B) Thoughts that move you forward

Do you choose your thoughts, or do your thoughts choose you?



- 2) Why do you need to be intentional to get what you want out of life?

Replace thoughts of worry with thoughts of hope, faith, and victory.

Unknown



3) How do you start your day? What is your routine?

We can't help everyone, but everyone can help someone.

Dr. Loretta Scott

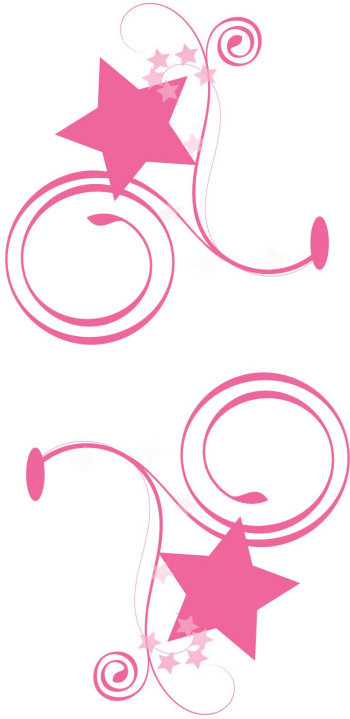


4) Love always looks for a way to be constructive—in other words, it looks for ways to improve someone else's life.

In what ways are you improving the lives of those around you?

The checklist in this chapter...

Asks for several ways that we can evaluate our attitudes.



5) Have you stopped to think about how you really want to go through this life?

List five things you really want if **ANYTHING** were possible. Don't hold back—fill your heart and write...

1) _____

2) _____

3) _____

4) _____

5) _____

When we choose ahead of time what we want...

And how we are going to live our lives, it determines our day to day living. It influences how we react to the world.

Whatever happens around you, you make decisions and choices. Sometimes they are conscious, and sometimes they are not.

Everything you do, how you look at it; how you handle it; how you react or not—are your choices.



6) What are some practical ways that you can be intentional about choosing your thoughts ahead of time?

Be SPONTANEOUS!



Do you have weeks that go by when you feel stuck in a rut or really never stop—or have fun?

7) How can you liven things up? How can you change that?

What can you do this week to change your routine?

I can guarantee you that fun people are thankful people. If you aren't feeling like a fun person—try having an ATTITUDE of GRATITUDE!

Off the top of your head, what are six things you're grateful for?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____



Chapter Five

Dare to Be Honest

1) Do you appreciate people giving you honest opinions? Or, do you value people that *sugar-coat* things to make life more palatable?

What does being honest look like to you?



When we talk about fears...

We are not just talking about things that spook us or creep us out, but about situations in life that cause us to hesitate, or stop us from moving forward.

Read 1 John 4:18 and then answer the question on the next page.



A head full of fears has no space for dreams.

Unknown



2) After reading 1 John 4:18, what are some practical ways we can move forward and not walk in fear?

For the Lord God is a sun and shield; the Lord will give grace and glory—no good thing will He withhold from them that walk uprightly.

Psalm 84:11 KJV



3) Our life is a journey. Looking back, it's easier to see God's hand at work than to trust His hand is also in our present—even in our future already.

How does reading Psalm 84:11 above, help you to reaffirm your trust in Him?



Why do we put so much value...

In our stuff?

What stuff do you put value on?

What stuff gives you a sense of security?

4) Is it good or bad to collect our treasures here on earth? Why?

5) We all have choices every day, do you choose to fill your mind with God's promises?

Or, do you tend to ruminate on the things or situations that are not going the way you think they should go?

6) Have you ever thought about the fact that by NOT-Choosing, you're still making a choice? How does that thought impact your hesitation to follow your dreams?

7) What choices are you going to make today to move forward?



In the Thesaurus, other meanings of “Highlights” include...

Tourist attractions, places of interest, or things to see.

8) When you consider your time here on Earth, do you ever think that you’re just a tourist? What parts of your life are interesting? What parts of your journey do you want others to see?



Chapter Six

Dare to Dream

What do you dream about?

What is your dream or would be your dream if you dared to let yourself free?



1) Which one of these thoughts would help you DARE to dream?

- Age doesn't matter.
- Your heart's desires were planted by God.
- Taking steps towards your dreams can make them become REAL.
- Stepping out of your comfort zone and moving forward is worth the risk.

2) Have you ever had an experience in which 'the water parted for you' once you took the first step towards your dream?

3) In what ways is God already using you today? Are those ways related to your dream, heart's desire, or goal that you are working towards?

Living for others:

The Good is the enemy of the BEST!

In the book, *Developing the Leader Within You* by John C. Maxwell, he tells a story about realizing priorities:

A lighthouse keeper who worked on a rocky stretch of coastline received his new supply of oil once a month to keep the light burning. Not far from shore, he has frequent guests. One night a woman from the village begged some oil to keep her family warm.

Another time a father asked for some to use in his lamp. Another needed some to lubricate a wheel. Since all the requests seemed legitimate, the lighthouse keeper tried to please everyone and grant the requests of all. Toward the end of the month he noticed the supply of oil was very low.

Soon it was gone, and the beacon went out. That night several ships were wrecked and many lives were lost. When the authorities investigated, the man was very repentant. To his excuses and pleading their reply was, "You were given oil for one purpose—to keep that light burning!"

There is nothing left for you in that space, so
let go and move on.

Unknown



4) How hard or easy is it for you to release? Why?

“You have to dream before your dreams
can come true.”

Dr. Abdul Kalam



**5) Have you given up on your dreams? If there were no limitations, no
chance to fail and money was no object—What would you strive for?**

Chapter Seven

Dare Yourself to Scare Yourself

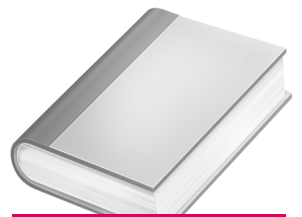
It's time to step out of
Your comfort Zone!

Go from listening, reading, and thinking to **DOING**. Let's ask ourselves the questions again.

What scares you?

Is it a fear of failure or that people won't like you?

Or is it possibly the fear of the unknown and all the "What-ifs"? Sometimes it is fear of success or fear you can't handle the success when it happens.



Webster

FEAR

Fear. -noun

The agitated feeling caused by the anticipation or the realization of danger, an uneasy feeling that something may happen contrary to one's hopes; a feeling of deep reverential awe and dread.

1) List your fears and face them: Are your fears truly fear-related, or are they more like obstacles? Or problems?



Name some of your fears...

- _____
- _____
- _____
- _____



2) Now dig deeper. Have you experienced the passing of someone you love? Are you afraid to love again?

☐ YES ☐ NO ☐ MAYBE ☐ DON'T KNOW

SCRIPTURE

3) What does the Bible say about fear? Read Joshua 1:9 & Deuteronomy 31:6. Write the scriptures out here:

Fear shows itself in many ways...

But you can do it! You can be bold and courageous.

You can move past your fears!



**4) What do you need to release your fears in order to move forward?
(i.e. committees, networking, activities, coaching, mentoring)**

Do you say YES to everyone because you don't want to let anyone down?

Are you afraid they won't like you if you say NO?

Being busy all the time is another deterrent to moving forward in your passion and goals.

5) What can you release in your life to open up time and opportunity?



Fear & Faith...

Cannot exist in the same space.



6) How can you choose faith when you feel afraid?

FACE YOUR FEAR
CHOOSE FAITH
WALK THROUGH IT



7) How can you become fearless?

- 1) _____
- 2) _____
- 3) _____





Chapter Eight

Enjoy Being a Girl ~ Inside & Out

1) Does the word —FEMININITY—
make you shutter? Why or why not?



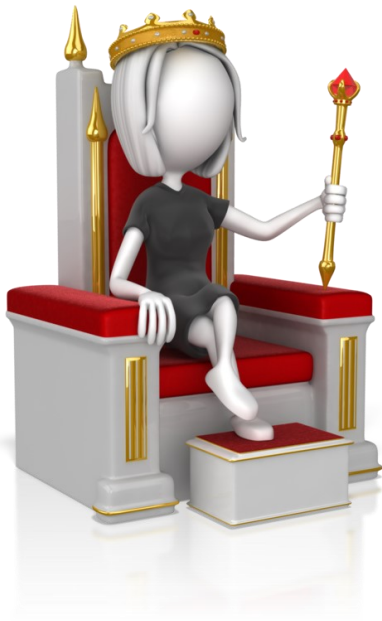
2) In what ways have the roles of women changed in the last 40+ years
in the secular and church communities?

I am the daughter of a King, who is not moved by the world. For my Lord is with me and goes before me. I do not fear because I am His.



3) In what ways have the “role” changes (in the last 40 years) evolved? Has that changed our images and viewpoints of the word femininity?

4) Do you ever think of yourself as a “Daughter of the King”? What are some of the advantages of being a royal heir?



6) How important is it for you to understand that God loves you? How important is it to love ourselves?



Though our feelings come and go, God's love for us does not.

C.S. Lewis



7) As a female, do you feel the need to perform to a certain standard to deserve or earn that love? Do you have those in your life that only give their love if you 'perform' the way they want you to?





Chapter Nine

Embrace Your Uniqueness—Don't be a Copy

• _____

1) In your opinion, why is it so hard for women to talk positively about themselves? Why is it so easy to be negative?



2) Did you get a chance to meet with a friend to get positive feedback? Is it something you feel comfortable doing? Why or why not?



Judgement...

Why do you think women judge themselves to such a high standard?

3) If you struggle with that, what do you think would be some ways to be released from such damaging beliefs?

4) On your list of 10 people that you spend time with, what makes the people with the (+) so fun to be around—why are the (-) people draining?

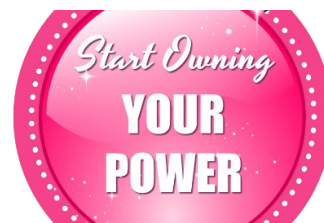
- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____



5) What do you like to do to make your friends feel special? Have you ever thought about treating yourself like you treat your friends? What are some examples of ways you could treat 'you' more kindly and enjoy yourself?

Self talk is the most powerful form of communication, because it either empowers you or it defeats you.

Wright Thurston



6) Starting TODAY, what are 10 nice things you can say about yourself?
(Repeat these daily for a week.)

7) Write Jeremiah 1:5 here...

*You can have the life you want
instead of the life you've got!*

8) What does this verse mean to you? Do you believe you are special and set apart? What makes you unique? What is your WOW factor?





Chapter Ten

Engage in the World, Without Losing Yourself

1) What are some of the things or processes on the physical side of being feminine that make you 'feel' good?

2) We live in a world that puts way too much focus on being skinny, young, sexy, etc. As Christians, how can we live in the world, but not be part of it...so to speak? Read Acts 3:1-10



The 'gate' called Beautiful, can be a metaphor...



For today's standard of beauty and acceptance. Every day there are those who are headed to the **gate** to **beg** for acceptance.

As a woman, it may be our need for significance and value; but like the crippled man, they don't realize they are asking for the wrong thing—from the wrong people.

Peter and John, didn't give the crippled man what he thought he needed. They gave him what he truly needed—to be made whole.

In the name of Jesus, we can redefine the gate (beautiful) by His standard. Thereby receiving the acceptance, approval, and affirmation we need.

3) How can we apply this information to our own lives and standard of beauty and acceptance?

SHOUT PRAISE!

Whisper Criticism

Don Meyer



4) How can you accentuate the positive and eliminate the negative in your life?

To be beautiful, means to be yourself. You don't need to be accepted by others, you only need to be accepted by yourself.

Unknown



5) What do you believe our society is trying to make you become? Is that what you want? If not, what do you choose?



What are some practical...

Things you can do to make yourself feel better about how you look?

Think: Hair, nails, body shape, etc.

6) Do you have someone who can help you or will you reach out to an expert?

7) Love your neighbor as _____. Do you love yourself as a child of God? Do you love the gifts and talents He has given you? What does this verse mean to you?

8) We live in the world, with all its expectations, demands, and we have to weave our way through it. We learn to manage our lives and stay true to who we are as women.

We can't hide our heads in the sand and pretend that it isn't real, because we know that it is. What change can you make to begin to manage your life differently and be more confident?



Summary

Putting it All Together

1) There is MORE to you than meets the eye! Do you believe that you're special?

2) Choose to be a Fun-Seeker! What does fun mean to you? When was the last time you had fun?

3) Choose to be Happy! What is happiness to you?

4) Choose to be Lively! How do you start your day? What does it mean to be intentional?

5) Dare to be Honest! What are the patterns of your life? What holds you back from following your dreams or passions?

6) Dare to Dream! Do you know what it means to dream? Do you realize that God has big dreams for you and that He planted seeds of greatness inside you?

7) Dare to Scare Yourself! When you can name your fears, you can begin to face them. What do you need to release?

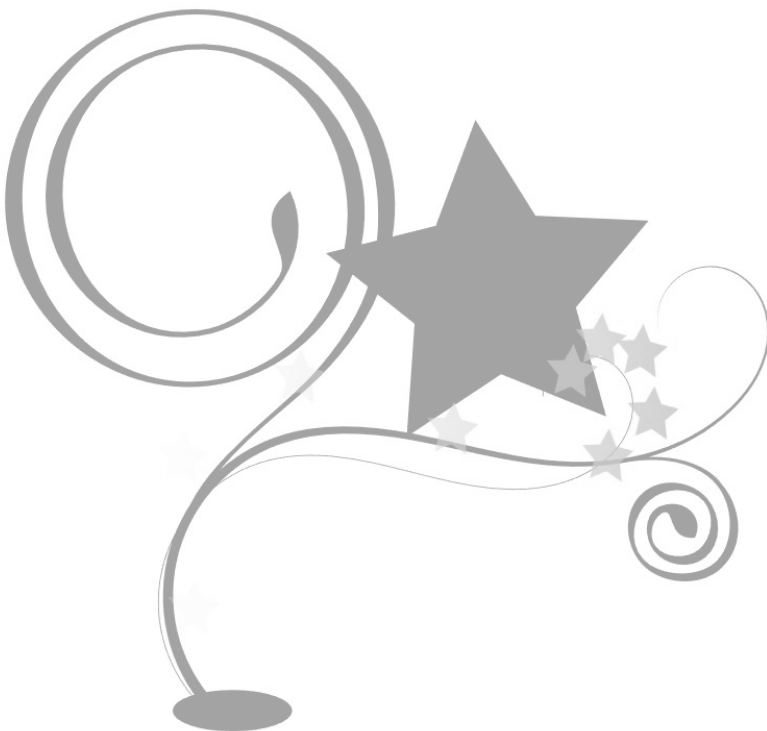
8) Enjoy Being a Girl! (Inside & Out) What does femininity mean to you? What are some of the blessings of being female?

9) Embrace Your Uniqueness! Don't be a copy—What is your WOW factor? What do you have to offer? Why is it so hard to talk about?

10) Engage the WORLD—without LOSING yourself! How can you accentuate the positive and make the most of what you got?

*My flesh and my heart may fail,
but God is my strength of my heart
and my portion
forever.*

Psalm 73:26





A Global Community of Christian Women Entrepreneurs

Create the life you want...

Making a decision to grab life and take the reins to make your dreams reality is one thing, but keeping up the motivation is another.

So I wanted to tell you about M.O.R.E.

M.O.R.E. (COMING SOON)

A program to help keep you on track with your goals, I want to offer you a week of free motivational messages from the M.O.R.E. program, that will inspire you along your journey.

If you would like to learn M.O.R.E. about the program, drop me an email.

So don't put it off, take M.O.R.E. for yourself TODAY.

deardelinda@gmail.com

