




# *5 Lies Women Believe About Themselves*

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AND THE TRUTH  
YOU NEED TO KNOW  
TO INCREASE  
YOUR CONFIDENCE





Regardless of how confident and successful you feel some days, it's easy to fall prey to the negative thoughts that ping your heart and mind.

And if you're tired or hungry (or both) ... Whoa, Bessie! ... those pings can pummel you until they're impossible to ignore.

The good news: you can attack those lies by investigating the false beliefs hidden beneath them!

# *Lie #1: I'm not enough*

*Whether your brain tells you you're not pretty enough, not smart enough, not funny enough, or not spiritual enough, it isn't true.*

## **HIDDEN FALSE BELIEFS:**

*"Enough" is a quantity that can be measured, and I'll know it when I feel it.*

*What does pretty enough look like? Or smart enough? Or spiritual enough? Chances are, you don't know the answer to that — but you know it's prettier, smarter, funnier, or more spiritual than you feel right now. Yes?*

*The reality is there's no such thing as "enough."*

*Think of a kid with candy. It's rare for a kiddo to say, "No thank you. That's enough for me." And even if they do, "enough" resets itself the next day.*

## **FACT TO FOCUS ON:**

*I am exactly who God meant me to be in this moment.*

## **ACTION STEP:**

*Ask yourself:*

*"What action would I take if I felt like I were enough?"*

*Now, go do it.*

# *Lie #2: I'm a fraud*

*It's easy to tell yourself, I'm not a good...*

- *...wife, because my husband didn't have clean pants yesterday.*
- *...mother, because my kids ate junk for dinner three nights in a row.*
- *...employee, because the monthly report was late.*
- *...daughter, because I didn't call my mom yet this week.*

*You have more hidden expectations than you can list, but they all come down to two false beliefs.*

## **HIDDEN FALSE BELIEFS:**

*If I were good at this, I would do it perfectly all the time. And, it wouldn't feel so hard.*

*But when you're juggling all the pieces of life some of them will inevitably slip.*

*Instead of being evidence that you're not a good... wife, mother, employee, daughter... it shows that you care—and that you might be expecting too much of yourself.*

## **FACT TO FOCUS ON:**

*I sometimes get frustrated in this role because I take it seriously!*

## **ACTION STEP:**

*Ask yourself:*

*“What story am I telling myself about this role?”*

*Now, adjust your expectations.*



# *Lie #3: I'm a failure (or, I failed)*

*When a situation doesn't turn out the way you wanted it to, it's easy to assume you failed—or worse, that you're a failure.*

## **HIDDEN FALSE BELIEFS:**

*There's only one successful end result—and it's the one I imagined before I began this journey.*

*Twists and turns are part of life—a mean boss, a diagnosis, the arrival of another baby—the possibilities are endless.*

*Defining life's quests using narrow criteria for success (and failure) robs you of other joys and opportunities that may arise.*

## **FACT TO FOCUS ON:**

*Life is an experiment, and you get to define success.*

- Did you learn something about yourself, the world, or other people?
- Did you stretch yourself mentally, physically, or spiritually?
- Did something valuable but unanticipated come from the experience?

## **ACTION STEP:**

*Ask yourself:*

*"What did I learn from this particular experiment?"*

*Now use that information to choose your next adventure.*

# *Lie #4: It's all my fault*

*When others are unhappy, it's easy to view your actions as the reason for their disappointment—especially if they're eager to let you take the blame.*

## **HIDDEN FALSE BELIEF:**

*It's my responsibility to make sure no one is ever disappointed.*

*Negative outcomes and disappointments are the result of many factors, not all of which are your job—or within your ability—to control.*

*Be on the lookout for all the circumstances that contributed to a negative situation.*

## **FACT TO FOCUS ON:**

*I am fully responsible for my actions, words, behaviors, and feelings—and no one else's.*

## **ACTION STEP:**

*Ask yourself:*

*“Which parts of this situation were my fault,  
and which were not?”*

*Take responsibility for your part of the equation, and let the rest go.*

# Lie #5: I'm broken

Whether you carry baggage from your past, exhibit distinctive personality traits, or feel like you process information differently than others do, it's easy to interpret your uniqueness as brokenness.

## HIDDEN FALSE BELIEF:

*I'm only worthy if I'm perfect—or identical to other people I know.*

*Computer programmers came up with the phrase, “It’s a feature, not a bug,” to describe a glitch in computer code (bug) that wasn't easy to remove, so they turned it into a positive attribute.*

*Although your quirks may feel like defects, God intended them as a feature because they include positive traits that come along for the ride.*

*For example, if you're prone to anxiety you're uniquely equipped to warn others about danger. And if you're never the quietest person in the room, you're probably someone who makes friends easily.*

## FACT TO FOCUS ON:

*I am God’s unique masterpiece.*

## ACTION STEP:

*Ask yourself:*

*“How is the area I feel broken in a 'feature' instead of a 'bug'?”*

*Now, step into your God-given superpower, and use it for good.*



## *Bonus Action Step*

*Ask: "What story am I telling myself—and is it serving me?"*

*For example, no matter what you do, you can't seem to get on a particular person's good side. So you tell yourself, "She doesn't like me."*

*Maybe the story is in your head, or maybe it's true. Perhaps you're not her favorite person. (Truth be told, you're not her biggest fan, either.)*

*But here's the thing—just because a story might be true, doesn't mean it's serving you.*

*Telling yourself she doesn't like you:*

- *makes your brain think it matters*
- *causes you to interact with her differently*
- *keeps you from being the person you wanted to be*

*Let's be clear: whether she likes you or not isn't what's holding you back—the story you're telling yourself is.*

*So ask yourself: Does the story I'm telling myself help me or hinder me in becoming the person God wants me to be?*



# Hi, I'm Kendra!

*I love to help bright, successful over-thinkers like you change your negative thoughts using **Scripture** and the **science** of how God made you.*

*If your negative thoughts are holding you back from living the confident, peaceful life God intended you to live, **let's chat!***



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