

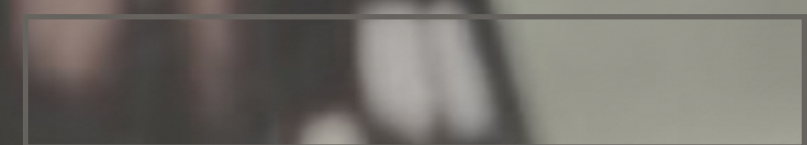


# Finding Me Workshop

The ultimate joy in life is to be yourself

A Guided Tour into  
Personal Development

MY Journal



*Tamara Marcella*  
Motivations

[www.tamaramarcella.org](http://www.tamaramarcella.org)



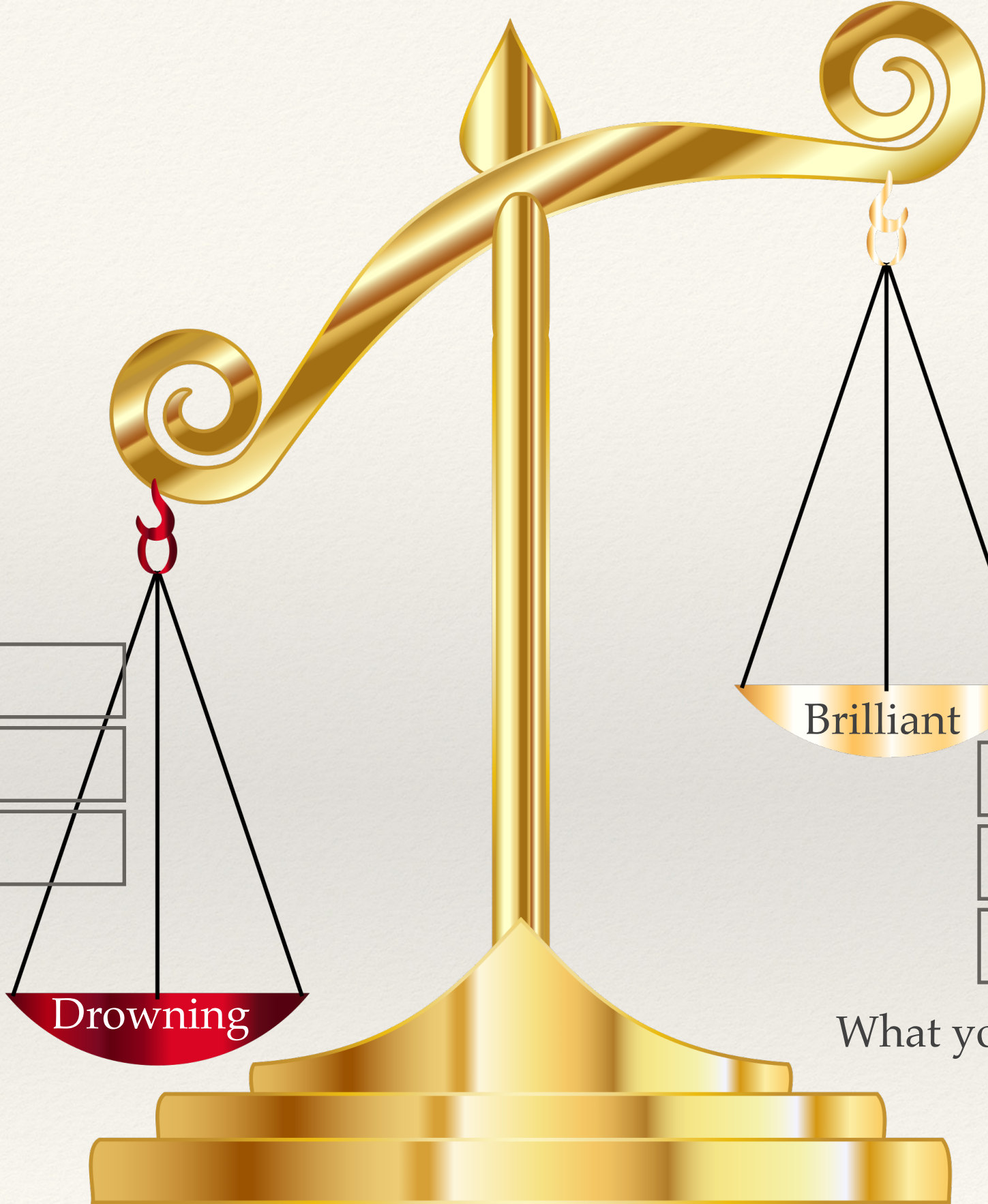
Beloved, I pray that in all respects  
you may prosper and be in good health,  
just as your soul prospers.

3 John 1:2



Areas I'm drowning



Drowning

Brilliant

Areas I'm brilliant




What you want to avoid



# What's your story?

Begin journaling your story. ( It's much simpler than you think)

If you're focusing on more than one area of transformation, then write as many stories in as many areas as you're stuck in



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# Scape Goats

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# Who/ what are your scape goats

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- ❖ My scape goat is :
- ❖ My scape goat is:
- ❖ MY scape goat is:
- ❖ My scape goat is:



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What do I need to change about decision making?

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# Emotional Intelligence







*Strategic Consumption*

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# THE CATERPILLAR



Brethren, I count not myself to have apprehended: “One **thing** I do, **forgetting** those **things** which are **behind** and reaching forward to those **things** which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.”  
Phillipians 3:13



Let's begin to shed

Write down some things you need to shedding



What do you need to consume to achieve your goals?

Who in your circle needs to shed? (or reduce the amount of time spent )

Who can you find to mentor or coach you into momentum?

What skills do you need to acquire and what steps are you going to take to get them?

What activities/habits do you need to make a part of your daily routine?

This may be a good time to rewrite your testimony, with a redemptive message (it's time to shed that old message)





Hebrews 12:27  
The words, "Once more" indicate the removing of what can be shaken - that is, created things so that **what cannot be shaken may remain.**

Are we there yet?

# Chrysalis

Science says,"1. the caterpillar will first digest itself.  
2.Certain highly organized groups of cells known as **IMAGINAL DISCS** survive the digestive process!"



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Digest; 1. a compilation or summary of material or information.  
2. a substance or mixture obtained by digestion. Google

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- ❖ : understand or assimilate, (new information the significance of something) **by a period of reflection**
- ❖ synonyms: assimilate, absorb, comprehend, grasp, master, learn, familiarize ones self, consider, think about, contemplate, **study**, ponder, meditate
- ❖ (Proverbs 4:23 Be careful what you think, because your thoughts run your life)
- ❖ **IT'S TIME TO DIGEST WHO YOU ARE, WHERE YOU ARE, WHERE YOU ARE HEADED!**



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## You are not defined by what you do but by who you are

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- ❖ So let's define who that is ....
- ❖ Write your list self promises or declarations of independence
- ❖ Say so ..... Who are you? Say so ... "Let the redeemed of the Lord say so" Psalms 107:2 .... say who you are .....



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# Facts:

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- ❖ If you help a butterfly out of the chrysalises she will never fly
- ❖ The struggle prepares her for flight
- ❖ Once a monarch takes flight....she Never returns to the same place again







# “Butterfly”

Is a state of mind! Not a place, job nor  
an experience

It must be defended, maintained and  
nurtured

A mind transformed will always  
create a life that soars

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M o t i v a t i o n s

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