

# Self-Esteem Workshop: Seeing Yourself Through God's Eyes

Hi there!

I'm so glad you stopped by. My name is Thais, and I create meaningful resources designed to help Church leaders and organizations worldwide.

This work is truly a labor of love—a way I've found to use my passion for creating valuable materials while also contributing to my family's income alongside my husband. It's an honor to do something I love that serves others.

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# Self-Esteem Workshop: Seeing Yourself Through God's Eyes



## Note to Organizers

You can choose to run all the activities for a complete workshop, or select just one or two to fit a shorter time slot. End with the final craft activity as a wonderful takeaway.

### I. Activity: Labels vs. Truth

Materials:

- Paper sheets divided into two columns for each participant.
- Pens/Pencils.

Instructions:

Each participant receives a sheet of paper divided into two columns:

- Column 1: “Labels I Was Given” (e.g., Mom, Wife, Professional, Shy, Strong, etc.)
- Column 2: “Who I Truly Am” (e.g., Daughter of God, Resilient, Friend, Creative, etc.)

Group Reflection:

“We often define ourselves solely by the roles we occupy or the labels others give us, but our inherent worth and value are far greater than any role. Our true identity is as a beloved daughter of God.”

### II. Group Conversation: Self-Esteem and Women's Mental Health

Discussion Points:

- The importance of caring for mental health (breaking the stigma/taboo).
- How to balance faith, service, and self-care.
- Quick Techniques That Can Help:
  - Breathing exercises for anxiety.
  - Gratitude Journaling.
  - Daily Positive Affirmations.

### III. Balloon Activity: Protect Your Challenge

#### Goal:

Animate the group and illustrate the critical importance of protecting personal self-care before focusing on others' needs.

#### Instructions:

1. Preparation: Give each sister a small piece of paper. Ask her to write a personal challenge related to self-care or mental health (e.g., "Make more time for myself," "Reduce anxiety," "Exercise more," "Get better rest").
2. Each person blows up a balloon and ties the paper/string to their ankle.
3. Explain: "The balloon represents the challenge you chose. Now, your mission is to protect it."
4. Everyone gathers in a clear, delimited space.
5. Rules: You cannot hold the balloon with your hand; you can only protect it with your body and movements. Stay within the designated area. Use only your body to try to pop others' balloons.
6. Say: "Let's see who wins!"

#### Organizer Note:

"Do not give too many details about the protection objective at first. The goal is for them to run around trying to pop each other's balloons without paying close attention to the true objective. This makes the final lesson more impactful."

#### Gather everyone again and explain:

1. Ask: "Did you notice that you spent more energy trying to pop others' balloons than protecting your own?"
2. Explain: "The intention was for you to protect your own balloon, not necessarily to pop others'. If each person had focused on protecting her own challenge, you all would have succeeded."
3. "This shows that, in real life, we are often so busy looking at the problems and challenges of others that we forget to take care of our own challenge, our self-care, and our mental health. To be able to care for others, we must be well first."
4. "It is important to support others, but we must never forget to prioritize our self-care, because only then will we have the strength to truly help those we love."
5. (Optional: They can discuss each challenge written on the balloon and how they can overcome it.)

## IV. Large Mirror Dynamic: "See Who You Are"

### Preparation:

1. Place a large mirror in a prominent location.
2. Write inspirational phrases around it, such as:
  - "You are a Daughter of God"
  - "You are Strong"
  - "You are Loved"
  - "You are Capable"
  - "You are Amazing"
3. Decorate with flowers, fairy lights, or anything that conveys a sense of worth and beauty.

### Explanation:

Say: "Today, we will look at ourselves not just with our own eyes, but with the eyes of love and truth of our Heavenly Father."

1. One by one, each woman goes to the mirror.
2. She chooses one of the phrases written around the mirror that touches her the most.
3. She says aloud: "I am \_\_\_\_." (e.g., "I am loved," "I am strong").
4. The others respond together: "Yes, you are!"
5. Each participant can stick a colorful post-it on the mirror with a word or phrase she would like to believe more about herself (e.g., "I am enough," "I am brave," "I am worthy").

### Closing Message:

"Just as you saw yourselves in this mirror today, remember that God always sees more in you than you can see in yourselves. When you forget your own worth, remember this moment: you are His beloved daughters, with a unique light that only you possess."

## V. Craft Activity: Self-Care Eco-Bag

### Goal:

Create a tangible, daily reminder of self-esteem and self-care.

### Materials:

- Blank Canvas Tote Bags (Eco-bags).
- Fabric Paint (assorted colors).
- Paintbrushes (various sizes).
- Cardboard inserts (to place inside the bag so the paint doesn't bleed through).
- Markers for fabric (optional, for detailing).

## Instructions:

1. Hand out a canvas tote bag and a piece of cardboard to each sister (remind them to place the cardboard inside the bag).
2. Provide the fabric paints and brushes.
3. Explain: "Your task is to paint your own eco-bag with something that serves as a personal reminder of self-esteem and self-care."
  - Ideas: A favorite affirmation, a scripture, a symbol that represents strength (like a flower or a mountain), or a word that describes their true self (like Warrior or Wise from the first activity).
4. Allow time for creativity and discussion while they paint.
5. (Remind them to let the paint dry completely before using the bag.)





A pink oval label with a double-line border and a dotted inner line. It features floral decorations of pink and orange roses with green leaves in the top-left and top-right corners.

**LOVED**

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**VIRTUOUS**

A pink oval label with a double-line border and a dotted inner line. It features floral decorations of pink and orange roses with green leaves in the top-left and top-right corners.

**PATIENT**

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**WISE**

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**BRAVE**

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**INTELLIGENT**


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**KIND**

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**STRONG**



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**TRUSTING**

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**FULL OF FAITH**

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**CAPABLE**

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**DETERMINED**

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**CREATIVE**

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**BEAUTIFUL**

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**RESILIENT**

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**DEDICATED**

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**VIRTUOUS**

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**WARRIOR**

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**INTELLIGENT**

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**LOVING**