

Defining Spirit

I like books and movies about strong women. One of my favorite characters is Scarlet O'Hara in Gone with the Wind. In the made for TV movie Scarlett, her character states to her grandfather "Grace and Gentility, those are easy things to take to. I guess Spirit takes some getting used to by some before they can appreciate it."

Ain't that the truth!

Our spirits, our inner-selves, our essence, whatever you want to call it, is that "thing" inside us that makes us who we are and unique from anyone else in the world. We might meet someone else who is a lot like us... a "kindred spirit" perhaps. But, scientists and theologians agree that there is no one else in the world who is exactly like us. Even identical twins have differences. (Now, don't bring up that whole cloning thing... you're just being sassy! ;).

There are times in our lives when our spirits are full and times when they are empty... Hold that thought... we'll get back to it in a minute...



It's time to unwrap your teacup.

Many of the teacups we give you from W.O.W. are "found." Every cup and saucer has a story. Just like every girl.

Lovingly cared for by women through the years, their husbands donate them after their deaths: a living memorial to their wives. Perhaps grandmothers are moving, or someone just has too much and wants to give the cups away, but doesn't want them to be destroyed. One beautiful yellow rose set was found on top of a trash can in an open box. The woman who found it was abandoned by her husband after 35 years of marriage. She had spent the last 10 years successfully rebuilding her life. She gave it to me with the instruction that it was to go to someone who had felt discarded or abandoned in their life as a reminder that there was hope.

Every set is different from another. Just like every girl.

Some are floral and dainty; some are thick and functional. Some of the cups don't match the saucers, and some show signs of use like a chip or a stain. That's okay... each is special in its own way.

Maybe you are thinking that you don't like the teacup that you were given. Maybe you are feeling a little disappointed. Maybe you envisioned your teacup looking differently than it does. My answer to you?

Deal with it.

You don't get to choose your teacup and you don't get to trade it with someone else. Like life, sometimes you just get what you get. It's up to you to make the best of the situation.

There are a lot of things in our lives that we have no control over. Our general emotional/intellectual make-up, our bone structure, our birth family, ...and the teacups associated with this program ... are all part of a giant crap shoot. We do not always get to choose the circumstances that come into our lives.

But, we can control our choices and our reactions to them.

It is up to us to make the best of the life we were given. It is up to us to fill our spirits (and our teacups) with the "good stuff." Understanding this principle is the first step to understanding what it means to be a Woman of Worth.

There doesn't seem to be a lot of talk in our modern world anymore about integrity, moral fortitude, or strength of character. Our heroes are the manufactured characters on sitcoms, reality shows, and commercial sporting events. Political correctness dictates that we accept all standards of behavior as not right or wrong, but as simply another's lifestyle choice.

Well guess what? Right and wrong do exist.

And, becoming a woman of worth means having the strength of character to stand firm for what is right, while establishing boundaries for ourselves against what is wrong. It means not taking the easy way out just because "everyone else does." It means knowing what you believe in before these beliefs are tested. And, it means setting and sticking to behavioral standards for yourself and for others who interact with you.

Never has a generation of young women had so many different opportunities, and never has a generation of women felt so empty.

Bottom line?

W.O.W. for Girls asks you to figure out from where you are getting your validation. If you are looking outside yourself to determine how you are

feeling about yourself, then you are headed for heartache. W.O.W. for Girls is designed to help you look at many of the most challenging aspects of being a modern young woman and give you tools for negotiating them. You set the standards for yourself. You set your own boundaries of behavior based upon your knowledge of your value INDEPENDENT of the opinions of others. ...



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Time for the dirty work... here it is:

We have to **acknowledge the hurts**, take steps to **eliminate** the ones we can eliminate, create a **healthy coping plan** for the ones we can't, and substitute **healthy habits** for unhealthy ones on those days the hurts feel bigger than we are.

(This process isn't going to be easy and it may not be a whole lot of fun. So it's time to fill that teacup with something soothing... you will find a selection inside your box.)

A woman of worth owns her life.

She acknowledges that she controls her life's direction by the choices she makes. Habits are just choices we make repeatedly. To change our habits, we have to make a different choice. And, we have to stick to that choice because we know it is the right choice for our life independent of what our friends, the media, or society tells us. Yes, there are times things happen that are beyond our control or contrary to our desires. Get used to it. Life is not fair. There are no magic words that protect us from difficult times. But we can choose whether or not to let these tough seasons destroy us or propel us.

Take the anger, take the hurt, take the negative energy and put it into something healthy.

Own your choices and you own your life! ...



This chapter continues for another several pages. We hope this sample has given you some insight to what our curriculum offers. For more information or to purchase our curriculum, please visit our store at www.wowforgirls.com.