

Secret #1

KNOW WHO YOU ARE



This question used to be very easy to answer as a person's identity was defined by their nation, culture, religion, and family values. If you are from the United States or any other nation, you have certain qualities, beliefs, and values that you were taught from your country that you may or may not realize. For example, the US/American culture focuses on freedom. Our forefathers fought for freedom whether they were the sons of the revolution down to the civil rights movement. Both Whites and Blacks in the US have within their subconscious the idea that everyone has the right to liberty and his own pursuit of happiness...whatever that looks like. As it relates to relationships and marriage, people have more freedom to choose what kind of marriage they want. Do you know what kind of partner is best for you? Do you know how to deepen your connection to your man? To know that, you will want to discover more about you. Can you write a definition of you? What did you get from your parents, family, and nation? What are your God-given talents and developed skills?



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Sometimes we are not sure of who we are. Sometimes aspects of ourselves are taken from television characters, societal norms, or even parental expectations. Sometimes aspects of our personality are rooted in some painful childhood experiences that we have yet to resolve.

When I was growing up, I was labeled as the ‘shy girl’, and my family believed that was a personality trait. In actuality, I suffered from deep sadness and fear. Once I resolved this, I realized that I had so much to say! All through middle school, I thought I wanted to be a lawyer because of a character I used to watch on television. Later on, I discovered my love for speaking languages and teaching. I even had to rediscover the foods that I liked because when I was growing up I simply had to eat whatever was on my plate.

Discovering You and your highest values can be very delightful and fulfilling. Even if you feel secure in who you are, writing out a clear definition can be a useful tool on your journey as a Wise Wife. On the following pages, be open to writing about You and, if you have not already, discovering your top 5-7 values.





DEFINING WHO YOU ARE

Quickly write down some of the qualities of your parents and your family members. What are the values you learned from them? Which values do you believe and want to embody?





KNOW WHAT YOU LIKE

Now consider the things you like or enjoy in entertainment, sports, recreational activities, and hobbies. Consider your profession and what it says about your innate qualities. Then consider the kinds of foods and clothes you like and dislike and the friends you like to spend time with. What kinds of t.v. shows or movies do you like?





YOUR HIGHEST VALUES

All of us have 5-7 core values that drive our decisions and behaviors. Have you discovered yours? Write them here with examples of how you actualize that value. If you are not acting upon that value, then you may only think it is a value. Refer to the lesson Your Highest Values for more clarity.



KNOWING YOU TO KNOW YOUR NEEDS

Write a profile about you. This will:

- a. help determine compatibility if you are a future wife or
 - b. deepen the connection with your King
- (use the example in the module)



FIND YOURSELF IN THEM



After years of marriage and motherhood, many women say, “*I lost myself in my husband and my children. I don’t know who I am.*” Dear Sister, that is just not true! You have brought so much of yourself into your roles as wife and mother. **Find yourself in them.**

You have probably already seen yourself in your children. Their eye color or skin tone or hair texture, or personality traits. Likewise, when you reflect on your interactions with your husband you will find yourself there as well. You are the woman that he loves and chose to spend his life with what qualities does he love about you? Do you trust him to keep his promises to you? Are you honest about how you feel? Do you love freely? Do you easily get defensive? Are you confrontational or do you try to avoid conflicts? Do your kids take you as a pushover? Do you let things go instead of resolving them? Do your adult children respect you or ask your advice? You can imagine them all as mirrors into you. Find yourself in them.