



MOM-TO-MOM ENCOURAGEMENT

Hey Moms,

I just love that we are starting with this topic—it's one of the main reasons girls need their moms. I don't have to tell you this, but our girls are changing. They are leaving the land of unicorns, glitter, and fairytales, and entering into the world of cultural-awareness, hormone fluctuations, and constant comparisons.

They are noticing that some girls can run really fast and others are really smart in school. And some of them are feeling like they just don't measure up. Our mom hearts simply break because we see their potential. We see what they can't see yet. I imagine that's what our heavenly Father sees from His vantage point with all of His children. Sometimes, I imagine Him looking at us saying: *If you could only see what I see.*

There have been so many times I want to grab my girls and drag them into my viewpoint. *Can't you see how beautiful you are? And kind? And talented? You are EVERYTHING. And more!*

But, like us, they just don't feel it some days. They are measuring themselves against everyone around them. And I get that. I still do it, too. All we can do is keep pointing them to the truth that they were made on purpose.

Keep saying what they can't see. Keep seeing the best in them, and be their biggest cheerleader. Keep being a safe place to land when they are discouraged. Your voice carries such weight in your girl's life. Your words about her looks, her talents, and her grades matter more than you know.

Much love,
Courtney DeFeo
Founder of Treasured, [TreasuredGirlz.com](https://www.treasuredgirlz.com)

TREASURED

SESSION 1: IDENTITY

BOTTOM LINE: Be amazed by how God made you.

SCRIPTURE: *"How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well" (Psalm 139:14 NIV).*

TIPS FOR GROUP

- Consider reviewing the Discussion Questions in this Guide ahead of time, and if you feel it necessary, share with your daughter prior to the upcoming session of Treasured. There may be some subjects or content she may need a "heads up" on.
- During group time, pause before you share anything specific about your daughter. Be aware of anything that may embarrass her or hurt her feelings.
- Guard your relationship with your daughter. If she's shared something with you in confidence, don't mention it during group. If she wants to share, she will.
- At all costs, avoid disciplining or "calling out" your daughter during group time—especially publicly. If absolutely necessary, pull your daughter away from the group for all difficult conversations.



WORDS YOUR DAUGHTER NEEDS TO HEAR FROM YOU

It's important to fill your daughter's heart with positive words that will keep her strong when she hears or thinks negative words about herself. Here are some phrases to work into your conversations to help build a positive identity.

- You were made for a purpose.
- God did not mess up when He made you.
- One thing I love about you is _____.
- You can do hard things. I believe in you.
- Tell me how you are feeling right now.
- You make me so proud.
- You never have to be perfect.

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SESSION 1 DISCUSSION QUESTIONS

We'll talk about these in the group. Your group leader may not use all of the questions.

1. What's one thing that stuck out to you from this session?
2. What are some ways girls your age compare themselves to others?
3. Moms, what's one way you compare yourself to other moms?
4. Why do you think we compare ourselves to others?
5. Name one of your unique qualities, talents, or traits.
6. How do you think God can use that for something good?
7. What does it look like to celebrate someone else?
8. When you are tempted to compare yourself to someone else, what is one thing you can do?

MOM / DAUGHTER CHALLENGE

Choose one or more of these to do after the group.

Spend some quality time with your daughter this week. Here are some ideas to consider for your time together:

- Play your daughter's favorite sport. Talk about how you love how hard your daughter works on her skills and her determination.
- Go thrifting and pick out a crazy outfit for each other to wear for the rest of the day, or choose one from your closets. The crazier the better. Make sure to point out your daughter's best features.
- Do a DIY or art project together. Let your daughter talk about when she feels most creative and what inspires her. Compliment her on her creative talent.

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CONTINUE THE DISCUSSION

Here are some questions to further the discussion at home after Session 1:

- What is something you love to do or would love to try? How can I help you explore that?
 - If you could change anything about your appearance, what would it be?
 - How do you think an ability or talent can be used in a way that hurts yourself or others? (Mom, share your own experience.)
 - What are you doing, thinking, or wearing when you feel the best about yourself? The most confident? Why?
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ADDITIONAL RESOURCES

For additional resources, visit [TreasuredGirlz.com](https://www.treasuredgirlz.com) or [theParentCue.org/resources](https://www.theparentcue.org/resources).

And don't forget to head over to [ParentCueStore.org](https://www.parentcuestore.org) to check out the *Treasured Journal* for more conversation starters and ideas to connect with your daughter!