

REST
January/Week 2
Living More Intentionally Out Of Your
#SOULTATTOO

Learning to recognize the warning signs when you have stepped out of or been knocked out of living out of your SOUL TATTOO/Character Strengths is key to being able to live more full and joy filled life.

If you recognize the warning signs and the voice of the mean girl in your head, then you can learn to step back into your God given SOUL TATTOO, your **real** beautiful self, more quickly!

List the Top 5-10 Character Strengths that make up your SOUL TATTOO along with the warning signs that might alert you as to when you might have stepped into the shadow side your Strengths. Make note of the situations or relationships where you may need to have the courage to step back into your Strength.

CHARACTER STRENGTH

WARNING SIGNS

For example:

GRATITUDE

Experiencing comparison, envy, jealousy of others.

Some pithy things to noodle on:

This is the crisis we're in: God-light streamed into the world, but men and women everywhere ran for the darkness. They went for darkness because they were not really interested in pleasing God.... But anyone working and living in truth and reality welcomes God-light so the work can be seen for the God-work it is. --John 3:19 &21, The Message

"Authenticity is a collection of choices that we have to make everyday. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen." – Brene Brown, *The Gifts of Imperfection*

My prayer for you:

May you learn to REST in and be GRATEFUL for the purposeful and permanent divine DNA God inked into your soul before you were formed in your mother's womb.

May your soul begin to quickly recognize the things, the situations, and the messages that cause you to believe lies about who you really are. In those moments of recognition, may you take courage and step back into the strength and light of your beautiful SOULTATTOO.

May you feel His deep pleasure and joy when you find yourself living out of your unique reflection of His image.

May you be blessed by His care and artistry in creating you- just as you are.

Amen.