

saint mary's press

# Be Yourself!

a journal for catholic girls

Amy Brooks

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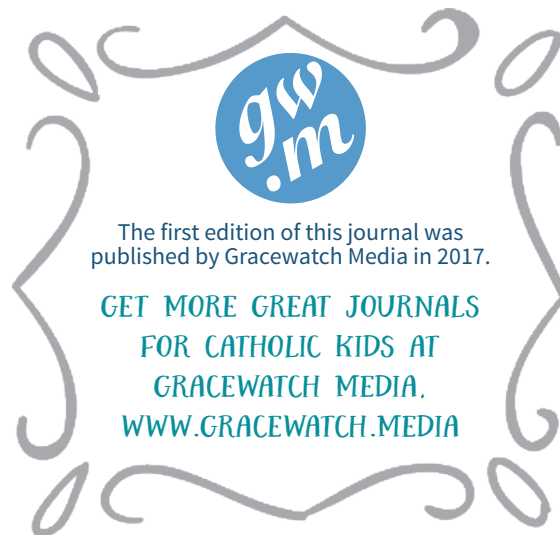
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# HOW TO USE THIS JOURNAL

## ANY WAY YOU WANT!

This journal had to be written in such a way that some pages are in the front, others in the middle, and the rest in the back . . . but, you can start wherever you want! Just so you know, the journal is divided into these six sections:

- Who You Really Are
- Love
- Talents and Gifts
- Peace
- Prayer
- Your Life

Some days you may need to go right to the “Prayer” section; other days you may just want to find a page to color. Follow your heart that day, and enjoy your time using this journal.

You can use this journal with *The Catholic Youth Bible* (4th edition) from Saint Mary’s Press. At different places in the journal you will find connections to articles in *The Catholic Youth Bible*. Reading these articles will deepen your reflection but they are not required.

## JUST BE YOURSELF.

As a young woman, I often heard that advice. Sometimes I wondered, “What does that really mean?” Other times I thought, “I don’t really know who that is yet.”

I came to realize that we discover how to “be ourselves” through our relationship with the God who created us. The same awesome God who knew the universe needed a sun and air also knew the world needed you. How amazing is that?

We truly discover our identity when we nourish our relationship with God and learn his will for our life. This journal is designed to help you enjoy learning about God’s will for you.

My personal wish is that you know that God’s love for you is so incredibly real! Whatever is going on in your life, remember that God does love you and has a plan full of hope for you.

Every saint who walked the earth had good days and bad days. But the Lord wants you to always hope in the future, to dream big dreams, and to talk to him in prayer and nurture your relationship with him.

The more you nourish your relationship with the Lord, the more you will come to know his will for you. This journal is designed to help you navigate that relationship—on good days and bad days. Enjoy the journey!

May our Lord Jesus bless you abundantly.  
Love and prayers,

*Amy Brooks*

COLOR doodle write CREATE  
Make this journal your own! ♥



Let  
your  
light  
shine!

—MATTHEW 5:16





# Who You Really Are...

**GOD CREATED YOU.  
BOTH BODY AND SOUL.**

(based on the *Catechism of the Catholic Church* #382)

**GOD  
ESTABLISHED YOU  
IN HIS FRIENDSHIP.**

(based on the *Catechism of the Catholic Church* #355)

**GOD CREATED EVERYTHING FOR  
YOU. BUT YOU IN TURN WERE  
CREATED TO SERVE AND LOVE  
GOD AND TO OFFER ALL  
CREATION BACK TO HIM.**

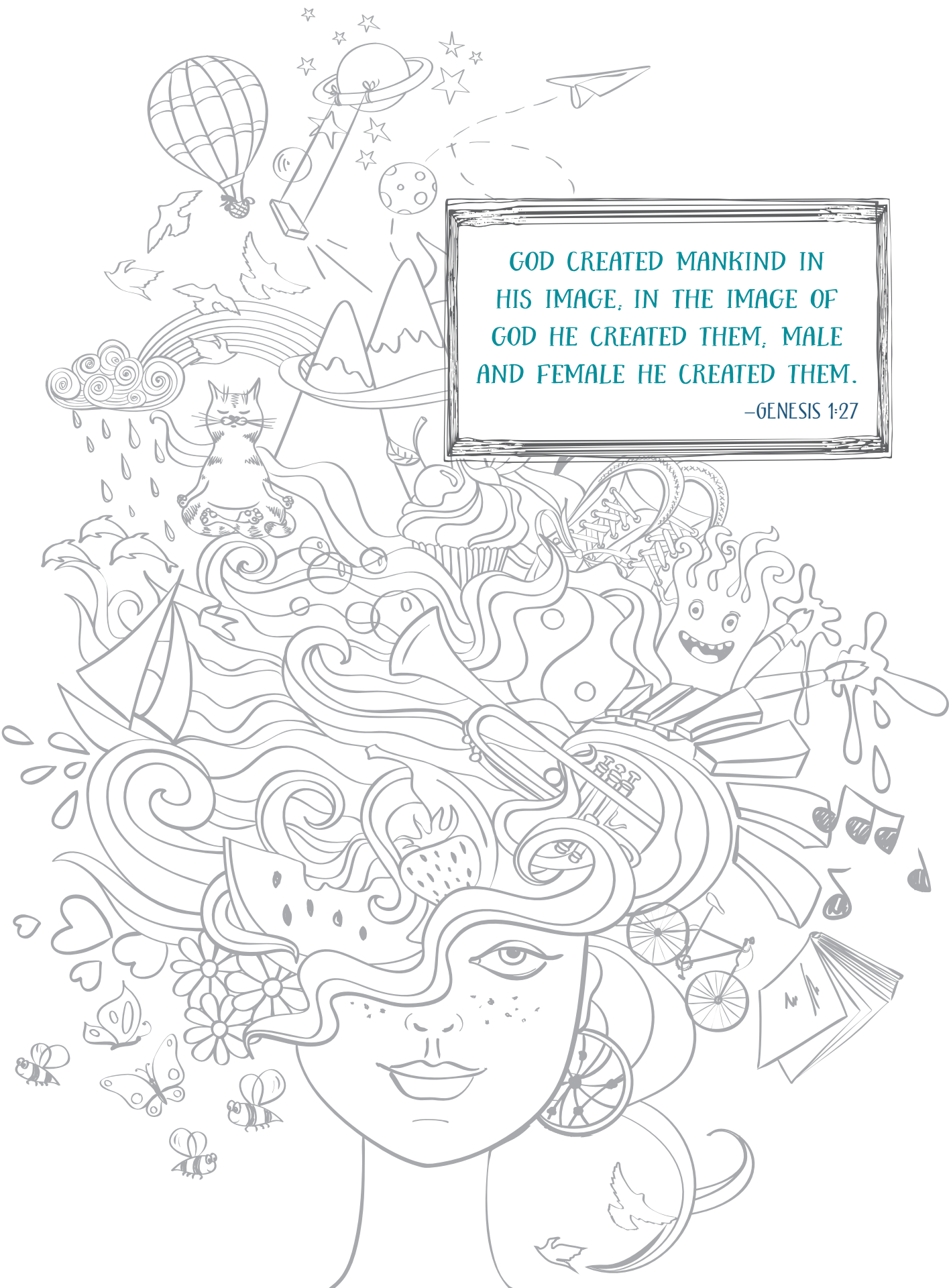
(based on the *Catechism of the Catholic Church* #358)

**Catholic Youth Bible**

Check out the article titled "Being Real"  
near Genesis 1:26-27 for more on  
celebrating who you are!



GOD CREATED MANKIND IN  
HIS IMAGE, IN THE IMAGE OF  
GOD HE CREATED THEM, MALE  
AND FEMALE HE CREATED THEM.  
-GENESIS 1:27







# YOUR BEAUTY BASICS

“Do not fear, for I have redeemed you;  
I have called you by name; you are mine.”  
—Isaiah 43:1

Write your full name here.

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What does your name mean?

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What is your Confirmation name?

(Or what names are you considering to choose for a Confirmation name?)

When were you born?

Describe your physical characteristics (hair color, eye color, skin tone, nationality, etc.).

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Where do you live?

Name two or three activities, sports, or games you enjoy.

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Describe your personality in two to three sentences. (What do you wish people knew about you?)

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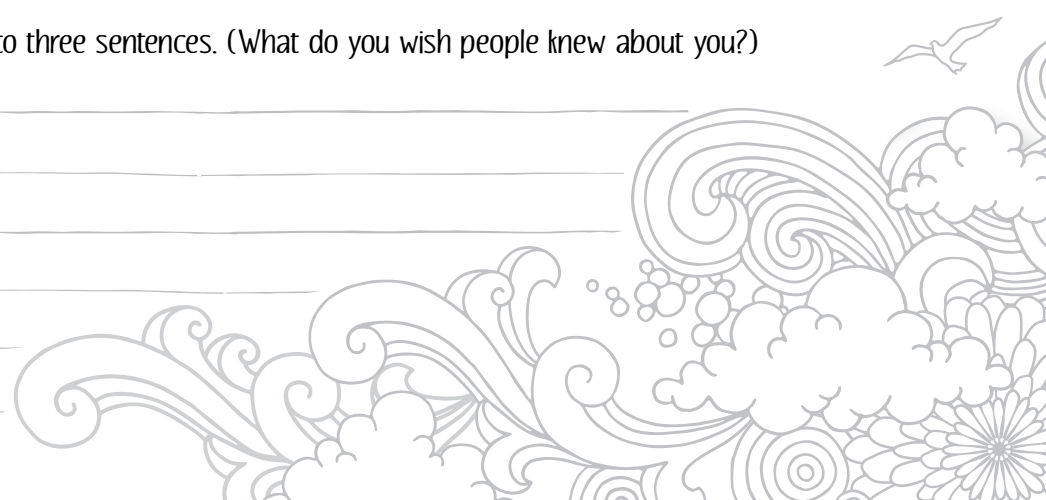
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# GOD'S CREATION

Look at all of God's creation. It was made for you to enjoy! God created so many wonderful things—from daisies and oceans to the seasons and the sky! What you love most about God's creation may be different from what your parents and peers love most. This is just one aspect of your beauty and uniqueness!

Below is a list of just some aspects of our Lord's creation. Choose your favorites from this list or add your own to come up with your three most favorite aspects of creation. Write them on the lines provided.

- |            |             |             |             |                 |
|------------|-------------|-------------|-------------|-----------------|
| RAINBOWS   | THE SUN     | SNOW        | ELEPHANTS   | OWLS            |
| MOUNTAINS  | OCEANS      | RAIN        | GIRAFFES    | FISH            |
| SUNFLOWERS | RIVERS      | WILDFLOWERS | CANYONS     | TURTLES         |
| STARS      | SUNSETS     | CLOUDS      | CAVES       | ROCKS           |
| THE MOON   | DOLPHINS    | HORSES      | PLANTS      | PRECIOUS STONES |
| ROSES      | BIRDS       | DOGS        | BUTTERFLIES |                 |
| MEADOWS    | FRUIT TREES | CATS        | WATERFALLS  |                 |

## 'S TOP THREE!

(write your name above)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Your friendship with God can simply start or be renewed by acknowledging that he made all of creation for you! Think of your "top three" and thank the Lord for creating them. Sometimes a simple prayer is the best!

### SHORT PRAYER:

Thank you, Lord God, for creating these amazing things for me to enjoy!

### Catholic Youth Bible

For more on how we are called to care for God's creation, see the Challenge titled "Change the World" near Psalm 104:5!



# GOD'S CREATION & YOU

YOUR PERSONAL FAVORITES

1. What is your favorite season? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What flower do you think is the most beautiful? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Name your favorite land animal. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What is your favorite fruit or vegetable? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. If you could travel anywhere in the world, where would you go? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

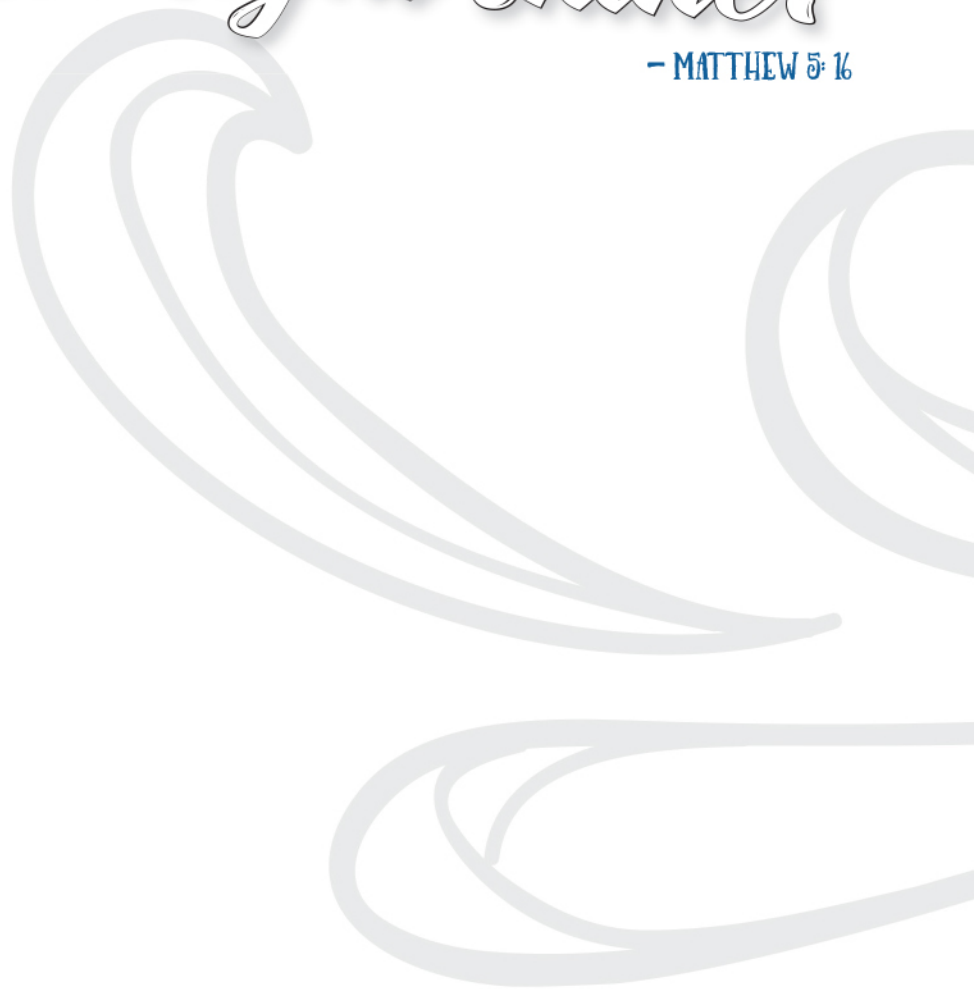
6. Name a favorite vacation spot for your family. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Name your favorite sea creature. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What is your favorite candy? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Let your light shine!

- MATTHEW 5: 16



Make the back cover all about you! See inside last page spread for ideas!



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