

saint mary's press

Be Yourself!

a journal for catholic girls

Amy Brooks

Be yourself!

a journal for catholic girls

Amy Brooks



saint mary's press

Copyright © 2017 by Amy Brooks. All rights reserved.

The Saint Mary's Press edition is licensed and published by Saint Mary's Press, Christian Brothers Publications, 702 Terrace Heights, Winona, MN 55987-1320, www.smp.org. Copyright © 2018. All rights reserved. No part of this book may be reproduced by any means without the written permission of the publisher.

Nihil obstat: Rev. Timothy Hall
Censor librorum
May 15, 2017

Imprimatur: †Most Rev. John M. Quinn
Bishop of Winona
May 15, 2017

Cover and interior design, composition, and art direction by Laurie Nelson, Agápe Design Studios.
Editing by Jerry Windley-Daoust; design direction by Steve Nagel; copyediting by Karen Carter.

The content in the Saint Mary's Press edition was reviewed and revised by the content engagement team at Saint Mary's Press. Design changes and manufacturing were coordinated by the passionate team of creatives at Saint Mary's Press.

Illustrations of saints for the saint features and the Good Shepherd by Vicki Shuck; all rights reserved.

Additional graphics © iStock, Shutterstock, and Adobe Stock.

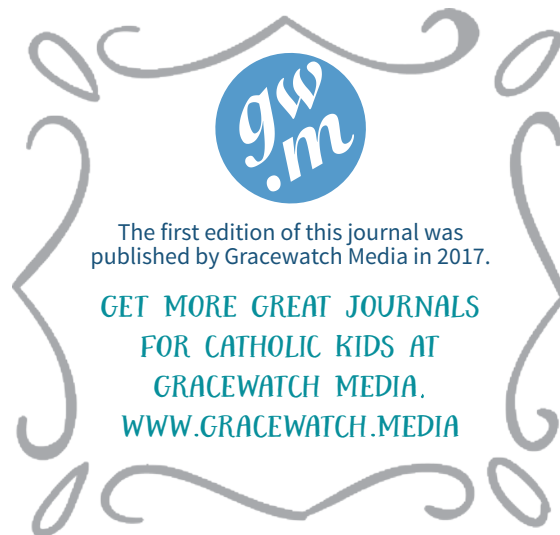
The acknowledgments continue at the back of the book.

Amy Brooks and the entire Gracewatch Media publishing team would like to thank the following sponsors of the *Be Yourself!* journal: Generation Life, Charlotte Audrey Anderson, Leah Darrow. Their generosity made this journal possible.

ISBN 978-1-59982-856-5

Printed in the United States of America

5044



THE PAGES IN THIS JOURNAL ARE PROTECTED BY
COPYRIGHT. THEY ARE NOT REPRODUCIBLE. THIS JOURNAL
IS MEANT FOR INDIVIDUAL, PERSONAL USE.



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 *write*
doodle 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)

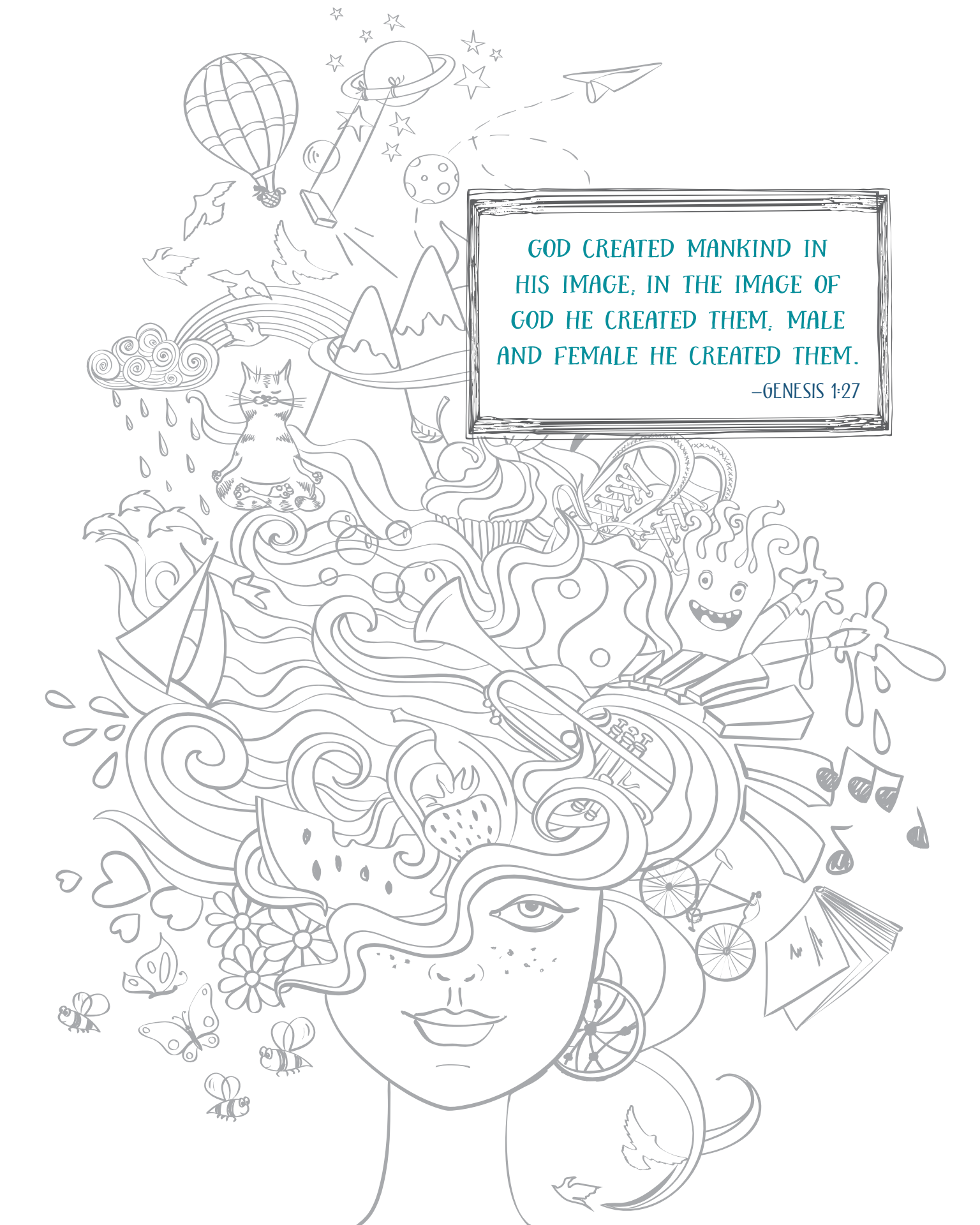
GOD CREATED EVERYTHING FOR
YOU. BUT YOU IN TURN WERE
CREATED TO SERVE AND LOVE
GOD AND TO OFFER ALL
CREATION BACK TO HIM.

(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.

What does your name mean?

What is your Confirmation name?

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

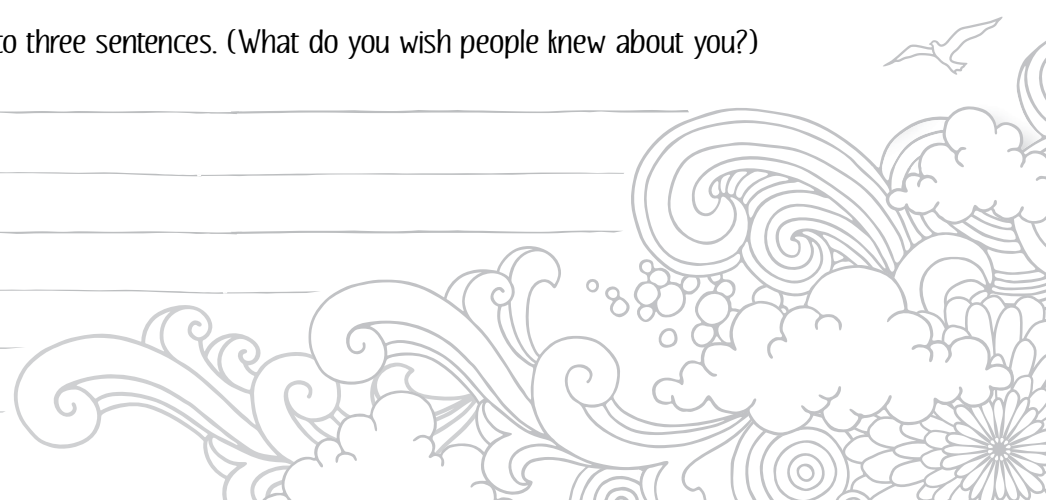
When were you born?

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

Where do you live?

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

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



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
MOUNTAINS
SUNFLOWERS
STARS
THE MOON
ROSES
MEADOWS

THE SUN
OCEANS
RIVERS
SUNSETS
DOLPHINS
BIRDS
FRUIT TREES

SNOW
RAIN
WILDFLOWERS
CLOUDS
HORSES
DOGS
CATS

ELEPHANTS
GIRAFFES
CANYONS
CAVES
PLANTS
BUTTERFLIES
WATERFALLS

OWLS
FISH
TURTLES
ROCKS
PRECIOUS STONES

_____'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!



saint mary's press

Winona, Minnesota
www.smp.org



Gracewatch Media
Winona, Minnesota
www.gracewatch.media

ISBN 978-1-59982-856-5



9 781599 828565

5044 (PO5936)