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Conquering Life's Mountains Together!

Personal Life Coaching

December 14, 2005

Greetings

Life always has a way of teaching us interesting lessons. Did you catch the typo in the last newsletter? I made up a new word--instead of acronym, I wrote anachronym. As I typed it I knew it was wrong, but it slipped by proofreading.

What can we learn from our mistakes? Are we a failure because we're not perfect? Should I quit writing articles? In today's article, we'll talk about how we can learn and turn around our typos and mistakes, overcome them and move forward.

There's so much talk about self-worth these days! What is appropriate and Godly self worth? We're including a chart that lays out healthy and unhealthy self worth.

Be sure to check out our next Teleconference Class on January 23. This Introductory Class is FREE! The only cost is a long distance call. Please join us and meet others from around the country!

Barbara Klika and Marilyn Guffey, Personal Life Coaches

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AM I A FAILURE?



Mistakes are an inevitable part of life and can be very frustrating. We've all heard the saying, "You're not a failure until you've quit!" Do we really believe that?

What are the "voices" that you start hearing in your head when you've made a mistake? "You can never do anything right!" "You're just a goof-up!" "You might as well just give up!"

On the other hand, there are those who don't care or don't think it's important to deal with mistakes. "Oh well, I goofed up, just move on."

The truth is we can learn from our mistakes. Why did we make the mistake to begin with? What can we do to prevent the mistake from happening again? What can we learn from our mistakes? Our Almighty God is always teaching us through trials and stresses in our

lives. Whether it's on the job, in our families and relationships or typing email newsletters, we can take the mistakes we made and turn them into valuable lessons.

We want to have a healthy sense of self worth, not one clouded by the world, but based on biblical standards.

The table in the next article will lay out in a simple way what healthy self worth looks like.

Many blessings!

UNDERSTANDING SELF WORTH

Barbara L. Klifa
MSW, LCSW
Personal Life Coach

Understanding Self Worth

Many people have become confused and think that Christian faith requires them to belittle themselves. In their desire to avoid being arrogant or prideful they err too far in the opposite direction. There are also those who are arrogant in their desire to avoid being a "wimp."

Jesus said, "Love the Lord your God with All your heart, and with all your soul, and with all your mind, and love your neighbor..."

	More than yourself	AS YOURSELF	Less than yourself
	Self-less	Self-CARE	Self-ish
Belief ↓	I don't matter	You and I matter	You don't matter
Outward Attitude	Fade into the woodwork	"Up front"	"Strut"
Inward Attitude ↓	I'm nobody	I am a child of the King	I'm Somebody
	False humility Self-demeaning	True humility, confidence	False Pride Arrogance
Behavior	Passive	Assertive	Aggressive
	TOXIC FAITH	HEALTHY FAITH	TOXIC FAITH

Neither Extreme is Good!!!

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests Phil. 2: 3-4

Paul was encouraging the Philippians (and us) not to be so worried about the impression we make that we overlook the needs of the whole body and lose our unity. He is NOT TELLING US TO DEMEAN OURSELVES.

A True estimation of our worth is the basis for our behavior and is one way we glorify Our Father in this Life.

KEEPING YOUR JOY FULL!

Try setting aside one hour a week to nurture your joy. When the time comes, do something frivolous and spontaneous. If you play an instrument but haven't done so for a while, get it out! Blow bubbles or get out the coloring books and color with the children or grandchildren. For one hour, relax and be joyful.

Proverbs 15:30. A cheerful look brings joy to the heart, and good news gives health to the bones.

Contact Us

Email us at info@setapartmingb.org with any suggestions, feedback, or questions you would like to ask. We are looking forward to having teleconferences on a variety of subjects that people would like to discuss. Barb has an extensive mental health background and both Marilyn and Barb have been involved in extensive Bible study and discipleship. So let us know what you'd like to see provided. Teleconferences are done as a group. When you register, we will provide you with the telephone number and pin number to be included in the call. When using a long distance phone card, the long distance charge can be as low as \$1.80 for an hour. It's fun and it's great to meet and talk with people from all over the U.S.

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FREE TELECONFERENCE CLASS ON JANUARY 23!

Marilyn Guffey will be offering a FREE Introductory Telephone conference call on Monday, January 23 at 7:00 p.m. CST. This class is based on the principles of the *Life Model: Living from the Heart Jesus Gave You* by The Shepherd's House.

Because of struggles or abuse throughout life, people may have gaps in their maturing process that interfere with their productivity and relationships. This isn't their fault and the good news is--they're not stuck either!

Do you find yourself just "blowing up" for no reason, find it hard to confront people or to "fit in" groups? Do you have constant struggles in your relationships or have you ever heard "Awww, just GROW UP!" ? This group may have some answers for you.

Some of the topics covered:

- How brain function plays a part in maturing and healing
- How Joy plays an important role in maturity
- The Stages of Maturity, the important tasks of each stage and the problems that result from uncompleted tasks

- Love Bonds vs. Fear Bonds
- What people can do to help one another to mature

This will be an introductory group. The only cost to you is a long-distance phone call. If you choose, you may go on to a 10-week class which will be offered at the cost of \$20 per hour class, two times per month or \$40 per month. This class is confidential. It will be conducted on a first name basis.

Contact us a info@setapartmingb.org or 1-866-634- 0291.

[Read on...](#)

ABOUT US

Barbara L. Klika, MSW, LCSW, Personal Life Coach is a licensed mental health professional and founder of Set Apart Ministries, Inc., who is trained to help people learn new skills and make significant behavior changes. She is a trained Bible Study teacher and has been mentoring people in their spiritual growth for many years. She has completed Life Coaching training through Mentor Coach, Inc. She is here to offer her skills in the areas of faith development, communication, problem-solving, and behavior change.

Marilyn T. Guffey, lay counselor, Personal Life Coach, worked in a church setting for ten years before joining Set Apart Ministries, Inc. in January 2003. She has received instruction through a variety of Christian lay counseling courses as well as working alongside pastors and professional mental health therapists. She has also completed Life Coaching training through Mentor Coach Inc. Marilyn has worked extensively supporting women --spiritually, emotionally and practically--through encouragement and prayer.

In Coaching, you come for help to make decisions and then implement them, in order to achieve goals that you have chosen for yourself. May we come alongside and encourage you along the way?

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