

Save the SAHM Podcast-May

The Real Struggles of a SAHM

Episode #14 – Self-Image?

- Self-Image: the idea one has of ones abilities, appearances, and personality.
- Self-image can directly affect your quality of life, and those around you. Especially your children. They pick up on our self-image to form theirs.
- How we feel about ourselves also reveals a lot about how much we believe what God says about us.

1. Statistics

- a. 91% of women don't like how they look (dosomething .org)
- b. 2% of women believe they are beautiful (journalbuddies.com)
- c. 85% of people struggle with low self-esteem (connieB.com)
- d. 4 out of 5 women have low self-esteem (huffingtonpost.com)
- e. 7 in 10 girls believe that they are not good enough (dosomething.org)

2. Why the SAHM though?

- a. We become less important as we prioritize others
- b. Our minds shift from “we” matter to “they” matter
- c. We look at others and only see what we aren't; comparison
- d. Social media
- e. We recall how life used to be but forget to evolve with the seasons

3. Solutions

- a. Remember the TRUTH: The Father who created you, created something very good
- b. Genesis 1:31 “And God saw everything that He had made, and behold it was very good”
- c. Remember that you are a part of the “We” that matters (refer to last month's episodes)
- d. Stop complaining and start doing
- e. Shut down outside negative influences
- f. Stop over analyzing/criticizing yourself
- g. Do things that make you feel good and feel good about yourself



h. Step into your purpose

4. Speak over yourself

a. Tell yourself how awesome you are!

b. Make declarations

c. Write notes to yourself often

5. Fight comparison

a. Comparison is a soul sucker

b. Comparison breeds ungratefulness

c. You are not them you are you

***Today's take away: 5 words for me: I AM.... Beautiful, Valuable, Necessary, Capable, Loved**

