



BE REMARKABLE INTRODUCTION

Becoming the
Woman God
Created
You to Be

JANELL RARDON, MA
www.janellrardon.com

2 | WELCOME!

**So glad you
are here.**

*Philippians 4:8
(MSG)*

*Summing it all up,
friends, I'd say you'll
do best by filling
your minds and
meditating on things
true, noble,
reputable, authentic,
compelling, gracious
—the best, not the
worst; the beautiful,
not the ugly; things
to praise, not things
to curse. Put into
practice what you
learned from me,
what you heard and
saw and realized.
Do that, and God,
who makes
everything work
together, will work
you into his most
excellent harmonies.*

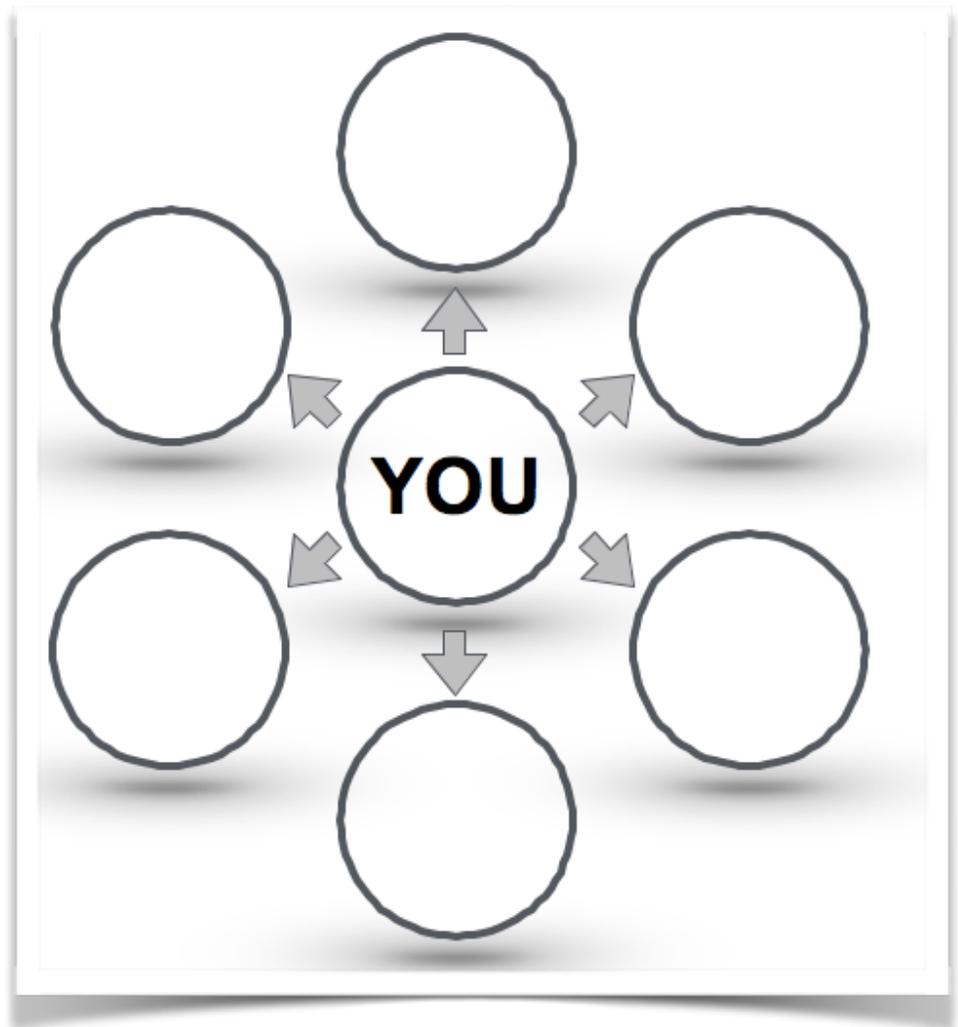
I've been dreaming about this day for quite some time. Can I stop and shout? WOO HOO! I am about to burst with excitement over this time with you. As you get started on your very own "Be Remarkable" journey, I'd love for you to take a few moments to prepare your heart, mind, and soul (smile) by answering three very important questions. If possible, find a quiet, kid-free, people-who-need-me-free, zone. Hide for 15-30 minutes. Write down your initial thoughts. If time is short, no worries, just answer the three questions. You can come back to the rest when you have the time.

- ◆ Read [Psalm 91:1-2](#) (NIV) and [Ecclesiastes 4:6](#) (MSG and NIV). How would you define "rest" and what does that "look like" in your life? After answering that question, please take 8:01 minutes and listen to Daniel Rubin, "[The Power of Rest and Reflection.](#)" (NIV) and [Philippians 4:8](#) (see sidebar). How did Daniel Rubin's family of origins influence his life and impact the practice of rest? And, take Dr. Sandra Dalton Smith's REST QUIZ.
- ◆ [When life gets tough](#), which it does, [do you tend to bounce back](#), seize the moment and make lemonade out of lemons, fall apart at the seams, dig your heels in the sand and pout, reach out for support, get angry and shout it out on social media, go shopping, _____, or maybe a combination of several things? No judgement here, remember we are in a "judge-free zone." This is a community committed to becoming whole, so, nothing but love, support, and a whole lot of introspection. Can I hear an amen? If you have the time, please take 13:26 minutes to listen between the lines of *Life is Good* co-founder, Bert Jacobs, "[Do What You Like, Like What You Do.](#)" Ask: How did his mother influence and impact not only his life, but his life's work?
- ◆ Read [Daniel 12:3](#) (NIV), [Psalms 34:5](#) (NIV) and [Ephesians 3:20](#) (NIV). Before answering the third question, watch this short clip from "[Freedom Writers.](#)" In this movie clip, Actress Pat Carroll portrays [Miep Gies](#) of "The Diary of Anne Frank." She shares with the students, "We are all ordinary people, but even an ordinary secretary or a housewife or a teenager

within their own small ways can turn on a small light in a dark room.” Yes, Miep, we are all ordinary people.” And I add, who serve [an extraordinary God](#). Each and every one of us has [a sphere of influence](#). Take a moment or two to consider your spheres of influence & impact. Fill in each of the circles on “The Intention of Influence,” (see below) with your specific spheres of influence and impact. In what small ways are you turning on a small light in the lives of others?

“You never know who's watching you. And someone always is, whether your child, your sibling, your spouse, your friend, or a stranger in another car on the road. Emotions and inner life states are transmitted like viruses via our words and actions, even from the quietest and smallest. Nothing can encourage us like someone else's good example. They're frankly few and far between—but but they're there if you look for them. Want to create value with your life? Become a good influence.”

-Lickerman, “[The Power of Influence](#)”



3 | Heart ♥ Work

“I do not miss childhood, but I miss the way I took pleasure in small things even as greater things crumbled. I could not control the world I was in, could not walk away from things or people or moments that hurt, but I took joy in the things that made me happy.”

-Neil Gaiman, “The Ocean at the End of the Lane.”



Most little girls wanted to emulate Barbie. Me? Pebbles. Yep, Pebbles. Not sure why or how that even came about. My mom doesn't remember, but I'm guessing it might have been the red hair and high-fashion animal print dress or the fact that she was on television. (I've always secretly longed to be on television.)

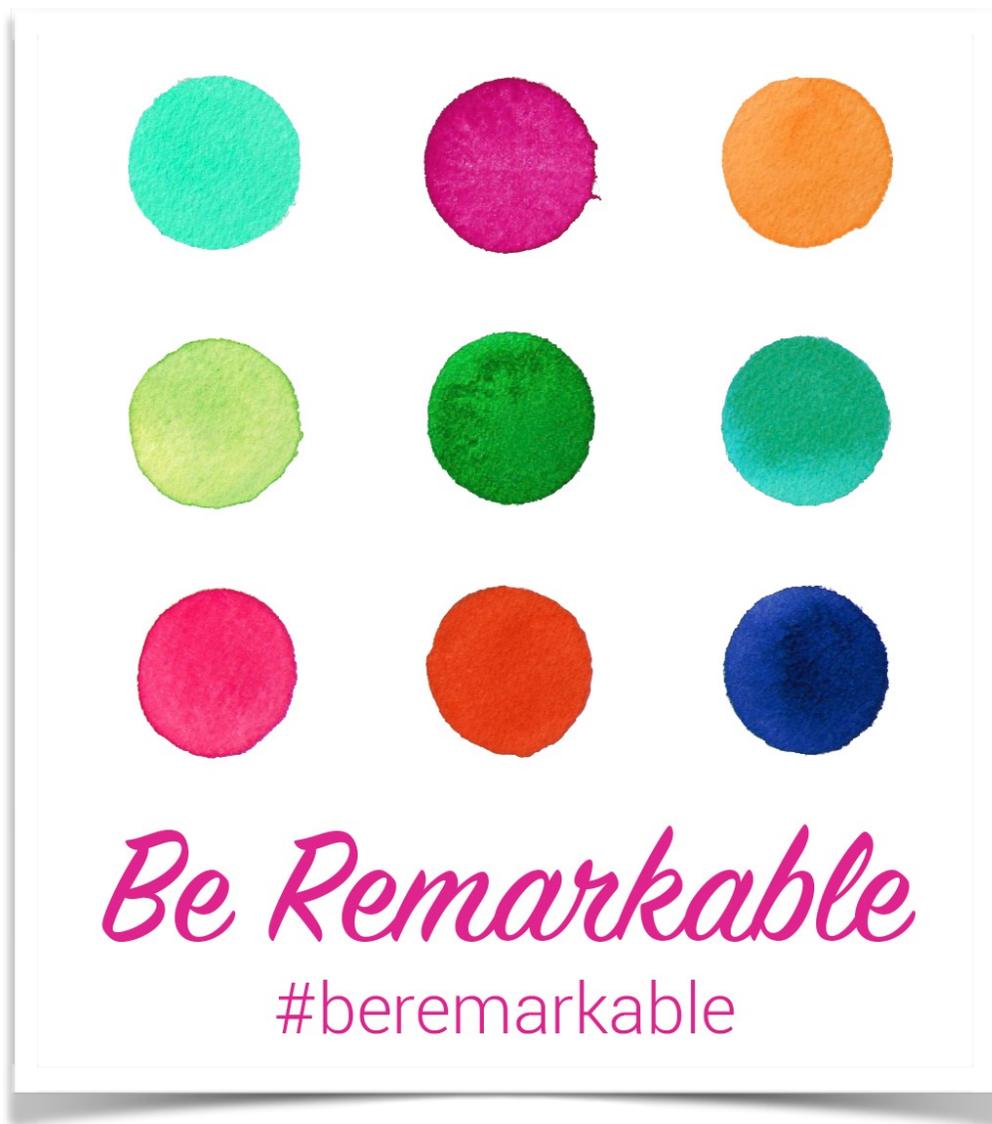
In my heart work with my clients, one very important principle rules our time together:

We look far enough into our past—our history of hurts—to inform our present and transform our future.

I have one more little assignment for you, which I refer to lovingly as, Heart ♥ Work.

Find one picture from your childhood that seems to point to your truest, untouched-by-the-grown-up-you've-become, picture. Keep it close by because we'll be doing something special with it.

4 | SEE YOU ON FACEBOOK FRIDAYS!



always learning,
Janell