

THE PERFECT YOU • WORKBOOK •

A BLUEPRINT FOR IDENTITY

DR. CAROLINE LEAF



BakerBooks

a division of Baker Publishing Group
Grand Rapids, Michigan

© 2018 by Caroline Leaf

Published by Baker Books
a division of Baker Publishing Group
PO Box 6287, Grand Rapids, MI 49516-6287
www.bakerbooks.com

Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

ISBN: 978-0-8010-7797-5

Unless otherwise indicated, Scripture quotations are from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

Scripture quotations labeled AMP are from the Amplified® Bible, copyright © 2015 by The Lockman Foundation. Used by permission. (www.Lockman.org)

Scripture quotations labeled ESV are from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. ESV Text Edition: 2011

Scripture quotations labeled NIV are from the Holy Bible, New International Version®. NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com

Scripture quotations labeled NLT are from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Portions of this text have been taken from *The Perfect You*, published by Baker Books, 2017.

This publication is intended to provide helpful and informative material on the subjects addressed. Readers should consult their personal health professionals before adopting any of the suggestions in this book or drawing inferences from it. The author and publisher expressly disclaim responsibility for any adverse effects arising from the use or application of the information contained in this book.

18 19 20 21 22 23 24 7 6 5 4 3 2 1



Contents

Introduction	7
How to Use This Workbook	11
Prologue	13
1 The Big Picture	23
2 The Perfect You: <i>Thinking, Feeling, Choosing</i>	34
3 Discovering the Potential of Our Blueprint for Identity	41
4 The Philosophy of the Perfect You	52
5 The Science of the Perfect You	67
6 AND 7 Profiling the Perfect You: <i>The Unique Qualitative (UQ) Assessment Tool</i> / The Perfect You Checklist	83
8 The Discomfort Zones	86
9 AND 10 The Perfect You Chart / Perfect You Metacognitive Module Exercises	91
Conclusion	93
The Perfect You Reading List	95

Introduction

See the Read-along Instructions on the DVD.

Who am I?
We all, at one point in our lives, ask ourselves this question. We are who we are, but unveiling our identity and activating it correctly are crucial to a life well-lived; this question is the theme of countless books, both classic and modern, fiction and nonfiction. It shapes some of the greatest masterpieces in the world of art and characterizes the world of education. It is a question that none of us can escape—a question that can only be measured by the individual as an individual: *Can I accept the way God has allowed me to be?*

In *The Perfect You*, I discussed this question of identity and how each of us has a unique way of thinking, feeling, and choosing. No two minds are alike—our ability to think, choose, and feel is our particular blueprint for identity.

I created this workbook to help you mindfully and intentionally self-evaluate in order to think deeply and understand and apply the

blueprint for identity in *The Perfect You*. Each key section and statement follows the chapters of *The Perfect You* book, with a series of challenging questions that will help you understand the Perfect You as well as the purpose of the powerful **Unique Qualitative (UQ) Assessment Tool**. You will find that these questions will show you how the UQ tool is an organic process that takes place as you discover your blueprint for identity. The UQ assessment is in *The Perfect You*, on pages 109–234, not in this workbook.

As you work sequentially through the workbook, you will find the answers to the questions are all in *The Perfect You*, so you will need to have it with you at all times as you work through this workbook.

It is very important that you find and answer the questions of this workbook from your Perfect You perspective—make that brain work! Think deeply. Think of as many examples as you can in your own life—that is, what you are thinking, feeling, choosing, and doing. Evaluate them and write down your thoughts as you progress through the book and workbook. Try to avoid common, rote phrases and “Christianese” in your answers.

Once you have completed the questions in each chapter, there is a discussion section that draws on Scripture to help you see the connection between science and the Bible. I would recommend working through the questions and Scripture discussions a second time, after you have completed the workbook and filled in the UQ assessment, which will help you apply the principles discussed in *The Perfect You*. In fact, you can continually reuse this workbook, because each time you go through it you will discover more about yourself and how you function moment by moment in your life. You will come to a deeper understanding of how to see your experiences as an encounter with the infinite beauty of God—as a journey into the reflection of your part in him.

Chapters 6, 7, 9, and 10 of the book do not have corresponding study chapters in this workbook, since they cover the UQ profile and Perfect You checklist, which you will need to work through in the

actual *The Perfect You* book. However, there is a simple introduction into the purpose and use of these chapters.

I have used multiple translations of the Bible throughout this guide. If you wish to use a different translation, translate the Scripture yourself, or use multiple translations of the same verses, you are more than welcome to! Shifting between translations forces you to analyze the Scripture from a variety of different viewpoints, which increases mind health.

How to Use This Workbook

1. Get a blank notebook in which you will write your answers to the questions.
2. Follow the chapters in the book *The Perfect You*. Have *The Perfect You* open alongside the workbook as you watch the DVD.
3. Each of the numbered items in each workbook chapter focuses on a key idea from the DVD. That key idea is in italics, and it's also highlighted in the DVD slides. The book, too, features these ideas. These are the big ideas you need to absorb as you go along.
4. Pause the DVD after each numbered item is covered. Read the relevant paragraphs in *The Perfect You*. In your notebook, write your answers to the questions under that numbered item. Think deeply and write as fully as you can. If you are meeting with a group, take as much time as you need to discuss the questions. Then start the DVD again. Don't be in a hurry to cover all of the questions of a chapter in one group meeting.

5. After you finish the DVD segment for a chapter, turn to the Bible passages provided in this workbook. Think about how they reflect or respond to the ideas discussed in the DVD. Write your thoughts in your notebook or discuss them with your group.

Let's begin!

Prologue

See pages 16–19 in *The Perfect You*.

As we begin this journey, it's vitally important to bear two points in mind. First, intense mental effort changes brain patterns. Second, your intentional and powerful thoughts change your brain, so make sure they are God's thoughts!

1. *Who am I? Does anyone out there understand me? Am I merely the product of blind evolutionary forces or what Richard Dawkins calls a “stroke of dumb luck” in a material world? Or do I have purpose and meaning, a unique part in a divine plan? Does anyone understand who I am, or who I am meant to be? Do I even understand me? Can I accept the way God has allowed me to be? Do I really accept the blueprint for identity that God has given me?* Before you look at any other questions, write your answers to these questions in your notebook and then see how they change as you work through the book, workbook, and DVD.

Prologue

2. *God does understand you. He placed significance in you—your “Perfect You.”* What is the Perfect You? How do you understand the Perfect You in terms of being an image-bearer of God? What do you think “blueprint for identity” means? How does the Perfect You relate to your particular blueprint for identity?

4. *Development and growth are organic and ongoing.* What do “development” and “growth” mean in terms of the Perfect You? Is growth immediate? Or is it a long-term process? Will you ever stop growing or learning how to be who you were created to be? If this is a long-term process, what are the implications of this for you as a human being?

5. *You can't live in your purpose if you don't identify your blueprint and operate in your Perfect You.* How do you understand the relationship between identity, purpose, and reflecting God's glorious image to the world? Have you ever been in a situation where you felt as if you did not know who you were? How did this feeling affect your ability to live your life and do what you love to do? How did it affect your motivation? Did you, or do you, feel inner conflict as you were, or are, trying to be someone you are not? And how did this sense of “being lost” impact your relationship both with God and with other people? What “locks up” your Perfect You?

6. *We have to see God's image reflected in us if we truly want to understand our unique blueprint for identity.* How do you understand the “image of God”? How does it relate to your identity? What does your identity have to do with love? Is this something everyone is looking for? Can we be truly “happy” if we don't understand who we are?

7. *Although you may not think you do, you actually know who you are!* Is there any connection between the way you think, speak, and act and your Perfect You—do you have Perfect You moments when you think, speak, and act? Do you feel like you have a particular way of thinking, speaking, and acting? How so? Do you notice that the people you know also have unique ways of thinking, speaking, and acting? Do you tolerate and try to understand their differences? Or do these differences frustrate you? Think of an example in your own life.

8. *Yet you are not defined by where you are or where you have been, but where you will be. Finding out who you are at your very core is a journey, and it can be an awe-inspiring one, depending on the attitude you adopt!* How do you understand “attitude”? Do you think you can choose your attitude, or, rather, choose how you react to life? Do you feel as if your past defines who you are and determines your present attitude? Does this affect your sense of identity? How does this affect your ability to make wise decisions?

9. *The more you unlock your Perfect You, the more miracles you will activate in your life and the lives of the people around you.* What is the relationship between knowing who you are and serving and loving others? How is this connected to being an image-bearer of God?

DISCUSSION

In light of the information in this chapter, focusing on the hope that science gives us alongside Scripture, discuss the following verses:

1. **Jeremiah 1:5 (AMP):** “Before I formed you in the womb I knew you [and approved of you as My chosen instrument], and before you were born I consecrated you [to Myself as My own]; I have appointed you as a prophet to the nations.”
2. **Genesis 1:27 (NIV):** “So God created mankind in his own image, in the image of God he created them; male and female he created them.”
3. **Matthew 4:18–22 (ESV):** “While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. And he said to them, ‘Follow me, and I will make you fishers of men.’ Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left the boat and their father and followed him.”
4. **Ecclesiastes 3:11 (NIV):** “He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.”

5. **Matthew 25:14–30 (ESV):** “For it will be like a man going on a journey, who called his servants and entrusted to them his property. To one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. He who had received the five talents went at once and traded with them, and he made five talents more. So also he who had the two talents made two talents more. But he who had received the one talent went and dug in the ground and hid his master’s money. Now after a long time the master of those servants came and settled accounts with them. And he who had received the five talents came forward, bringing five talents more, saying, ‘Master, you delivered to me five talents; here, I have made five talents more.’ His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’ And he also who had the two talents came forward, saying, ‘Master, you delivered to me two talents; here, I have made two talents more.’ His master said to him, ‘Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.’ He also who had received the one talent came forward, saying, ‘Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you scattered no seed, so I was afraid, and I went and hid your talent in the ground. Here, you have what is yours.’ But his master answered him, ‘You wicked and slothful servant! You knew that I reap where I have not sown and gather where I scattered no seed? Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. So take the talent from him and give it to him who has the ten talents. For to everyone who has will more be given, and he will have an abundance. But from the one who has not, even what he has will be taken away. And cast the

