

New York Times Bestselling Author

JEN HATMAKER

Glorious
YOU

YOUR ROADMAP TO
BECOMING FIERCE, FREE,
AND FULL OF FIRE

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JEN HATMAKER



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Glorious You

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CONTENTS

Welcome to Ferocity, Freedom, and Fire

Who I Am: I AM WIRED THIS WAY

- Week 1: Pay attention to your lived years.
- Week 2: Notice your patterns.
- Week 3: Investigate your wiring.
- Week 4: Seek feedback from your closest people.

Who I Am: I AM EXACTLY ENOUGH

- Week 5: Reject the lie that you are too much.
- Week 6: Reject the lie that you are not enough.
- Week 7: Own your Mega, Mezzo, or Modest.
- Week 8: Be who you are to free others to be who they are.

Who I Am: I AM STRONG IN MY BODY

- Week 9: Love your body, don't hate her.
- Week 10: Notice how your body has delivered and thank her for her service.

CONTENTS

Week 11: Enjoy being in your body.

Week 12: Speak what is most true about bodies—yours and others.

Week 13: Embrace freedom in your body.

What I Need: I DESERVE GOODNESS

Week 14: Agree that you deserve goodness and assure another that she does too.

Week 15: Believe that you are not to blame for harm committed against you.

Week 16: Practice fierce self-compassion.

Week 17: Refuse to sabotage yourself.

Week 18: Assign less weight to criticism.

What I Need: I NEED SOME HELP

Week 19: Notice and take pride in all you accomplish.

Week 20: Identify situations that would benefit from outside support.

Week 21: Notice the people who can help.

Week 22: Ask well.

What I Need: I NEED MORE CONNECTION

Week 23: Extend hospitality to those who may be lonely.

CONTENTS

Week 24: Connect with someone who understands your unique season and challenges.

Week 25: Make one new genuine connection.

Week 26: Become an integral part of something greater than yourself.

What I Want: I WANT THIS DREAM

Week 27: Grant yourself permission to dream.

Week 28: Bring your dream into the light.

Week 29: Decide that you are not asking for permission.

Week 30: Learn the ropes.

Week 31: Do the hard work required.

What I Want: I WANT TO CHOOSE MY YESES

Week 32: Choose the right yes.

Week 33: Embrace simple yeses that move you toward your goal.

Week 34: Revoke your problematic yeses.

Week 35: Have confidence in your no.

What I Believe: I BELIEVE IN SPIRITUAL CURIOSITY

Week 36: Give yourself permission to evolve.

CONTENTS

Week 37: Have the courage to be honest.

Week 38: Care enough to ask hard spiritual questions.

Week 39: Discern what is eternal and what is contextual.

What I Believe: I BELIEVE IN THIS CAUSE

Week 40: Listen to what is bursting in your chest.

Week 41: Be for others.

Week 42: Refuse to speak for the "voiceless."

Week 43: Pause to listen and learn from those who know.

Week 44: Champion your cause in word and in deed.

How I Connect: I WANT TO CONNECT WITH HONESTY

Week 45: Choose to be trustworthy, mature, and authentic.

Week 46: Practice mindfulness by noticing what is.

Week 47: Prioritize direct communication.

Week 48: Reject silent complacency.

How I Connect: I WANT TO CONNECT WITHOUT DRAMA

Week 49: Step away from the relationship defined by drama.

CONTENTS

Week 50: Surround yourself with healthy folks.

Week 51: Communicate your boundaries clearly.

FINAL THOUGHT

Week 52: Write your own manifesto!

Jen's Manifesto

WELCOME TO FEROCITY, FREEDOM, AND FIRE

When I was a girl, I had a multifaceted vision for my future: librarian, horse rider, or backup dancer for Janet Jackson (I contained multitudes!).

When you were a girl, what was your big dream?

Maybe you imagined that you would grow up to be the next fierce lyrical diva, the likes of Aretha or Cher. Perhaps you saw yourself flying free toward the net, like WNBA legend Sheryl Swoopes. Or maybe you saw yourself delivering fiery rhetoric, like Sojourner Truth or Malala Yousafzai, advocating for justice. When we're young, we dream of who we might become.

And then . . . life.

Along the way, we notice that the Men in Charge are sort of handling all the big jobs. We're coached by well-behaved women to color inside the lines. Follow the rules. Please the Men in Charge. And without ever really planning to, we conform ourselves to the homogenous lady stencil into which we've seen our foremothers squeeze themselves. (*Blech*)

The roles they've played—chef, wife, mother, housekeeper, caregiver—were important ones. And even ones that might have our names on them! But if we unwittingly repeat what we've seen and known, without pausing to notice if they're for us, we might be lulled into forgetting the dreams that we had when we were young. Dreams that were given to us by God. Somewhere along the way, some of us got lulled into complacency and began to go through the motions expected of us.

But at some point, we look around and we notice women who didn't seem to realize that there was a template at all. It's like they never got the memo about a suffocating pair of lady-Spanx they were expected to squeeze into. And noticing these unlikely women is what began to wake me up.

I watched my mom's best friend, Miss Prissy, be wild when everyone else was proper. That gal made no bones about taking up more space than I'd been taught women were allotted. If Miss Prissy didn't have to apologize for who she was, maybe I could be who I really was.

I was blown away by the first woman I heard preaching the Word from an actual pulpit. Decades of internalized patriarchy were suddenly in jeopardy. And I dared to imagine that if she had something to say, maybe I had something to say.

And . . . Anne Lamott.

That's all.

I mention these marvels because encountering each one

transformed me a little bit. To be clear, I didn't necessarily become more like them; I became more like me. Witnessing the glory of someone being who she really is granted me permission to push the envelope a little bit. To posture less. To worry less about the opinion of others. To become more of who I really am.

And this—becoming who one really is—is what I want for you, sister. I want you to roll down the window and throw others' opinions of you right into oncoming traffic. I want you to take off the mask you wear at church, or in prayer group, or in your professional circle and let others see who you really are. I want you to experience the glorious freedom of being exactly the same person on the inside as the person you show the world.

Is it going to disappoint your grandma? Possibly.

When you step outside the box, might those around you feel uncomfortable? Maybe.

Might you feel a little bit like everyone can see your bra strap showing? Likely, yes.

Is it worth it? Absolutely.

You becoming who you really are may ruffle the feathers of those around you who thought they had you pegged. They might not get it. They might think you're just going through a *thing*. But I need you to hear that becoming who you were made to be really isn't about you.

Ummm, Jen, it's kind of exactly about me.

WELCOME TO FEROCITY, FREEDOM, AND FIRE

I want to push back on that you-o-centrism. Yes, it's kind of about you. I hear that. But when you step up to be the woman that only you can be, the *world* benefits. Your community benefits. The people on the planet God loves benefit. When you finally decide to shed the costume you thought you were supposed to be wearing and don instead the one-of-a-kind uniform that empowers you to do what only you can do, that's when this party called life really gets good.

In these pages, I'm offering you tools that can help you discern and embrace becoming the woman you were designed to be. Carve out time to spend with this journal and you'll have what you need to know who you are, name what you need, identify what you want, affirm what you believe, and choose how you connect with others.

And at the very end, it's going to be like Christmas morning. Because I'm inviting you to write your own manifesto that both uniquely affirms Glorious You and can also serve as a rudder as you continue to become the Glorious You that the world desperately needs.

You are fierce.

You are free.

You are full of fire.

I am cheering you on in every way, dear sister.

Jen



Who I Am:

I AM WIRED

THIS WAY



Week 1

PAY ATTENTION TO YOUR LIVED YEARS.

You know how our culture has this obnoxious obsession with youthfulness and beauty? Well if you're committed to this journey of embracing the one and only glorious you, listen up. I've got great news for those who've blown out more than a few birthday candles: our understanding of who we are comes into focus the longer we reside in adulthood. That's a fancy way of saying that when it comes to embracing your fierceness, freedom, and fire, if you are a woman of a certain age, you are *winning*. (At last. Am I right?)

Whether you've lived two-point-five (2.5) decades or seven, the big win here is noticing whether the woman you are on the inside is the same one that the rest of the world is seeing on the outside. If part of you gets tucked away when you're with one squad and is allowed to come out and play

GLORIOUS YOU

when you're with your girls in another crew, I want you to hear that there is a better way to live.

NOODLE ON THIS: What are the particular situations in which you "edit" who you are to accommodate the people you're with?

Noticing the ways you adapt to fit your environment gives you clues that help you identify *who you really are*! As you reflect on your lived years, imagine what parts of yourself you will begin to reveal as you choose to allow the world to see who you really are.

Note and celebrate them here.

Boots on the Ground (Marching Orders)

This week, think of that one situation you expect to encounter in which you'll behave differently because you are now choosing to live free. Specifically, how will it look?

[illegible]

This week, pay attention to your lived years.

Week 2

NOTICE YOUR PATTERNS.

Sometimes discovering the human being you were designed to be does not have to be a big, elaborate mystery. And that's because, to any average bystander or casual observer, there are clues in our lives that are plain as day.

Maybe after your grandma taught you how to make ice cream, you would deliver some to an elderly neighbor every week. Or maybe you started baking birthday cakes when you were twelve and are now catering friends' weddings "on the side." Or you might have been that girl who hustled to sell 500 boxes of Girl Scout cookies (and the rest of us only hated you a little bit), and now you're making a profit on the small business you started six months ago. (I realize that was just all about food. So sue me.)

NOODLE ON THIS: What do you keep doing? What do you keep saying? How do you consistently respond? What constantly sticks in your craw? What idea do you keep pushing?

WHO I AM: I AM WIRED THIS WAY

What thought do you keep thinking? When does your body tell you how you actually feel? Who do you keep agreeing with? What keeps giving you life? What keeps draining you dry? Where do you keep going, or to whom? What do your instincts and preferences and temperament and gut checks show you?

As you look at those observable patterns in your life, which ones made you feel happy? Which ones pulsed inside you with a surprising energy?

Boots on the Ground (Marching Orders)

This week, choose to practice, with your actual body, one of the passions you noticed above. Specifically, how will you live this out?

[illegible]

This week, notice your patterns.