

10 Sessions to Create the Best You

Women's Curriculum by Shelley Leith

PARTICIPANT'S GUIDE

# Character Makeover



40 DAYS WITH  
A LIFE COACH  
TO CREATE  
THE BEST YOU

CHARACTER MAKEOVER:

# 10 Sessions to Create the Best You



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## Lesson Two: American Idol



### Chat About It...

*Did anything happen this past week that gave you a chance to practice one of the character qualities?*

*This week, in order to understand pride, imagine yourself in the singing competition reality show, American Idol. Have you ever won a competition or an election or a tryout? Did winning change you in any way? Can you think of any examples of people who were changed by fame or wealth or success?*

### Four Proudful Idols

There are four types of pride that we can see in four typical American Idols. Do you recognize any of these kinds of people?

- **Idol #1 thinks too highly of herself:** This contestant has no talent, but claims that everyone tells her she's a great singer (remember William Hung?).
- **Idol #2 thinks too poorly of herself:** When this contestant is complimented, she puts herself down: "You really think that was good? Aw, it wasn't my best performance."
- **Idol #3 thinks too poorly of others:** This contestant criticizes the judges and other contestants.
- **Idol #4 ignores input from others:** When a contestant ignores judge Simon's advice because they think they know better, they usually find themselves voted off the show.



*What kind of idol are you? Take the Four Proudful Idols quiz now.*

*NOTE: If you have already taken the Pride Test on pages 35-36 in the book, try this shorter adaptation and compare your results.*



## The Four Proudful Idols

There are four types of pride seen in typical American Idol contestants. Circle the number corresponding to how frequently you think you have exhibited each type of proudful attitude in the last few weeks.

1 Rarely  
2 Once in a while  
3 Sometimes  
4 Frequently

### Idol #1: I Think Too Highly of Myself

- 1 2 3 4 **Asserting my rights:** I am concerned about getting what I deserve.
- 1 2 3 4 **Exaggerating:** I embellish the truth to make myself sound better.
- 1 2 3 4 **Name dropping:** Knowing important people makes me feel important.
- 1 2 3 4 **Self-centeredness:** I am blind to the needs of others. "It's all about me."
- 1 2 3 4 **Showing off:** I call attention to my possessions, abilities or goodness.

### Idol #2: I Think Too Poorly of Myself

- 1 2 3 4 **False humility:** I point out my shortcomings, looking for reassurance.
- 1 2 3 4 **Undeserving:** I can't receive compliments or gifts or help; I don't deserve them.
- 1 2 3 4 **Overworking:** I do more than what is expected, looking for affirmation.
- 1 2 3 4 **Woe is me:** I often have a catastrophe to complain about, looking for pity.
- 1 2 3 4 **Failure:** I try hard because I have failed and haven't earned God's approval yet.

### Idol #3: I Think Too Poorly of Others

- 1 2 3 4 **Argumentative:** I choose to find what I disagree with and argue about it.
- 1 2 3 4 **Critical:** I easily find ways in which others don't meet my standards.
- 1 2 3 4 **Irritability:** I get annoyed easily and point out things that bother me.
- 1 2 3 4 **Judgmentalism:** I assume the worst about people and judge them automatically.
- 1 2 3 4 **Put-downs:** I intentionally belittle others with cutting or snubbing remarks.

### Idol #4: I Ignore the Input of Others

- 1 2 3 4 **Defensive:** If I'm caught in an error, I usually believe it wasn't my fault.
- 1 2 3 4 **Ignores suggestions:** I don't like to listen to advice. "You're not the boss of me."
- 1 2 3 4 **Isolated:** I reject help from others, preferring to go it alone.
- 1 2 3 4 **Refusal to change:** This is just the way I am, so accept me.
- 1 2 3 4 **Unteachability:** I am closed to input or guidance. I have my act together.

**SCORE:** Idol #1: I Think Too Highly of Myself Total: \_\_\_\_\_

Idol #2: I Think Too Poorly of Myself Total: \_\_\_\_\_

Idol #3: I Think Too Poorly of Others Total: \_\_\_\_\_

Idol #4: I Ignore the Input of Others Total: \_\_\_\_\_

**TOTAL SCORE:** \_\_\_\_\_

- SCORING:** 1-20 *You are a model of genuine humility*  
 21-40 *You are learning to be more and more humble. Way to go!*  
 41-60 *Thank you for your honesty. That's the first step to humility!*  
 61-80 *Hmm! You have some work to do.*

Now that you have taken the Four Proudful Idols quiz, which type of Proudful Idol did you find most surprising to have on the list? Which of the Proudful Idols are the most difficult for you to be around?

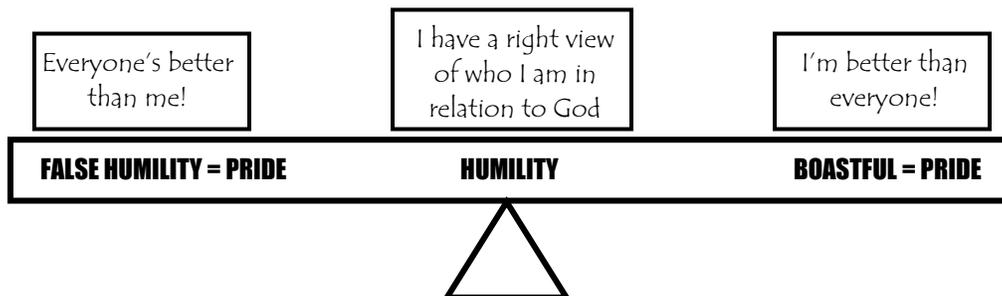
### The True American Idol

Let's turn our attention to the character quality that helps us be a true American Idol – not the kind you worship, or the kind who is prideful, but someone who is genuine, deeply attractive, and who people want to be around. **This quality is humility.**

#### Key Quotes:

Choose one of the following quotes from Humility Day 1 (pages 24-25), and give your reaction to it:

- You may think humility is something it's not. We may assume that humility is discovering our inner doormat, but...humility is not the same as humiliation.
- Humility can coexist with self-worth, esteem, and personal value.
- Right thinking about yourself in relation to God is realistic thinking – a full-orbed picture of your strengths and weaknesses, your actual appearance, genuine talents, negative habits and real worth.
- Thinking you're more wretched than you really are is false humility, which is another form of pride, because it's still self-focused.
- Humility is balanced in the middle, with a right view of who you are and who you're not, and who God is and that you just ain't him!



### Introducing Our “Humble Idol”

The problem with working on humility is that it's impossible to achieve by working on it directly. The more you focus on humility, the more you are focusing on yourself, which is prideful. So, how are you supposed to work on humility if working on it makes you prideful? Well, Jesus called John the Baptist the greatest person ever born because he was so humble – he is our “Humble Idol.” John the Baptist had a two-part formula for humility:

*“He must increase, but I must decrease.” John 3:30*

**The Mirror Experiment:** Let's illustrate exactly how this humility formula works.

*(Pass out mirrors.)* Look at your reflection in the mirror. Now, keep looking at yourself, but think about the **second part** of our formula for humility: *“I must decrease.”* So, try to not think about yourself right now..... Is it possible?

*(Pass out small paper squares.)* Now, while looking in your mirror, we're going to try the **first part** of the formula – *“He must increase.”* Put the paper in front of your eyes, then move it closer and closer to your eyes until you can't see your reflection.

- *What just happened? Describe what you saw in the mirror when the paper got close to your eyes.*
- *At the moment the paper blocked out your reflection, were you thinking of yourself or the paper?*
- *So, when working on the quality of humility, what happens when you try to start with the second half of the formula – “I must decrease”?*
- *What happens to your thoughts about yourself when you start with “He must increase”?*
- *What are some ways you can increase how much you focus on God?*

### **He Must Increase**

One way to increase your view of God is to study him in scripture. Read Psalm 103:1-5, then share your answers to the following three questions. (If you have already done this exercise, refer to your Journal section on page 28.)

- <sup>1</sup> *Praise the LORD, O my soul; all my inmost being, praise his holy name.*
- <sup>2</sup> *Praise the LORD, O my soul, and forget not all his benefits--*
- <sup>3</sup> *who forgives all your sins and heals all your diseases,*
- <sup>4</sup> *who redeems your life from the pit and crowns you with love and compassion,*
- <sup>5</sup> *who satisfies your desires with good things so that your youth is renewed like the eagle's.*

*Who is God? Who am I in relation to him? How can this understanding help me become humble?*

### **But I Must Decrease**

A natural byproduct of increasing your focus on God is decreasing your focus on yourself. Read 2 Corinthians 12:9-10, and share your reflections on the following questions. (If you have done the Journal section on page 44, refer to your answers for insights when responding to these questions.)

<sup>9</sup> *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. <sup>10</sup> That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

- *Do your weaknesses, insults, hardships, persecutions, and difficulties tend to make you more humble (God-focused), or more proud (self-focused)?*
- *What coaching does Paul give us in this passage for turning our troubles into humility?*
- *Looking back over Days 1-4 in the book, what idea struck you that you want to share?*



### **Check In With Your Character Makeover Team**

Split up into your Character Makeover Teams, and tell your partners about your personal experience with this week's lesson on Humility:

1. On the Proudful Idol quiz, where did you score the highest? Why do you think that is?
2. From Day 5, which Action Step did you choose for your Master Action Plan, and why?
3. Pray for each other about deepening this quality of humility.
4. Arrange a time and a way to connect with each other this week, where you can ask each other about how your experiment with a Humility Action Step is going, and encourage each other in your reading of the Confidence chapter.