

A woman with long dark hair is holding a bright orange cosmos flower in front of her face, partially obscuring it. She is looking directly at the camera with a slight smile. The background is a soft, out-of-focus light blue. In the top left corner, there is a solid teal rectangular bar.

5  
KEYS  
TO  
WALKING  
IN  
YOUR  
WORTH

*By Allie Marie Smith*



Dear friend,

However you stumbled onto the pages of this little guide it's no accident and I'm glad you're here. I want to be the first to welcome you here to our community at Wonderfully Made®. I hope these words and journaling questions will be an encouragement to you wherever this season of life finds you. I believe most girls and women are searching for the same things. We want to know and believe our worth, we want to be a part of a greater story, and we want to live a wholehearted life of freedom and purpose.

In this little guide, I share five keys for walking in our true worth so we can live a whole-hearted life. As girls and women we hear many lies about where our true value comes from. I hope that this guide will help you discover or rediscover the true source of your value and equip you to walk with your head held high. May you press on to seek after God, discover the life you were created for and experience greater wholeness and freedom in your life.

To dive deeper and receive life-changing wisdom for the life you were created for, grab a copy of my book ***Wonderfully Made: Discover the Identity, Love, and Worth You Were Created For*** wherever books are sold. I wrote this book just for you and pray it encourages you in your life and helps you grow in your relationship with God and step into your true identity.

Alright friend, are you ready to learn five keys for walking in your true worth? **Let's dive in!**

Love,



Allie Marie Smith  
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# Key #1 | Know your Maker



We ache to know our core identity: where we came from, why we exist, what we're worth and who we really are. Unless you choose to totally ignore humanity's most pressing question, you must either believe that we inexplicably "just happened" and evolved from nothing, or that we have been intentionally created by a divine power. Ultimately our worldview shapes our identity-view and what we believe about our origin dictates how we understand ourselves and the purpose of our life.

As a little girl, I felt small each time I gazed at the vastness of a starry night sky or peered out at an endless stretch of ocean across the horizon. Though I felt tiny, I also sensed that I was part of a bigger story and that I belonged to something or someone so much greater than myself. **Romans 1:20** says, ***"For since the beginning of the world God's invisible qualities — his eternal power and divine nature have been clearly seen, being understood from what has been made so that people are without excuse."*** While creation gives evidence for God, Jesus is the exact representation of God (**Hebrews 1:3**) and made a way for us to have a relationship with Him by coming to this earth fully God and fully man.

For us to know our true value, we must know the One who made us and invites us into friendship and relationship with Him through Jesus Christ. We have worth because God himself is worthy and he calls us his daughters. ***"See how very much our Father loves us, for he calls us his children, and that is what we are"*** (**1 John 3:1**). God doesn't desire for you to be super religious; He desires a personal relationship and friendship with you. If you put your trust in Jesus, you are a child of God. **Knowing and believing both the profound depth of your worth and God's vast love for you can forever change your life and how you see yourself.**

To be alive is to be loved by God because you have been miraculously created.

Live loved.

Hold your head high.

*Your worth comes from God alone.*

# Journaling Questions:

- 01** Our core identity tackles the following: where we came from, why we exist, what we're worth and who we really are.  
What beliefs have shaped your core identity?
- 02** How do you respond to the majesty and beauty of creation?
- 03** How do you ponder God's deep love for you and desire to have a relationship with you?



# Key #2 | Believe That You Have Been Wonderfully Made

*You are not an accident.*

*Your life is not the result of something going wrong in the cosmos.*

*You've been intentionally created – beautifully fashioned by God.*

*You are who you are for a reason, not by chance.*

*All of your days have been planned by God before one of them has come to be.*

I have a prayer I say often. It goes like this: "Lord, thank you that I am someone instead of no one. Thank you that I exist, that you have created me and chosen me to be alive for such a time as this. Help me to steward this one beautiful, sometimes hard and precious life well."

When's the last time you really reflected on how amazing it is that you exist? Have you ever thought about how your life started as one single tiny cell? Or how incredible it is that your heart beats on its own or that your fingerprint is unique to you? Do you ever take time to consider how amazing is it that no one exactly like you has ever existed before?

In Psalm 139, the author David is in awe at the way God has designed him and knows him. Talking to God, he says:

For you created my inmost being;  
you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.

David praises God for the miracle that is his life. He recognizes the holiness of his existence and thanks God for it. He knows full well God made something good when He made him. To be wonderfully made means knowing God created you with intention, love and awe. Most of all being wonderfully made means knowing God personally and deeply and being grateful for your life.

We are God's precious creations, made in His image with divine dignity. You didn't wonderfully evolve, you've been wonderfully made. Let us daily walk this truth and let it shape the way we see ourselves and one another.

# Journaling Questions:

- 01** What does it mean to you to be wonderfully made?
- 02** What are some ways that even just your mere existence is a miracle?
- 03** How can you thank God for the life He's given you?

# Key #3

## Know There is Beauty and Purpose In Your Brokenness

I love these words by Brennan Manning: **"In a futile attempt to erase our past, we deprive the community of our healing gift. If we conceal our wounds out of fear and shame, our inner darkness can neither be illuminated nor become a light for others."**

It's often the things the world tells us we should hide that have the potential to be used by God in ways you could never imagine. When I was eighteen, my life looked perfect on the outside but it quickly fell apart. After years of secretly struggling with low self-worth and suffering from what I now know was clinical depression, two weeks after I graduated high school I was hospitalized for severe depression and wanted to end my life. As I packed my bag for that psychiatric hospital, I thought my life was over. I never imagined a way out. Though I have had setbacks with mental health struggles since, God has restored me through strong family support and professional help and has even transformed my brokenness into wholeness. My struggles with mental health have become a gift that has given me great purpose, empathy and resilience. I never would have started the ministry of Wonderfully Made® or written my book if I hadn't struggled like I did. With God, our wounds and hang ups can be redeemed, restored and used for good.

**We must be careful not to let our struggle become our identity.** We are not a diagnosis, a statistic or a victim. While our battles may be a part of our story they are not who we are. For those who have surrendered their lives to Christ, we have the privilege of being daughters of God and are given a brand-new identity.

Maybe like me, you have come apart, but if you open your broken heart to God you can also be mended. In coming to God, weary and broken, you can be made whole again. Our struggles are not the end of our story. They are not our identity. We are defined by God's love that picks up our broken pieces, mends us and restores us. We are lovelier because we have been broken. God is the potter and we are the clay. **He can take the broken pieces of our lives and mend them into something beautiful. We are never too broken for God and He can make beautiful things from a broken life and a surrendered heart.**

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# Journaling Questions:

- 01 How may there be beauty and purpose in your brokenness?
- 02 How can you surrender the broken parts of your life to Christ?
- 03 What unexpected gifts might come from the hardest things in your life?

# Key #4

## *Know That Your Choices Determine Your Destiny*

To live free, we must be vigilant about guarding our heart and eyes. **Proverbs 4:23** tells us, “**Above all else, guard your heart, for it is the wellspring of life.**” What does it mean to guard your heart? Do you struggle with disordered eating while your social media feed is filled with triggering and unrealistic images of models and influencers? Do you find yourself constantly comparing yourself to that Instagram star or celebrity? Are you pulled into a relationship that is toxic? Who is in your inner circle? Do they bring you drama or do they affirm you with their friendship and build you up?

We have more control over what influences us than we think. We can decide who to let into our inner circle and what we will let our eyes be exposed to. Ask yourself what you are looking at or being exposed to that is robbing you of joy. Pinpoint what is causing emotional or physical distress. One of many gifts God gives us is freedom of choice. You have the freedom to decide who your friends are, who you date, how you spend your time and what you look at on your phone. Your heart has been designed to be guarded, not given away freely to people or things that will mishandle it. Boundaries lead to freedom. Remember that you are made for more than the life our media and culture is selling to you.

So guard your heart, protect what your eyes see and be careful of the company you invite into your life. As you live wisely, grow in an understanding of your true worth and make decisions accordingly, **these things will help you experience greater wholeness and walk in your true value.**



# Journaling Questions:

- 01** Which relationships bring you the most joy?
- 02** Which relationships cause drama, pain or heartache?
- 03** What are you allowing yourself to look at that may be robbing you of joy and peace?

# Key #5 | KNOW YOU'VE BEEN MADE FOR MORE

Do you ever feel like you don't belong or that you're not where you're supposed to be?

I can be sitting in my beautifully decorated home, in my comfiest clothes drinking my morning coffee and still feel like I'm not where I've been made to be.

I can still feel like I ache to be somewhere else, somewhere even better.

C.S. Lewis said, ***"The fact that our heart yearns for something Earth can't supply is proof that Heaven must be our home."***

Even on our best days, we know in the core of our being there is something more. Something more perfect and beautiful and whole. Heaven, for those who believe in Christ and invite Him to reign in their hearts, is our forever home. Ultimately, we have not been made for this beautiful, but broken and fallen world. We have not been made to live on our phones with hours of endless scrolling or for friend drama that sucks the life out of us. We have not been made to make self-destructive decisions that cause us pain and drama and hurt. Illness, tragedy, injustice, abuse – these can be realities in our world, but with Christ they are not the end of the story.

To live free, we must not only know this world is not our home, but understand that we have been made to live a greater story. We've been designed to live an outward-focused life of love and service. When I struggled the most, I was the most inward-focused. I thought if I could just focus on myself, fix myself and make myself more perfect by losing just ten more pounds I would be happier. I was so wrong.

Our culture makes us crazy self-obsessed! Everyone is busy making themselves follow-worthy on social media, posing for pictures and picking out filters as if that's the magic ticket to happiness and bliss. But a life centered on self-forgetfulness and on loving and serving others well is a life of true freedom. The healthiest and happiest women aren't those with thousands of online followers, but with hearts that are set outward and lives bigger than themselves. The happiest and most beautiful women know they have been made for more than a shallow and inward-focused life. God offers us a better life than the world ever can.

There is a glorious adventure, a passionate purpose awaiting those who make the unpopular decision to live beyond themselves. As we lose ourselves in something greater than us, we find the joy and purpose we were created for. We have been hard-wired to come alive when we give ourselves to something that matters — **something bigger than ourselves.**

# Journaling Questions:

- 01** Do you ever find yourself aching for heaven?
- 02** What does it mean to you to live an outward-focused life?
- 03** How can you step outside yourself and better love and serve those in your sphere of influence?

# The Father's Love Letter

## **My Child,**

You may not know me, but I know everything about you.

Psalm 139:1

I know when you sit down and when you rise up.

Psalm 139:2

I am familiar with all your ways.

Psalm 139:3

Even the very hairs on your head are numbered.

Matthew 10:29–31

For you were made in my image.

Genesis 1:27

In me you live and move and have your being.

Acts 17:28

For you are my offspring.

Acts 17:28

I knew you even before you were conceived.

Jeremiah 1:4–5

I chose you when I planned creation.

Ephesians 1:11–12

You were not a mistake, for all your days are written in my book.

Psalm 139:15-16

I determined the exact time of your birth and where you would live.

Acts 17:26

You are fearfully and wonderfully made.

Psalm 139:14

I knit you together in your mother's womb.

Psalm 139:13

And brought you forth on the day you were born.

Psalm 71:6

I have been misrepresented by those who don't know me.

John 8:41-44

I am not distant and angry, but am the complete expression of love.

1 John 4:16

And it is my desire to lavish my love on you.

1 John 3:1

Simply because you are my child and I am your Father.

1 John 3:1

I offer you more than your earthly father ever could.

Matthew 7:11

For I am the perfect father.

Matthew 5:48

Every good gift that you receive comes from my hand.

James 1:17

For I am your provider and I meet all your needs.

Matthew 6:31-33

My plan for your future has always been filled with hope.

Jeremiah 29:11

Because I love you with an everlasting love.

Jeremiah 31:3

My thoughts toward you are countless as the sand on the seashore.

Psalms 139:17-18

And I rejoice over you with singing.

Zephaniah 3:17

I will never stop doing good to you.

Jeremiah 32:40

For you are my treasured possession.

Exodus 19:5

I desire to establish you with all my heart and all my soul.

Jeremiah 32:41

And I want to show you great and marvelous things.

Jeremiah 33:3

If you seek me with all your heart, you will find me.

Deuteronomy 4:29

Delight in me and I will give you the desires of your heart.

Psalms 37:4

For it is I who gave you those desires.  
Philippians 2:13

I am able to do more for you than you could possibly imagine.  
Ephesians 3:20

For I am your greatest encourager.  
2 Thessalonians 2:16-17

I am also the Father who comforts you in all your troubles.  
2 Corinthians 1:3-4

When you are brokenhearted, I am close to you.  
Psalm 34:18

As a shepherd carries a lamb, I have carried you close to my heart.  
Isaiah 40:11

One day I will wipe away every tear from your eyes.  
Revelation 21:3-4

And I'll take away all the pain you have suffered on this earth.  
Revelation 21:3-4

I am your Father, and I love you even as I love my son, Jesus.  
John 17:23

For in Jesus, my love for you is revealed.  
John 17:26

He is the exact representation of my being.  
Hebrews 1:3

He came to demonstrate that I am for you, not against you.

Romans 8:31

And to tell you that I am not counting your sins.

2 Corinthians 5:19

Jesus died so that you and I could be reconciled.

2 Corinthians 5:18

His death was the ultimate expression of my love for you.

1 John 4:10

I gave up everything I loved that I might gain your love.

Romans 8:31–32

If you receive the gift of my son Jesus, you receive me.

1 John 2:23

And nothing will ever separate you from my love again.

Romans 8:38–39

Come home and I'll throw the biggest party heaven has ever seen.

Luke 15:7

I have always been Father, and will always be Father.

Ephesians 3:14–15

**My question is . . . *Will you be my child?***

John 1:12–13

*I am waiting for you.*

Luke 15:11–32

*Love Your Dad,  
Almighty God*



# An Invitation to Give Your Life to God

Give God your life and let Him give you an identity, purpose, and worth that lasts forever. Use this prayer as a guide to surrender your heart and life to Jesus.

*Dear God,*

*I need you. Thank You that You love me and came to this world to save me. I confess that I am guilty of sin or living in a way that separates me from You. I ask that You forgive me and renew my heart and life with Your presence.*

*Jesus, I believe you are Lord; that You conquered death and that nothing will ever separate me from Your love. I am placing my trust in You alone, and I accept Your gift of eternal life. Thank You for calling me your child. I give You my life.*

If you have prayed this for the first time to give your life to accept Christ, write down this special date and share this awesome news with someone!

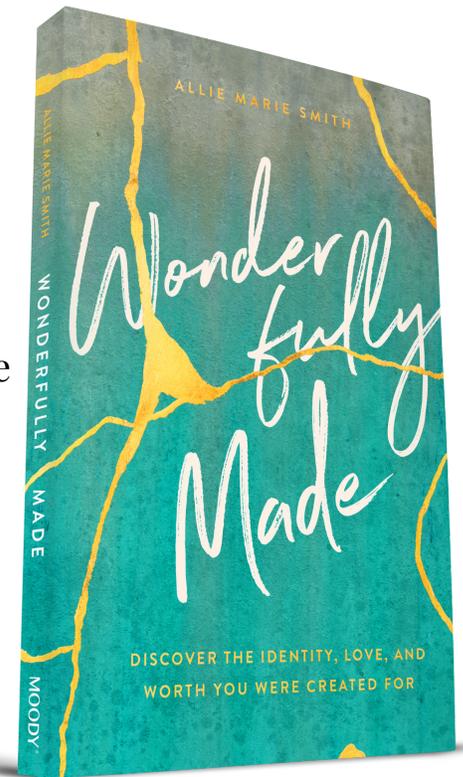
Finding your purpose in life begins with a single truth: **you have been wonderfully made.**

Do you ever question your worth or struggle to know the purpose of your life?

The everyday pressures young women face and the feeling of not measuring up can be overwhelming.

**You might be wondering: Is this all there is?**  
A constant striving for self-acceptance and human approval?

**Or are you made for something more?**



*Allie Marie Smith* has walked the familiar road of self-doubt and depression. Like a companion on your journey, she wants you to join her in discovering a better life—the life you’ve been made for. In thirty short chapters, this guidebook for life will help you discover that you’re:

- Made for relationship with God
- Made to be loved
- Made to know your true identity
- Made to overcome
- Made to live free
- And so much more

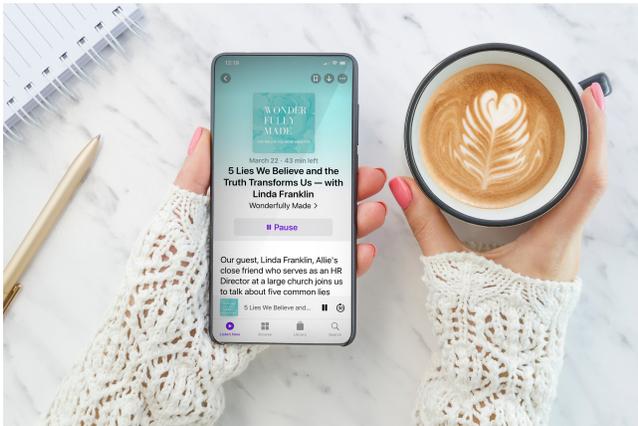
Don’t believe the lie that you are defined by your struggles or that your worth comes from your achievements or looks. **No matter what the other voices might say, God declares that you are lovingly and wonderfully made and His eternal plan for you is good.**

*Available at [Christianbook.com](http://Christianbook.com), Target, Amazon, Barnes and Noble, and wherever books are sold.*

## Subscribe to our Podcast!

Our Wonderfully Made® podcast features inspiring stories and conversations. Step into your God-given identity and live the life you were made for. Join us for inspiring conversations with women of faith about God, mental health, wellness, relationships and more. Receive practical wisdom and encouragement to help you thrive.

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## About Wonderfully Made

**Wonderfully Made®** is a Christian-based nonprofit organization dedicated to helping teen girls and young women know their value, while equipping them to live spiritually and emotionally healthy lives.

We are a community of young women and the women who love them. We share a message of hope and worth with young women through our events, films, podcast, resources and online community.

**Connect with us and learn more at [wonderfullymade.org](https://wonderfullymade.org).**