

BJ RICHARDS

WORKBOOK

Companion For

GIRL, WASH YOUR FACE

BY **Rachel Hollis**

Stop Believing the Lies About Who You Are

So You Can Become Who You Were Meant to Be



WORKBOOK
Companion For
Girl, Wash Your Face

*Stop Believing the Lies About Who You Are So You
Can Become Who You Were Meant To Be*

By Rachel Hollis

BJ Richards

Notification:

This is a workbook and is based on and meant to accompany the original work by Rachel Hollis, *Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant To Be*. It is not meant to replace the original work. If you have not read the original work, it is highly recommended you purchase it in conjunction with or prior to using this summary.

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All references in this summary to "Ms. Hollis" or "Ms. Hollis'" are referring to Rachel Hollis, author of *Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant To Be*.

All references in this summary to "Ms. Hollis' original work" are referring to Rachel Hollis, author of *Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant To Be*.

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Recommended Books

Girl, Wash Your Face: Stop Believing the Lies About Who You Are So You Can Become Who You Were Meant To Be by Rachel Hollis. You can find it here: <https://www.amazon.com/Girl-Wash-Your-Face-Believing-ebook/dp/B072TMB75T>

You may also be interested in some of my other books:

1) Find out what coconut oil can really do for you without all the hype. Check out my best-selling book: *Coconut Oil Breakthrough: Boost Your Brain, Burn the Fat, Build Your Hair* by BJ Richards

Check it out here: <https://www.amazon.com/Coconut-Oil-Breakthrough-Boost-Brain-ebook/dp/B01EGBA1FW/>

2) Do you have a dog? Here's another best seller you may be interested in. You'll find out to deal with a number of issues safely and inexpensively at home. Find out all about it in my best-seller: *Coconut Oil and My Dog: Natural Pet Health for My Canine Friend* by BJ Richards

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3) Did you know apple cider vinegar and baking soda have some amazing health benefits? Plus, you can use them for so many things in the home and save a ton of money.

You'll find out all about it my boxset: *Apple Cider Vinegar and Baking Soda 101 for Beginners Box Set* by BJ Richards

Check it out here: <https://www.amazon.com/Apple-Cider-Vinegar-Baking-Beginners-ebook/dp/B07DPCLWGB/>

You can also go my website to find even more books I've written and some recommended by other authors: <https://bjrichardsauthor.com>



Table Of Contents

Notification	3
Copyright and Disclaimer	4
Recommended Books	5
How To Use This Workbook for Greater Personal Growth.....	9
Background Story of Rachel Hollis	11
Introduction: Hey Girl, Hey!.....	12
Chapter One	16
The Lie: Something Else Will Make Me Happy	16
Chapter Two.....	20
The Lie: I'll Start Tomorrow	20
Chapter Three	24
The Lie: I'm Not Good Enough	24
Chapter Four	28
The Lie: I'm Better Than You.....	28
Chapter Five	32
The Lie: Loving Him Is Enough For Me.....	32
Chapter Six	36
The Lie: No Is The Final Answer	36
Chapter Seven:	41
The Lie: I'm Bad At Sex.....	41
Chapter Eight	45
The Lie: I Don't Know How To Be A Mom.....	45
Chapter Nine	49
The Lie: I'm Not A Good Mom	49
Chapter Ten.....	53
The Lie: I Should Be Further Along By Now	53
Chapter Eleven	57
The Lie: Other People's Kids Are So Much Cleaner/Better Organized/More Polite.....	57

Chapter 12.....	62
The Lie: I Need To Make Myself Smaller.....	62
Chapter 13.....	66
The Lie: I'm Going To Marry Matt Damon	66
Chapter Fourteen.....	70
The Lie: I'm A Terrible Writer.....	70
Chapter Fifteen:	74
I Will Never Get Past This.....	74
Chapter Sixteen.....	78
The Lie: I Can't Tell The Truth	78
Chapter Seventeen.....	81
The Lie: I Am Defined By My Weight	81
Chapter Eighteen	85
The Lie: I Need A Drink.....	85
Chapter Nineteen.....	89
The Lie: There's Only One Right Way To Be.....	89
Chapter Twenty.....	93
The Lie: I Need A Hero	93
Thank you.....	96
Recommended Reading.....	97
You may also be interested in some of my other books	97

How To Use This Workbook for Greater Personal Growth

If you're beginner, that's great! My main goal for writing this workbook was so a complete newbie can start to get immediate help in implementing the lessons Ms. Hollis has presented in her book: *Girl, Wash Your Face: Stop Believing the Lies About Who You Are so You Can Become Who You Were Meant To Be.*

This workbook is as a companion guide to Ms. Hollis' original work and is not meant to replace it. I do recommend you purchase the original work by Rachel Hollis to get the most benefit from this workbook.

You'll find that the chapters are broken down into the following three parts to make it easier for you to implement the steps mentioned in Ms. Hollis' original work. Those parts are:

- Key Points
- Summary / Analysis
- Questions and/or Exercises

Key Points: Here I will outline key points I believe were most important in relaying the powerful message presented by Ms. Hollis in the original work.

Summary / Analysis: This is my summarization and analysis of the written content of the chapter.

Questions/Exercises: These are set up to help you personalize and implement the material found in Ms. Hollis' original work. This is done in such a way that you can use these steps and exercises to further develop a clear road map of your own toward your goal and unique personal growth.

You'll find places to write out answers, make lists, brainstorm and take notes as you go along. This will help you keep yourself organized and on track as you work through Ms. Hollis' original work. You'll be able to jot down your ideas and how you want to implement them so you can get started faster and easier with your own goal.

Studies show that writing things out helps to solidify learning. You'll want to keep the workbook handy as you move through your goal process, as the information you write down here will prove to be invaluable as you move along.

Most importantly, the workbook was meant to be fun and aid you in your journey toward self-confidence, happiness and personal achievement.

Enjoy the ride!



Background Story of Rachel Hollis

Rachel Hollis is a modern-day trailblazer for women.

At 27, she was named by INC Magazine as one of the “Top 30 Entrepreneurs under 30”. She is founder and CEO of her own media company, Chic Media.

She uses her blog and articles to write about the ups and downs of her own experiences to help other women through the problems in their day-to-day lives. She is living proof that it's hard work and persistence that can make your dream come true, even without a college degree or a lot of money.

Ms. Hollis is a New York Times best-selling author for *Girl Wash Your Face*. She said in an interview she wrote the book because she wanted to help all women everywhere who were dealing with similar issues in their life. She wants to help empower women to overcome the obstacles they encounter and understand they have the power to live their dreams.



Introduction: Hey Girl, Hey!

Key Points:

1. No one is responsible for your life but you.
2. Before you start, you have to know where you are.
3. When you believe the lie, you give it power.

Summary/Analysis:

There is one truth this book is about. There is no one on the planet who is responsible for your life but you. You are the one who determines how happy you're going to be. It's up to you. You are responsible for making your life better. If you don't get anything else from this you need to understand that one truth.

But there are roadblocks to understanding that truth. Beliefs that are lies that have gotten in your way. It's important to look at those lies and see how they've shaped your decisions and the choices you've made.

How about the lie that you're too fat? Or the lie that other people are better than you so you should do what they say? Or the lie that because you're not good enough you don't deserve love, so you should accept being treated badly by others?

Every one of those is a lie, and there are a lot more of them, too. Where did they come from? From our upbringing, from what we hear and see on TV and the Internet, from the people we hang out with and from our society's accepted norms.

We've come to accept them and don't even think about them. They've been playing in the background of our lives for so long we don't even realize they're there. But that doesn't make them any less dangerous to our self-esteem and self-worth.

That's why it's so important to take a real look at those lies. To dig deep and identify the lies we've built our lives around. Once we do that, we're on the road to change. When you identify the lie, you understand you can change how you respond to it. And that changes everything.

That's why Ms. Hollis wrote her original work, *Girl, Wash Your Face*. She wants to help women everywhere take a deep look at their own lives and the lies that have been holding them back from becoming who they'd really like to be.

And that's what this workbook is going to help you do by asking the questions you may not have thought about; the questions that will help you get even more from Ms. Hollis' original work. So keep this workbook by your side as you read through her original work so you have a place to jot down all the things that come to you as well as a place to answer the questions we present here.

Ms. Hollis' original work focuses on one big lie for each chapter. One big lie that has caused devastation in the lives of so many women. We'll summarize that here for you and pose questions to help you personalize the information you read in her original work. Those

questions can help you dig deep into the lies so you can get past them and turn things around.

You are fabulous, you are strong and you are braver than you give yourself credit for. You can learn and understand move out of the muck the lies have gotten you stuck in.

This is not an overnight process, so don't expect that. It took years of believing in the lies to get to where you are now, so it's going to take some work to turn things around. Remember, this is about your life and how you live it. Every day that you get past another lie is a step forward; a step toward a better today and future.

So get ready to move forward, even if it's only an inch. It's still improvement and it's still heading in the right direction. And that's the whole point.

**1. Do you feel responsible for what has happened to you in your life?
Why or why not?**

2. Can you identify at least three lies that you have built your life around? What are they?

3. Of the three lies you listed in number two, which one has been the hardest for you to deal with? Why?



Chapter One

The Lie: Something Else Will Make Me Happy

Key Points:

1. Stop judging yourself based on how others look.
2. Never give up.
3. Depressed and sad is not the same thing as unhappy.
4. Your happiness is based on who you are, not where you are.

Summary/Analysis:

There isn't anyone anywhere that doesn't have something they'd like to change. Maybe they think their legs are too short, or their hair is too thin. Or their house isn't good enough or they're not good enough.

And why does this happen? Because most people are comparing themselves to other people. We've been raised in a culture that tells us we must be perfect. We must look a particular way, we must act