

I AM A WOMAN OF VALUE  
I AM A WOMAN OF WORTH  
I AM HIS!

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I AM HIS!

Diana Marie Winkler

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The Shepherd's Daughter, LLC

Published by The Shepherd's Daughter® with Biblio Publishing.

ISBN: 978-0-9983832-0-0

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Cover and Layout by: Pen Oaks Publishing, <http://penoaks.com>

Project Management by: Kaleta Publishing, LLC <http://kaletapublishing.com>

Images by: Doug Williams, Mia Williams, Mindy J Kaleta, and Diana Marie Winkler

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# CONTENTS

ACKNOWLEDGMENTS | I

AUTHOR'S NOTE | III

INTRODUCTION | V

## TODAY I WILL...

Say: I Am Woman of Value, I Am a Woman of Worth, I Am His! | 1

Look for the Positive in My Life | 3

Look in the Mirror and See the Woman God Sees | 5

Work On Letting Go of My Rebellious Nature | 7

Go Fishin' | 9

Not Be Stressed | 11

Dare to Dream | 13

Listen to My Heart | 15

Let the Truth Set Me Free | 17

Tell Myself I Am Blessed | 19

Discipline Myself | 21

Share My Smile | 23

Surrender | 25

Apologize If I Have Hurt Someone | 27

Not Be Bitter | 29

Not Judge Another | 31

Give Myself Permission to Love Myself | 33

Not Be Afraid to Ask for Help | 35

Pray for Peace | 37

Stop and Smell the Roses | 39

Not Be Offended | 41

Embrace My Journey | 43

See the Humor in Situations | 45

Remember Whose I Am | 47

Say More Isn't Always Better | 49

Have a Passion for Life | 51

Plant a Seed | 53

Re-evaluate What's Really Important | 55

Forgive Myself | 57

Believe! | 59

Be a Friend to Someone in Need | 61

Think Before I Speak | 63

Not Be Envious of Another's Life | 65

Not Depend on Another for My Happiness | 67

Not Pack a Bag for a Guilt Trip | 69

Share a Secret with the Lord | 71

Take the First Step of Breaking a Bad Habit | 73

Say "Thank You" | 75

Go Up to the Mountain | 77

Dance! | 79

Pray for My Enemies | 81

Not Be Wasteful | 83

Practice Patience | 85

Put On the Armor of God | 87

Enjoy the Silence | 89

Open My Alabaster Jar | 91

Wash Another's Feet | 93

Choose to Be Happy | 95

Tell Others About God's Goodness | 97

PROVERBS 31:10-31 | 99

CONCLUSION | 104

HOW TO USE AS A BIBLE STUDY | 105



## DEDICATION

This book is dedicated to my husband, Walt, who is watching over me from a cloud in Heaven. He believed in me before I believed in myself.



## ACKNOWLEDGMENTS

Special thanks to my family and friends who have walked this journey with me. Their encouraging words, love, and support have certainly kept me believing in my purpose here on earth... to share God's love.

To my grandson, Logan Winkler, who contributed as a backer to see one of my dreams come to fruition.

To my sister, Mia Williams, for editing. I appreciate that with her busy schedule she always found time to help me.

To Mindy J Kaleta of Kaleta Publishing, LLC, who has been a wonderful (and patient!) motivator. Ours is not just a working relationship, but a lifetime friendship.

To Rachel and Joel Greene of Penobooks Publishing.

Also, I thank my brother-in-law Doug Williams, my sister Mia Williams, and Mindy J Kaleta for their contribution of the beautiful pictures. They were able to capture God's artwork of nature to give us a snapshot so we can sit and take it all in.

I would also like to thank the Marianist brothers of Mount Saint John, Brian Zampier and Tom Wendorf for permission to use their artwork.

I thank Mary, the Blessed Mother of my Lord, Jesus Christ. Every day I ask her to show me how to be a woman who is able to walk confidently and courageously in the steps of her Son.

Most importantly, I thank the Lord for holding my hand as He guided me on this journey. I am eternally grateful for how He gently brought me out of my darkness and with His love showed me His light...

TO GOD BE THE GLORY!



## AUTHOR'S NOTE

Hello! Thank you for allowing me to be a part of your journey.

You be the one to set the pace. You have the choice to read the reflections weekly or daily. Whatever you decide, allow yourself time to reflect and pray in whatever way is comfortable for you.

You can read it in sequence, or you can skip around to what you feel you need for the day at hand. Allow yourself some time to just sit with your thoughts.

With the entries that have pictures, once again allow yourself time to soak in the scenery, let go of the daily cares, and reflect. Yes, you are deserving of having your “me” time. Personally, I like to “step into” a picture and be a part of it, imagining the feel, sights, and sounds.

As you read this book, I believe you will get some insight as to what I have struggled with and what I have been able to overcome. Although, I am still a work in progress... some life lessons take longer and some need retakes!

What I hope and pray you will take away from this is that you are not alone. You have a Heavenly Father that loves you. Just as He has guided me to write this book, I believe you have been guided to read it.

I pray that during this part of your journey, as you read and reflect on the Bible verses and what I have written, that you will come to know that the Lord wants a friendship and relationship with you.

Also, I very much want you to believe and say with confidence:

I AM A WOMAN OF VALUE

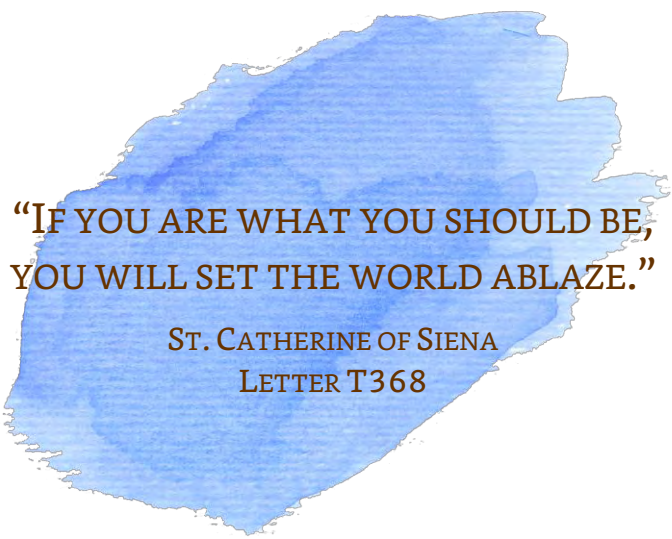
I AM A WOMAN OF WORTH

I AM HIS!

*God bless you.*

*Diana Marie Winkler*

*The Shepherd's Daughter®*



**“IF YOU ARE WHAT YOU SHOULD BE,  
YOU WILL SET THE WORLD ABLAZE.”**

**ST. CATHERINE OF SIENA  
LETTER T368**

# INTRODUCTION

*“God looked at everything he had made,  
and he found it very good.”*

Genesis 1:31

When you were created, God instilled in you Value and Worth. You are His child. Value and Worth are part of your Godly DNA.

Have circumstances, events, family situations, and even unwise choices made you feel like you haven't much value or worth? There are many who feel this way. I knew those feelings for many years. I allowed that kind of thinking to hold me back, to let go of some of my dreams and settle for whatever life threw my way. Oh, it wasn't all bad. There were seasons of my life when it was very good. But, after awhile I would allow my inadequate feelings to rain on my own parade. I would convince myself I did not deserve the blessings God gave to me. After all, He knew *everything* about me.

For years I lived life like a seesaw. Sometimes I was up and sometimes I was down.

Living that way brought destruction not only to me and to my health, but also to my family life and to those around me.

In my quest to try and figure out who I felt I was, I kept trying to reinvent myself, hoping to latch on to a personality that would make me feel loved and accepted. I found that whenever I tried something that wasn't truly me, it brought only a temporal happiness.

I knew I had to make a change. During one of my down times I cried out to God. He was right there to hear my cry and to embrace me. He held me as I released years of unhappiness and pain. He let me see that the road I was on was dark and bumpy and that the Evil One was waiting for the times I was at my weakest. He then showed me the road

of His Son, Jesus Christ. I saw that it looked safer. He kept silent as I made my choice. I chose His Son's path.

The Lord knew I was scared, nervous, and worried. Who and what would I lose as I walked this new path? He let me know that *He* would be with me. Also, He would put others on my path, helping me to learn how to face the adversities of life and how to step over or kick aside the obstacles that might trip me up. I learned that, although His path was better, it wasn't always litter-free.

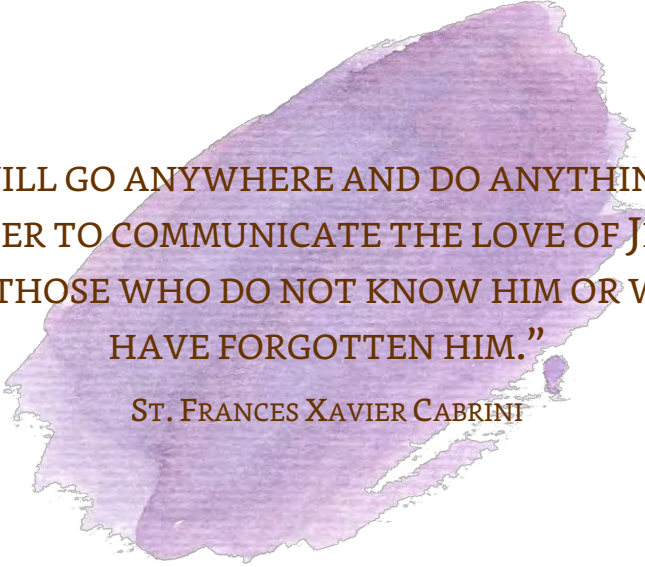
With time and the Lord's guidance I began to feel my value and worth. I am able to be whom God created me to be, Diana Marie, a daughter of *The King*! I have my own unique personality and a crazy laugh, and Jesus Christ has promised me His unconditional love. Through His love I have received healing and great joy in my life.

What the Lord has taught me is not meant for me alone. It's to be shared. I want you to feel like we are walking the journey together, to encourage and lift up one another.

*"As iron sharpens iron, so man sharpens his fellow man."*

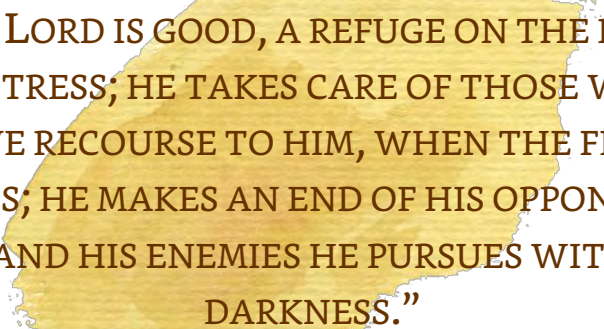
Proverbs 27:17

As I share this journey with you, I pray you will start to see positive changes and see yourself grow spiritually and as a woman. Most importantly, I want you to be set free to be the person God created you to be... a most remarkable human being!



“I WILL GO ANYWHERE AND DO ANYTHING IN  
ORDER TO COMMUNICATE THE LOVE OF JESUS  
TO THOSE WHO DO NOT KNOW HIM OR WHO  
HAVE FORGOTTEN HIM.”

ST. FRANCES XAVIER CABRINI



“THE LORD IS GOOD, A REFUGE ON THE DAY OF  
DISTRESS; HE TAKES CARE OF THOSE WHO  
HAVE RECOURSE TO HIM, WHEN THE FLOOD  
RAGES; HE MAKES AN END OF HIS OPPONENTS,  
AND HIS ENEMIES HE PURSUES WITH  
DARKNESS.”

NAHUM 1:7-8



TODAY I WILL...

## SAY: I AM A WOMAN OF VALUE— I AM A WOMAN OF WORTH—I AM HIS!

You are the Lord's. You are the apple of His eye. He watches over you as a child of God. He sees your value and your worth.

What distresses you? What is keeping you from feeling your value and your worth?

Throughout the Bible are the words "*Fear not.*" I have read that the words are written 365 times. Hmm... could it be the Lord wants us to say, "Fear not" every day of the year so we can face each day with the courage to make us stronger and more confident?

What is flooding your life that may be making you feel "less than"?

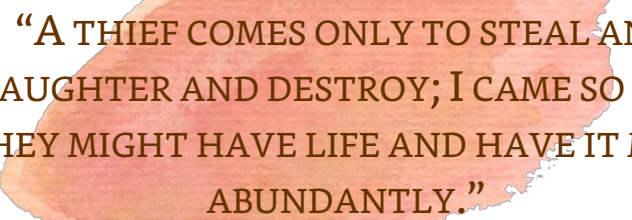
Just as the Lord protected Noah and his family (Genesis 7, 8) during the flood, so too will He give you fortitude to rise above what is coming against you.

### REFLECTION: WHO YOU ARE

*Related Verses:*

Deuteronomy 3:22 | Deuteronomy 31:18

2 Chronicles 20:15 | Isaiah 7:4



“A THIEF COMES ONLY TO STEAL AND  
SLAUGHTER AND DESTROY; I CAME SO THAT  
THEY MIGHT HAVE LIFE AND HAVE IT MORE  
ABUNDANTLY.”

JOHN 10:10

## TODAY I WILL...

# LOOK FOR THE POSITIVE IN MY LIFE

I know it may be difficult to see the positive in life when, at times, it seems life is giving you lemons, and you just don't feel like making lemonade!

So, what can you do? Well, if you were going to make lemonade, you would make preparations. You would get the lemons, sugar, lemon squeezer, and a pitcher. There's nothing like lemonade made the old-fashioned way!

You can do the same for those "blah" days or those "nothing is going right" days. How? Make preparations. Have motivational/inspirational reading material on hand. Do the same with CD's and DVD'S or whatever electronic resources you have access to. I keep different ones in several rooms of my home.

I also like paintings or prints that make me feel like I could walk right into them; sometimes you'll find me sitting in a cabin by the lake, rowing a boat, or sitting in the corner of the upper room with the Lord and the Apostles! It may sound quirky, but those "adventures" lift my spirit.

I also love quotes. Sometimes even a one-liner can bring me out of the blahs. At times I will sit outside on a step and just breathe in the air. Watching the squirrels and chipmunks scampering about gives me cause to smile and laugh. When the birds are trilling I try and imitate their sounds.

So, don't allow anyone or anything to steal or take from you your positive outlook on life.

## REFLECTION: BE PREPARED

*Related Verses:*

Psalm 118:8 | Ezekiel 38:7

Matthew 26:17 | 1 Peter 5:8



***“NOT AS MAN SEES DOES GOD SEE, BECAUSE  
MAN SEES THE APPEARANCE BUT THE LORD  
LOOKS INTO THE HEART.”***

***1 SAMUEL 16:7***

TODAY I WILL...

LOOK IN THE MIRROR AND SEE  
THE WOMAN GOD SEES

Mirror, mirror on the wall...

What do you see? Only your outer shell? Is that shell a little cracked or a little smudged? Do you wear a mask for the world, trying to be who you think they want you to be? Are you laughing on the outside but crying on the inside? All that is a sad country song just waiting to be birthed! Let someone else write that song, not *you*!

This week, work on being the woman God created you to be—uniquely your own!

You no longer have to pretend to be someone else. Do you have a loud laugh? So what, go ahead and laugh. God gave you that laugh, so He must want to hear it. Too curly or too straight hair? Not a problem; it's in the genes He gave you. Got a bump on your nose? It's probably part of your ethnicity He gave you. Got one green eye and one brown eye? Well, that's just downright special! Getting the picture?

As I mentioned in the Introduction, you have Godly DNA, and knowing that, you can't help but see in the mirror an absolutely fabulous woman!

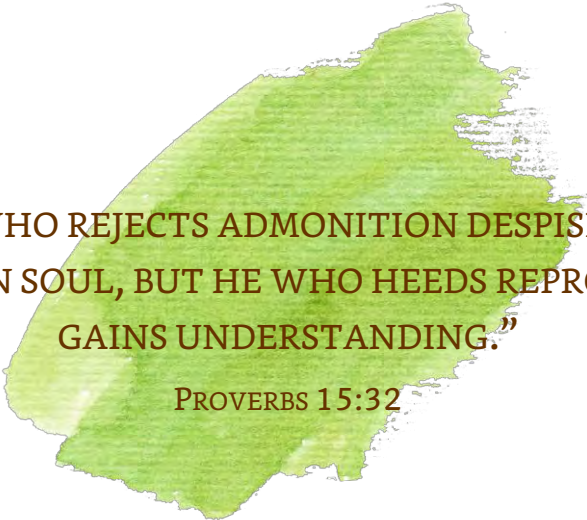
Now let's look in the mirror again and say, "*Mirror, mirror on the wall, I'm pretty special after all!*"

REFLECTION: GOD'S OWN

*Related Verses:*

Psalm 139:14 | Matthew 6:22

1 Corinthians 6:19 | 1 Corinthians 13:12



“HE WHO REJECTS ADMONITION DESPISES HIS  
OWN SOUL, BUT HE WHO HEEDS REPROOF  
GAINS UNDERSTANDING.”

PROVERBS 15:32