



*Your Best Self: Transforming  
Your Life and Business  
From the Inside Out*

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Beth Jones is an International Speaker/Author/Coach, wife of 22 years to Ray Jones, and mom of 3 beautiful daughters. Her mission is equipping women to use their gifts for God, doing what they love, and prospering in all areas of life. You can find out more about Beth's Keynote Speaking and her other services at [www.BethJones.net](http://www.BethJones.net).



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# Transformation

Let's face it, change is hard. But as Forbes Top 20 Social Media Influencers Sandi Krakowski says, "Anyone can change. The journey is worth pursuing."

If a caterpillar could talk, she would probably tell you that metamorphosis, for lack of a better word, sucks! *Metamorphosis* is a Greek word that means **transformation or change in shape**. I sure wish I could change my shape; do you? ☺

She's born wanting to do nothing but eating. (I relate; this is part of the problem!) This is called the larva stage, or caterpillar. She eats and eats and eats. This is for when it's time to build the cocoon and to sustain life inside the cocoon. She grows, splitting her skin, and sheds it about 4 or 5 times. A caterpillar can grow 100 times its size during this time. (Resource: <http://www.ansp.org/explore/online-exhibits/butterflies/lifecycle/>)

Then it stops eating and becomes a pupa, or chrysalis. Depending on what kind of species it is, the pupa may be suspended under a branch, hidden in leaves, or buried underground. It is protected inside a cocoon of silk. **Have you ever felt like you are hidden?**

Girlfriend, it's time to come out  
of hiding! 2014 is your year!



© Dan Wochel The pupa stage can last a few weeks, months or even years.

**During this time, it looks like nothing is happening. Do you relate?**

Do you have big goals and dreams, but feel like nothing is happening – you feel just stuck, held back, or hindered? Do you feel frustrated or discouraged, like you're doing nothing but spinning your wheels? Or maybe you feel dead inside, and have given up your dreams and goals.

*Don't give up! Your breakthrough is coming!*

Inside the cocoon, **big changes are happening!** Growth is occurring. Cells, growing fast, become the legs, wings, eyes, and other parts of the butterfly. **This is the year for big changes in your life! And it all starts with a decision...and just one small step of faith. You've now taken that first step! Congratulations!**

The adult stage is what most people think of as the butterfly. This stage looks nothing like the larva. *As you become your best self, you'll look nothing like you used to be!*

The caterpillar has a few tiny eyes, stubby legs, and very short antennae. The butterfly has long legs, long antennae, and compound eyes.



**She can now fly using her beautiful wings.**

The caterpillar's job was to eat. The butterfly's is to mate and lay eggs – to produce, to multiply, creating other beautiful butterflies. (Resource: <http://www.ansp.org/explore/online-exhibits/butterflies/lifecycle/>)

**You are Divinely Designed by God the Creator to seek an intimate relationship (with Him and others) and to produce and multiply, leaving a Godly legacy.**

*It's time for you to fly!*

Whether you are a stay at home mom, a published author, a sought after speaker in demand on the speaking circuit, a website designer, or a bookkeeper, etc., God has created you for a unique purpose and destiny that *only you* can fill at this specific time in history.

**God has a good plan for your life (Jeremiah 29:11), but the enemy Satan wants to stop or hinder that plan.** As humans, we're pretty good at helping Satan out through self-sabotage, fears, doubts, limiting beliefs, and the default, sin.

Do you struggle with any of the following?

- Eating too much (like the caterpillar) or eating unhealthy?
- Not exercising, getting enough sleep, relaxing, or other ways of self-care?
- Staying too busy (with your online business or other activities) and not spending enough time with your family?
- Stress, worry, depression, or anxiety?
- Distractions like Candy Crush, Angry Birds, t.v. reality or entertainment shows, surfing the web, shopping, Facebook or other social media addiction?

- Marriage problems or other relationships in turmoil?
- Financial struggles/debt?
- Workaholism?
- Sugar, sexual, drug or alcohol addiction, or gambling?
- Laziness/apathy?
- Drama queen or king?
- \_\_\_\_\_ (You fill in the blank.)

What is the source and the solution to your problem(s)?

The caterpillar's life inside the cocoon is **one of struggle. She wants out.** But if she breaks free prematurely, she may be injured and be unable to fly as God intended her to do. **Where are you struggling today? How can I pray for you or help you?**

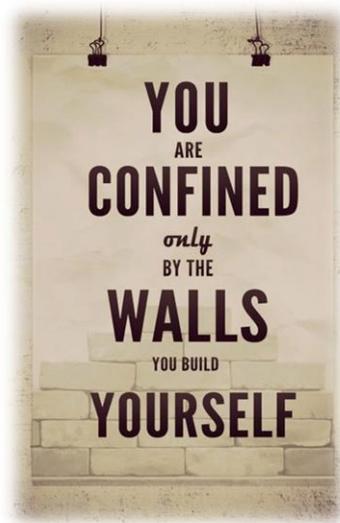


**We're impatient a lot of times, always wanting God, others, and ourselves to hurry up.** God is long-suffering and has an eternal perspective. He sees the final chapter of the book of your life. **He is the Potter and you are the Clay. He knows what He created you to do and to be. And He knows what it will take – and how long – to get you there.**

The caterpillar has to find an isolated place because a cocoon is a prime prey for predators. When she's ready, she emerges by cutting through the cocoon or secreting a liquid that softens the cocoon enough to break through the walls. **We too, as Christian women, need to find that isolated, secluded place of safety, strength, and growth – the secret place of prayer (Psalm 91).** Are you spending time each day with God and in His word? Are you growing in the fruit of the Spirit?

Are you becoming more like Christ each day in Spirit, soul, and body? They are all interconnected! Are you doing what He has called you to be and do? This is your year of transformation! The only way we can be transformed is by God's power, Jesus' blood and grace – and our willingness to cooperate with God. **This is an inside out job.** We can do nothing apart from Jesus. (John 15:5) **Our motives are also important. We need to make sure God has told us to do what we're doing and for His glory.**

**The butterfly now breaks free to fly.** What walls do you need to break in your life? What excuses do you need to lay down? What lie about yourself needs to be destroyed? What resistance do you need to push through? What step do you need to take right now to get to where you (and God) want you to be? Who are you accountable to for help?



**What's holding you back from being your best self in your personal life and business? What's really stopping you?**

**Here are 6 steps to help you become your best self in your personal life and business in 2014:**

1. Discover your why.
2. Define your passion.
3. Take action steps.
4. Get out of your own way.
5. Make a decision. This year will be different. Do whatever it takes!
6. Create & do your FUN Bucket List this year.



Me speaking in Kenya, December 2013 with Swahili Interpreter Pastor Patrick Mudenyio, Revival Praise & Worship Church, Bungoma, Kenya, Africa

I am an International Speaker, Author, and Coach, equipping women to use their gifts for God, doing what they love and prospering in all areas of their lives.

*My passion is speaking and traveling.*

If you'd like to learn more about my Keynote Speaking at women's conferences and events, visit my website at [www.BethJones.net](http://www.BethJones.net). You can email me at [elizabethdjones@gmail.com](mailto:elizabethdjones@gmail.com) or contact me at <http://www.bethjones.net/contact-beth-jones/>.

My coaching programs are designed for Christian women speakers, writers, coaches, and entrepreneurs, who desire breakthroughs in their personal lives and businesses to go to the next level and to see their big dreams come true.

I've created coaching packages to help you step into the fullness of God's purpose for your life, using your gifts in your online business to become a woman of global influence and impact for Jesus' glory. I offer 4 different packages, depending on your needs and budget. You can find out more about my Coaching services at <http://www.bethjones.net/coaching/stepping-stones-coaching-packages/>.