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## 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

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### 40 Highlights

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Highlight (Yellow) | Location 390

and you're meant to be the captain of the vessel. Certainly there are times when storms toss you around or cover the deck with water or break the mast clean in half—but that's when you need to fight your way back, to throw all the water off the boat bucket by bucket. That's when you battle to get yourself back to the helm. This is your life. You are meant to be the hero of your own story.

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Highlight (Yellow) | Location 439

When you're engaged and involved and choosing to enjoy your own life, it doesn't matter where you are, or frankly, what negative things get hurled at you. You'll still find happiness because it's not about where you are but who you are.

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Highlight (Yellow) | Location 466

TV shows spend a lot of time focusing on what to do when we fall off the wagon rather than teaching us how to stay on it in the first place. Life happens, and the plans we make fall through—but when it becomes such a regular occurrence that the promises we make hold very little actual power in our lives, we need to check ourselves.

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Highlight (Yellow) | Location 503

When you really want something, you will find a way. When you don't really want something, you'll find an excuse.

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Highlight (Yellow) | Location 1059

Sometimes choosing to walk away, even if it means breaking your own heart, can be the greatest act of self-love you have access to.

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Highlight (Yellow) | Location 1146

Perception means we don't see things as they are; we see things as we are. Take a burning house. To a fireman, a burning house is a job to do—maybe even his life's work or mission. For an arsonist? A burning house is

something exciting and good. What if it's your house? What if it's your family who's standing outside watching every earthly possession you own burning up? That burning house becomes something else entirely.

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Highlight (Yellow) | Location 1176

Some people quit because a voice of authority tells them to. Voice of authority can mean all sorts of things . . . Maybe your first boss said you weren't right for your dream job, and you believed it. Maybe a parent—out of love or fear or caution or their own issues—told you not to try. Maybe a spouse or partner or best friend was afraid of what would happen to your relationship if you grew and so they tried to keep you anchored to the ground. Maybe that voice of authority said you're not "right" for it. Someone said you're too fat to train for a marathon or that you're too young to build your own business. They said you're too old to take dance lessons. They said you're too female to travel by yourself. Maybe the voice of authority is your own. Maybe the negative self-talk in your head has been playing on repeat for your entire life.

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Highlight (Yellow) | Location 1247

Nobody—not a voice of authority, not your mama, not the foremost expert in your arena—gets to tell you how big your dreams can be. They can talk all they want . . . but you get to decide if you're willing to listen.

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Highlight (Yellow) | Location 1254

Get it all out. Then dry your eyes and wash your face and keep on going. You think this is hard? That's because it is. So what? Nobody said it would be easy.

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Highlight (Yellow) | Location 1274

Don't you get it? Nothing that lasts is accomplished quickly. Nobody's entire legacy is based on a single moment, but rather the collection of one's experiences. If you're lucky, your legacy will be a lifetime in the making.

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Highlight (Yellow) | Location 1290

You are a warrior because of the trials you are going through, but don't you dare squander the strength you have earned just because the acquisition of it was painful. Those are the most important stories to share. You can use that strength to pave a path for others to follow along behind.

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Highlight (Yellow) | Location 1504

Then one day we were chatting about something, and Chernobyl fell out of his mouth. "I'm tired." That's what he said. Those were the words. My world shifted on its axis and my eyes widened to eight times their natural size, but he didn't notice. He was too busy talking: "I am just so exhausted from waking up early this morning, blah, blah, blah, more ill-conceived words." You know that TV show *Snapped*? It's a docu-style series about real-life crimes where women just snap and try to take down someone on the way. That was me. I went full-on Sybil. I was crying, I was laughing, I was trying to figure out who would raise this baby if I strangled Dave with

the plastic tubing from my breast pump. To quote one of the most famous sayings in our entire marriage, I shouted/cried, “On my wedding day I never thought I could hate you as much as I hate you right now!” It was not my best moment. But luckily for me, Dave, and all the other humans on this planet, relationships are full of opportunities for grace.

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Highlight (Yellow) | Location 1544

The God who made the moon and the stars and the mountains and the oceans, the Creator who did all of those things, believed that you and your baby were meant to be a pair. That doesn't mean you're going to be a perfect fit. That doesn't mean you won't make mistakes. It does mean that you need not fear failure because you can't fail a job you were created to do.

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Highlight (Yellow) | Location 1685

It's also a choice. You have to choose not to compare. Don't compare your family to other families or yourself to other women or moms at school. You have to choose not to compare your children either—not to your friends' kids and most definitely not to each other.

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Highlight (Yellow) | Location 1697

“Would you ever feed your child the food you feed yourself?” At the time I had a habit of going half a day without eating, then binging on anything and everything in sight. I was horrified by the question because I put so much time and energy into what my boys ate. No, of course I wouldn't ever feed my children the way I feed myself. Later, a version of this question became the lifeline I used to pull myself back from the brink of debilitating mom guilt. Would I ever want my children to feel this way? Would I ever want them to pursue the desire of their heart, the profession that lights their soul on fire—be it a stay-at-home parent or cosmonaut or entrepreneur—but then constantly second-guess every choice they made because it doesn't look like everyone else's social media feed? Oh my gosh, you guys, the very idea makes my heart want to stop. I would never want them to struggle with their worth as I have. I would never want them to question themselves to the point of anxiety. I would never want them to think their entire parenting career could be summarily dismissed over Cheerios on a random school morning. So I made a decision. I will do my best, and I will trust that my best is exactly what God intended for these babies.

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Highlight (Yellow) | Location 1785

It would be unheard of for a mother to react so harshly, to judge a baby on what she hasn't yet had the time or life experience to figure out. And yet . . . and yet we do it to ourselves all the time. Our own negative self-talk can be more damaging than the emotional abuse heaped on us by a hateful parent. It's also far more insidious because there's nobody there to stop it, since we rarely even realize it's happening. Beating ourselves up about all the things we think we're doing wrong becomes a litany of white noise. Eventually we don't even hear it anymore.

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Highlight (Yellow) | Location 1793

God has perfect timing. If you aren't of a similar faith, think of it as everything happening exactly when it's supposed to. You look at your life and the eight things you thought you'd have accomplished by thirty-five and feel depressed. But maybe it's just that you don't have enough life experience yet.

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Highlight (Yellow) | Location 1834

Amid these fearful thoughts, I heard him ask me, Do you have faith in my plan or not? That is what it boils down to: faith. The belief that your life will unfold as it was meant to, even when it unfolds into something painful and difficult to navigate.

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Highlight (Yellow) | Location 1854

Focus on what you have done. Pay attention to the tiny steps you took across the living room carpet on wobbly legs. Celebrate the small moments. They're sacred, even if they aren't stepping stones to something else. Nothing is more important than today. God has perfect timing, and it's highly possible that by not being where you thought you should be, you will end up exactly where you're meant to go.

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Highlight (Yellow) | Location 1953

believe it's because they learned a long time ago that there is beauty in the chaos, as well as freedom in not trying to fight against the tide.

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Highlight (Yellow) | Location 1985

So push yourself to laugh at hard situations. In fact, the crazier the situation, the more humor you should be able to mine from it.

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Highlight (Yellow) | Location 2001

What can give you more time, more space, more freedom to find your center? Whatever it is, say, "Yes, please" to that!

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Highlight (Yellow) | Location 2009

You will get through this season. This too shall pass. Don't set the rest of your life up on a downhill slope because of one hard season.

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Highlight (Yellow) | Location 2011

It also might be helpful to remember that someone else is praying to have the kind of chaos you're currently crying about. What I mean is, the things you think are so difficult could be someone else's dream come true. I don't say that to make you feel bad, or to negate your difficult experience; but perspective may help you see that your chaos is actually just a gigantic blessing. Adjusting your view can work wonders.

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Highlight (Yellow) | Location 2072

you can't blame the past for the things that went wrong if you aren't also willing to be thankful for the things that went right.

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Highlight (Yellow) | Location 2110

I'll bet stay-at-home moms feel similarly judged by working women who can't relate to their life choices. It's as though we're all children on a playground trying to say whatever others want to hear, trying to hide all the parts that others might not understand. It makes me wonder how many women are walking around living in half their personality and in doing so, denying who their Creator made them to be.

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Highlight (Yellow) | Location 2138

This is important because her brothers will be told by society that their options are endless, and she will be shown by media that her world is limited. I know this for many reasons, but mostly because her daddy has never one time been asked if he feels guilty for having a job.

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Highlight (Yellow) | Location 2148

Those dreams you have for yourself are not silly; they are the road map to your divine calling! Don't sit this one out. Don't let someone else's opinion of you determine your worth. Don't miss out on the chance to live the life of incredible possibility in front of you. You were not made to be small. You are not a little girl. You are a grown woman, and it's time you grew up. Become exactly who God calls you to be.

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Highlight (Yellow) | Location 2329

**SOMEONE ELSE'S OPINION OF ME IS NONE OF MY BUSINESS.**

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Highlight (Yellow) | Location 2347

You have to decide that you care more about creating your magic and pushing it out into the world than you do about how it will be received.

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Highlight (Yellow) | Location 2386

Whether or not something is good or worthy is up for interpretation, and if you're unconcerned about other people's interpretations, then everything you make is fantastic. I hope you'll remember this in your own life, and I hope you'll create for yourself. Do it in celebration of your ability to do so, regardless of what anyone else thinks.

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Highlight (Yellow) | Location 2464

You cannot ignore your pain. You cannot ever leave it behind completely. The only thing you can do is find a way to embrace the good that came out of it—even if it takes you years to discover what that is.

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Highlight (Yellow) | Location 2804

I also believe that humans were not made to be out of shape and severely overweight. I think we function better mentally, emotionally, and physically when we take care of our bodies with nourishment, water, and exercise. The lie I used to believe was that my weight would define me, that it would speak volumes about who I was as a person. Today I believe it's not your weight that defines you, but the care and consideration you put into your body absolutely does.

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Highlight (Yellow) | Location 2895

My teenage self thought Paul Newman was really overselling it, that the description of that "click" was Southern dramatics. But then I started drinking wine in the evening when I got home from work. Without realizing, I counted my way toward that click with every sip of white wine. Between the first swallow and the fifth I'd feel myself start to relax. By the tenth sip I was totally calm, able to parent my children better and more easily.

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Highlight (Yellow) | Location 3036

Not only that: I think the ability to seek out community with people who are different from me makes me a stronger, better version of myself. Trying to be in community with people who don't look or vote or believe like you do, though sometimes uncomfortable, will help you stretch and grow into the best version of yourself.

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Highlight (Yellow) | Location 3046

I'd actually prefer to go through the hard, confusing process of figuring it out and asking questions and seeking guidance than settling for the cushy comfort zone where life isn't hard, but where I don't grow. Maya Angelou said, "When you know better, you do better." I want to know better so I can do better.

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Highlight (Yellow) | Location 3053

We have to consider if there are areas where we stay safely inside the lines we've drawn or those drawn for us by our family of origin. And how can we know the right community to seek out if we've never been a part of it before? Will you treat me differently because of one of my beliefs? Will you decide that we can't be friends if we have a difference of opinion? Ask yourself this question: Is it possible that the conversations we might have together, the questions we might wrestle with, the postures we'll have to adopt in order to engage in a meaningful relationship, would help us grow into better versions of ourselves?

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Highlight (Yellow) | Location 3087

There isn't one right way to be a woman. There isn't one right way to be a daughter, friend, boss, wife, mother, or whatever else you categorize yourself as. There are so many different versions of each and every style on this planet, and beauty lives in that dichotomy.

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Highlight (Yellow) | Location 3117

Every day you get to choose the way your world looks. Regardless of how you were raised or what you were taught to believe, you get to decide where your story goes from here. Look at the pictures in your book . . . Are they all one color? Every year you close a new chapter in your story. Please, please, please don't write the same one seventy-five times and call it a life.

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Highlight (Yellow) | Location 3227

Get up, right now. Rise up from where you've been, scrub away the tears and the pain of yesterday, and start again . . . Girl, wash your face!

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