

STUDY GUIDE

NEW & REVISED EDITION

*Perfectly*

YOURSELF

DISCOVERING GOD'S DREAM FOR YOU

NEW YORK TIMES BESTSELLING AUTHOR

**MATTHEW KELLY**

*Perfectly*  
YOURSELF

DISCOVERING GOD'S DREAM FOR YOU



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# INTRODUCTION

Do you ever get the feeling that you are not enough? Not smart enough, not beautiful enough, not loved enough, not rich enough, not good enough . . . We all have these feelings from time to time, usually because we're comparing ourselves to others. But God doesn't compare you to anybody else. He wants to help you become the person he created you to be—perfectly yourself!

In his book *Perfectly Yourself*, Matthew Kelly addresses the opportunities and obstacles we encounter when we decide to ask life's BIG questions: *who am I?* and *why am I here?*

Through this book study, you can find the balance between accepting yourself and striving to become all God dreams for you to become. This is the guide you need if you long to be at peace with who you are, where you are, and what you are doing, not in some distant tomorrow, but here and now—today.

This study guide is designed to accompany Dynamic Catholic's free email program BEST LENT EVER, which is based on *Perfectly Yourself* this year. Every day you'll receive a short inspirational video from Matthew Kelly and the Dynamic Catholic team that will enrich your journey through the book—and give you a life-changing Lent! You and your group can sign up at **[DynamicCatholic.com/LentSignUp](http://DynamicCatholic.com/LentSignUp)**.

We hope you enjoy *Perfectly Yourself*, and we pray this study guide is a useful resource for your Lenten journey.

May God bless you and bring you closer to him each day this Lent,

**The Dynamic Catholic Team**

# STUDY GUIDE PURPOSE AND FORMAT

The purpose of this study guide is to help readers dive deeper into *Perfectly Yourself* by applying the topics of the book to their everyday lives, specifically in light of the Lenten season. While it has been created primarily for use in small faith groups and book clubs, it can also be used by individuals for personal reflection.

You can request a free copy of *Perfectly Yourself* (just pay shipping) at **DynamicCatholic.com/FreePY** or visit **DynamicCatholic.com/SharePY** to buy books for your whole group at a discounted price (quantities of six or more).

The study guide consists of six sessions. We recommend these sessions take place once a week. Depending on the day your group meets, you can start on or after Ash Wednesday, or you can start the first full week of Lent.

Each session follows the same format:

- Opening Prayer**
- Watch Video(s)**
- Discussion Questions**
- Closing Prayer**
- Announcements**

We recommend that a group meets for 60–90 minutes and agrees on a fixed length of time. If your group does not get through all the questions during that time, that's okay. Spend the time on the questions that are most relevant to your group.

We recommend that participants also sign up for BEST LENT EVER at **DynamicCatholic.com/LentSignUp** so they can watch the daily videos throughout Lent. This will help them stay more engaged and will better prepare them for group discussion.

**Note:** Depending on the day you meet, different videos will be available. You can select the appropriate video from the selection depending on your group's schedule. A new video will be posted each day during Lent. You can access the videos at **DynamicCatholic.com/Videos** starting February 14, or visit **DynamicCatholic.com/LentSignUp** to sign up to receive them in your inbox daily.

# READING SCHEDULE

(Page numbers correspond with paperback edition of *Perfectly Yourself*.)

## **Session One: Just Be Yourself**

Read pages 1-39

## **Session Two: Looking into the Future**

Read pages 39-72

## **Session Three: Finding Your Passion**

Read pages 72-107

## **Session Four: The Happiness Myth**

Read pages 107-141

## **Session Five: Unburden Yourself**

Read pages 141-176

## **Session Six: What Are You Here to Give?**

Read pages 176-210

## SESSION ONE:

# JUST BE YOURSELF

**Reading:** Pages 1–39

### **Opening Prayer:**

Loving Father,

Open our hearts and minds

and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength,

and wisdom to live all the good things

we explore here together.

Send your Spirit upon us so that we can discover your dream

for us to become the-best-version-of-ourselves,

and have the courage to defend and celebrate this true self

in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged. Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

### **Watch Video(s)**

**Watch Day 1:** An Opportunity (Ash Wednesday video)

Other recommended video options include:

Day 2: Just Be Yourself

Day 4: The Power of Progress

(Visit [DynamicCatholic.com/Videos](https://www.dynamiccatholic.com/videos) to see which videos are available at your group's meeting time.)

## Discussion Questions

1. Lent is an incredible opportunity to take a step back and look at who we are and what we're doing, to form new life-giving habits and abandon old self-destructive habits. What are you doing for Lent?
2. Who is someone you really admire and why?
3. When have you overcome a struggle in your life or defeated something that was holding you back?
4. Are you making progress? How do you celebrate progress?
5. How do you challenge yourself to improve without beating yourself up about where you are now (page 4)?
6. The author says the real challenge is not the quest for success but the quest to create inner peace by being faithful to who we truly are, created wonderfully and uniquely by God (page 34). What are you really good at?
7. Who are you trying to please (page 36)?



## Closing Prayer

### The Dynamic Catholic Prayer

Loving Father,

I invite you into my life today

and make myself available to you.

Help me to become the-best-version-of-myself

by seeking your will and becoming a living example  
of your love in the world.

Open my heart to the areas of my life that need to change

in order for me to carry out the mission  
and experience the joy you have imagined for my life.

Inspire me to live the Catholic faith in ways that are  
dynamic and engaging.

Show me how to best get involved in the life of my parish.

Make our community hungry for best practices  
and continuous learning.

Give me courage when I am afraid,

hope when I am discouraged,  
and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church

to become all you imagined it would be  
for the people of our times.

Amen.

## Announcements

- The reading assignment for our next gathering is pages 39–72.
- Remember to sign up for BEST LENT EVER!  
Go to **[DynamicCatholic.com/LentSignUp](https://www.dynamiccatholic.com/LentSignUp)** to get daily emails with inspiring videos from Matthew Kelly and the Dynamic Catholic team. Their insights on the topics in *Perfectly Yourself* will give you an even deeper experience with the book.
- Our next gathering will be . . . (date, place, and time).

## SESSION TWO

# LOOKING INTO THE FUTURE

**Reading:** Pages 39-72

### **OPENING PRAYER:**

Loving Father,

Open our hearts and minds

and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength,

and wisdom to live all the good things

we explore here together.

Send your Spirit upon us so that we can discover your dream

for us to become the-best-version-of-ourselves,

and have the courage to defend and celebrate this true self

in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged. Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

### **WATCH VIDEO(S)**

**Watch Day 10:** Looking into the Future

Other recommended video options include:

Day 12: The Enemy of Character

Day 13: Growing in Virtue

(Visit [DynamicCatholic.com/Videos](https://www.DynamicCatholic.com/Videos) to see which videos are available at your group's meeting time.)

## **DISCUSSION QUESTIONS**

1. What do you do when you're unhappy? How would the advice "Just do the next right thing!" impact you (page 43)?
2. The author says happiness is not achieved by the pursuit of happiness, but rather by right living (page 43). What does he mean by that?
3. Starting on page 45, the author talks about the power of the present moment. Do you spend most days in the past, the present, or the future?
4. If your character is your destiny, what does your future look like?
5. Thoughts create actions. Actions create habits. Habits create character. What is one habit that can build your character this Lent?
6. In what situations are you most tempted to choose your false self (page 67)?
7. What virtue do you want to focus on this week?
8. Are you honest with yourself? Are you honest with others? Are you honest about others?

## CLOSING PRAYER

### The Dynamic Catholic Prayer

Loving Father,

I invite you into my life today

and make myself available to you.

Help me to become the-best-version-of-myself

by seeking your will and becoming a living example  
of your love in the world.

Open my heart to the areas of my life that need to change

in order for me to carry out the mission  
and experience the joy you have imagined for my life.

Inspire me to live the Catholic faith in ways that are  
dynamic and engaging.

Show me how to best get involved in the life of my parish.

Make our community hungry for best practices  
and continuous learning.

Give me courage when I am afraid,

hope when I am discouraged,  
and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church

to become all you imagined it would be  
for the people of our times.

Amen.

## ANNOUNCEMENTS

- The reading assignment for our next gathering is pages 72-107.
- Watch this week's BEST LENT EVER videos.
- Let your family and friends know they can request a free copy of *Perfectly Yourself* by visiting **DynamicCatholic.com/FreePY**, and invite them to sign up at **DynamicCatholic.com/LentSignUp** for BEST LENT EVER.
- Our next gathering will be . . . (date, place, and time).

## SESSION THREE

# FINDING YOUR PASSION

**Reading:** Pages 72-107

### **OPENING PRAYER:**

Loving Father,

Open our hearts and minds

and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength,

and wisdom to live all the good things

we explore here together.

Send your Spirit upon us so that we can discover your dream

for us to become the-best-version-of-ourselves,

and have the courage to defend and celebrate this true self

in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged. Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

### **WATCH VIDEO(S)**

**Watch Day 17:** Finding Your Passion

Other recommended video options include:

Day 18: Baby Steps

Day 19: Beyond the Divided Life

(Visit [DynamicCatholic.com/Videos](http://DynamicCatholic.com/Videos) to see which videos are available at your group's meeting time.)

## **DISCUSSION QUESTIONS**

1. The author says there are no personal acts (page 72). How have you seen this in your own life? When did you do something that had unintended consequences?
2. How can purpose elevate your work?
3. Where do you need to root out half-heartedness in your life?
4. If you could do anything, what would you do? Are you willing to make sacrifices in order to do it?
5. Does looking at your past give you courage for the future or instill fear of the future (page 93)? Why?
6. What is your baby step? What is the next small step you can take toward your dream?
7. When do you feel like your most authentic self?

## CLOSING PRAYER

### The Dynamic Catholic Prayer

Loving Father,

I invite you into my life today

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and continuous learning.

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hope when I am discouraged,  
and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church

to become all you imagined it would be  
for the people of our times.

Amen.

## ANNOUNCEMENTS

- The reading assignment for our next gathering is pages 107-141.
- Watch the BEST LENT EVER videos each day this week.
- If you are enjoying this experience, please visit **[DynamicCatholic.com/TheMission](http://DynamicCatholic.com/TheMission)** to learn more about the Dynamic Catholic Mission and all the ways they are working to re-energize the Catholic Church.
- Our next gathering will be . . . (date, place, and time).

## SESSION FOUR

# THE HAPPINESS MYTH

**Reading:** Pages 107-141

### **OPENING PRAYER:**

Loving Father,

Open our hearts and minds

and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength,

and wisdom to live all the good things

we explore here together.

Send your Spirit upon us so that we can discover your dream

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We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged. Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

### **WATCH VIDEO(S)**

**Watch Day 22:** The Happiness Myth

Other recommended video options include:

Day 20: The Voice of the Authentic Self

Day 26: A Path to Self-Mastery

(Visit [DynamicCatholic.com/Videos](https://www.dynamiccatholic.com/videos) to see which videos are available at your group's meeting time.)



## DISCUSSION QUESTIONS

1. What are your beliefs?
  
2. Do you ever feel divided? What situations cause you to feel drawn in two different directions?
  
3. The author says the problem is not that we do not believe but rather that we do not live what we believe (page 113). Do you live what you believe?
  
4. What area of your life needs discipline?
  
5. The author discusses self-control, the very essence of discipline, in three areas: temper, appetites, and impulses.
  - a. How long is your fuse? (temper)
  - b. Who is the king of your heart? (appetites)
  - c. What's tying you down? (impulses)
  
6. The author says fasting is a universal path to self-mastery (page 134). Lent is a great opportunity to practice fasting. How do you fast?

## CLOSING PRAYER

### The Dynamic Catholic Prayer

Loving Father,

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of your love in the world.

Open my heart to the areas of my life that need to change

in order for me to carry out the mission  
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Give me courage when I am afraid,

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and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church

to become all you imagined it would be  
for the people of our times.

Amen.

## ANNOUNCEMENTS

- The reading assignment for our next gathering is pages 141-176.
- Watch this week's BEST LENT EVER videos.
- There's a way for you to experience Mass on a whole new level. Try using a Mass Journal—you can visit [DynamicCatholic.com/FreeMassJournal](http://DynamicCatholic.com/FreeMassJournal) to request a free copy (just pay shipping).
- Our next gathering will be . . . (date, place, and time).

## SESSION FIVE

# UNBURDEN YOURSELF

**Reading:** Pages 141-176

### **OPENING PRAYER:**

Loving Father,

Open our hearts and minds

and allow us to see the beauty of our faith.

Show us what is possible and fill us with the grace, strength,

and wisdom to live all the good things

we explore here together.

Send your Spirit upon us so that we can discover your dream

for us to become the-best-version-of-ourselves,

and have the courage to defend and celebrate this true self

in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged. Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

### **WATCH VIDEO(S)**

**Watch Day 27:** Unburden Yourself

Other recommended video options include:

Day 29: Decision-Making

Day 31: What Is Your Mission?

(Visit [DynamicCatholic.com/Videos](https://www.dynamiccatholic.com/videos) to see which videos are available at your group's meeting time.)

## **DISCUSSION QUESTIONS**

1. What clutter, congestion, or confusion do you need to clear out of your life?
2. What are we here for?
3. How will you choose God's dream for you today?
4. The author says life is a series of choices. To make great choices, you must first become very clear about why you are making them (page 150). What drives your decision-making?
5. How good are you at saying no?
6. What is your relationship with money?
7. What is your mission?

## CLOSING PRAYER

### The Dynamic Catholic Prayer

Loving Father,

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for the people of our times.

Amen.

## ANNOUNCEMENTS

- The reading assignment for our next gathering is pages 176–210.
- No matter how long it has been, we encourage you to go to Reconciliation this week.
- If you want a simple and powerful way to share the Catholic faith with other people, visit [DynamicCatholic.com/SharePY](http://DynamicCatholic.com/SharePY) and order six copies of *Perfectly Yourself* for just \$18 (including shipping) and give them to your family and friends.
- Our next gathering will be . . . (date, place, and time).

## SESSION SIX

# WHAT ARE YOU HERE TO GIVE?

**Reading:** Pages 176–210

### **OPENING PRAYER:**

Loving Father,

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in every moment of our days.

We ask you to bless in a special way the hungry, the lonely,

the sick, and the discouraged. Remind us of our duty toward

them and inspire us to be filled with a profound gratitude.

We ask all this through your Son, Jesus.

Amen.

### **WATCH VIDEO(S)**

**Watch Day 32:** Finding Yourself

Other recommended video options include:

Day 33: Focus on What You Are Here to Give

Day 34: This Is the Problem

(Visit [DynamicCatholic.com/Videos](https://www.dynamiccatholic.com/videos) to see which videos are available at your group's meeting time.)

## DISCUSSION QUESTIONS

1. The author says service is at the very core of our identity as human beings, and to neglect our ability to be of service to others is one of the surest ways to misery and quiet desperation (page 182). How have you seen this in your own life?
2. What will your legacy be?
3. How do you find peace?
4. How can you look for opportunity instead of worrying in your life?
5. Are you best at silence, stillness, or solitude?
6. How can you enter your day slowly (pages 200–201)?
7. As a review, these are the author’s nine steps to enduring happiness. How will following these steps impact your life?
  1. Celebrate your progress.
  2. Just do the next right thing.
  3. Put character first.
  4. Find what you love and do it.
  5. Live what you believe.
  6. Be disciplined.
  7. Simplify.
  8. Focus on what you are here to give.
  9. Patiently seek the good in everyone and everything.

## CLOSING PRAYER

### The Dynamic Catholic Prayer

Loving Father,

I invite you into my life today

and make myself available to you.

Help me to become the-best-version-of-myself

by seeking your will and becoming a living example  
of your love in the world.

Open my heart to the areas of my life that need to change

in order for me to carry out the mission  
and experience the joy you have imagined for my life.

Inspire me to live the Catholic faith in ways that are

dynamic and engaging.

Show me how to best get involved in the life of my parish.

Make our community hungry for best practices

and continuous learning.

Give me courage when I am afraid,

hope when I am discouraged,  
and clarity in times of decision.

Teach me to enjoy uncertainty and lead your Church

to become all you imagined it would be  
for the people of our times.

Amen.

## ANNOUNCEMENTS

- Want to have an impactful Holy Week? Watch the BEST LENT EVER videos for Holy Thursday, Good Friday, and Holy Saturday. If you haven't signed up for the program, visit [DynamicCatholic.com/Videos](https://www.dynamiccatholic.com/videos) to watch these videos!
- If you enjoyed *Perfectly Yourself*, the next title we recommend is Matthew Kelly's *Resisting Happiness*. It is a deeply personal, disarmingly transparent look at why we sabotage our own happiness and what to do about it.
- If you participated in BEST LENT EVER and want to continue getting daily inspiration, you can visit [DynamicCatholic.com/DailyQuote](https://www.dynamiccatholic.com/dailyquote) to sign up for Dynamic Catholic's Daily Reflections.



On behalf of everyone here at Dynamic Catholic, we want to thank you for taking this journey through Lent. We pray that you and your loved ones have a happy and blessed Easter!

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