

A close-up photograph of a person's hand adjusting a pink and black sneaker on their foot. The background is blurred, showing a paved surface. The text is overlaid in a pink, cursive font.

*Get Real  
Get Rid  
&  
Get Going*

BECKY MICHEL

A GLIMPSE OF FEARLESS GROWTH

GET REAL  
GET RID  
AND  
GET GOING

E Book

# GET REAL, GET RID, AND GET GOING

## Creative Expressions Publishing

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GET REAL, GET RID, AND GET GOING – A introduction into the three-part Fearless Growth book series.

Fearless growth starts with getting real, moves into being able to surrender to the setbacks and becoming consciously aware enough to grow with intent. Intentional change is necessary to experience real true Fearless Growth.

Fearless Growth Leader and Expert

Becky Michel

CE publishing

## About Becky



**Fearless Growth Expert** – Becky Michel is the Author & Creator of Fearless Growth®. The process is one Becky has applied and shared for over a decade.

**Author-** of the Fearless Growth® Series as well as a series of children’s self-help books. All publications are of a faith-based perspective. Fearless Growth® is a lifelong process. A journey to becoming exactly who God created you to be. Fearless Growth is what God gave me to begin changing myself. Change, choice, and challenge abound at the core of living a Fearless Growth® life. Get Real, Get Rid, and Get Going is the ebook guide and sneak peek into the Fearless Growth® process which is a three-part book series, workshop, event, lesson, class, and more.

**Speaker-** Becky brings an inspiring message of becoming the person God created you to be by standing up for yourself throughout that renovation process. Living life on purpose and pushing through the things that keep us stuck or held back from experiencing growth and freedom in Christ: from addictions, childhood grievances, and daily troubles in adulthood.

**Coach** – Becky offers a Fearless Growth® coaching program that is “Real Life” constructed; which simply means, being able to be honest with yourself about who and where you are. Begin the process of change today, but don’t do it alone! Let Becky help you see how vitally important growth is - Fearless Growth®!

Creative Expressions is a division of the Becky Michel brand.

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# *Introduction*

Growth is a repetitious process. A journey of failing forward many times throughout life. If you want to dig deeper into Fearless Growth®, the meaning and Biblical truths behind it, you will want to order the three-book series, available soon. If you want to gain deeper understanding and instruction pertaining to fear, growth, realness, love, and becoming who God wants you to, along with hearing more of a Fearless Growth personal story, you'll find that in the books. This is a eBook introduction I created to give you a sample of and help you assess if Fearless Growth® is something you desire to experience in your own life. Fearless Growth® is something God has given me the ability to put together over the past ten years. Experience real lasting change through Fearless Growth®, a three-part short read book series including, No Fear, No Limits, and No Shame, coming spring/summer 2021.

If you are interested in having Becky come speak at your next event, conference, or meeting, please use the contact info in this book or via her website. Visit [BeckyMichel.Com](http://BeckyMichel.Com) to order books.

# *Get Real*

There's nothing in the world like having a vision, a calling, a work to do, knowing deep down in the core of your soul that this is something you were put here for. Your divine purpose. Yet you are completely lacking direction in knowing how to start, where to go, and the details of this calling. Which way do you turn, how do you get there? Doesn't make a bit of sense does it? How can you be so certain yet so uncertain about the same thing simultaneously? That's exactly how I have felt about a calling, ever since God put it in me several years ago! All I knew is that in addition to the best and greatest callings of being a wife and mom I was to help people, God said I want you to share your story. Little did I know that day was going to be a ten plus year journey before I would actually be able to do this work in the capacity of which God called me to. In fact, around year seven was the first time I began to get some clarity, then the years to follow were even more so as finally, that puzzle started coming together. Have you ever felt a little spark, or a constant burning flame, it was something you had to do? Something that will etch on your heart forever if you are unable to fulfill it, even if it's something as simple as going to another person to make things right in the relationship, or having an important conversation with someone. If that's you, you're in good company.

Maybe you have wanted to start a business, write a book, travel somewhere, or simply be a part of something bigger than yourself? These dreams are there for reason, to fulfill our purpose, to encourage our faith, to strengthen us as humans. Giving us hope and growing us fearlessly, when we learn the art of surrender. See my friend; I didn't know the art of surrendering for quite some time after God put a message and mission in me. With surrender comes great faith, patience, hope, courage, and the

ability to be still and know God. All things I thought I knew, but as it turned out, I'm still learning, to this day, matter of fact. I believe we never stop growing, or at least we shouldn't if we love God and want to be filled with more of Him.

Sometimes the hardest things are the simplest yet take so long to learn. Why don't we get it, why can't we just see it? Because it's part of the journey! Life is a process, and when we are able to see the process for what it is, it is truly priceless! The things we learn, the places God puts us, the relationships we develop along the journey, and the growth we experience...it's priceless. The ill-fated part of this is that we have to move along on down that race of life and up that ladder of growth in order to be able to look back over the past five, or ten, or twenty years and say "I see it now", "oh, I get it". In my life it has been a process, I have been on a journey.

The important thing to remember is not to get cooked in the squat, as good old Zig would say. Getting cooked in the squat is a process of putting off the things we are certain we need to do and ignoring what we know we shouldn't, and before you know it, life has gotten away and time has passed by. Maybe it's rejecting God's gentle tug, working a certain job or volunteering. Maybe it's not so much the things we didn't quite get around to, but the things that we flat out left undone. Sure, that's a hard pill to swallow, but the best thing you can do right now, is simply pray and start no matter where you are or are not.

The first part of Fearless Growth is getting real. In order to do this, honesty, humility, and heart must come into play. So many people are unwilling to do the hard things in order to move forward and grow. Spiritual and personal growth is actually super hard when it's intentional. It involves a constant examination and a consistent dying to self, it's ugly, it's messy, and can often be humiliating. But oh, the places you will go once you choose to do it. Surrendering to your struggles is the first and most important step in Fearless



Growth®. Can you do it alone? This is something to be learned through Fearless Growth, imagine a bar about eye level, you can apply the Fearless Growth® process and tools and no matter what it definitely will help you. However, without God you will only be able to get to that bar, versus if you would have had His guidance and grace. Now you can go sky high because it takes it off of you, and no longer are you doing it in your own self, but rather, in Him. These touchy subjects are very hard to deal with, sometimes very emotionally exhausting. When you have a personal relationship with Christ you can rest in freely giving it all to Him. He is the great comforter. So yes, you can do it in yourself but you can't get the full measure of peace that passes all understanding without God. Within Him is where we are able to take those attributes of faith, hope, patience, courage, and being still to a much greater level.

I love to sing, but the reality of that fact is that I suck at it. I really do. I was not born with the natural ability to carry a tune. Does that mean I should stop singing? Or that I can't learn to improve? No, scripture tells us to make a joyful noise doesn't it? I do however believe that there are times and places we must come to the hard conclusions in life considering matters of ourselves. Those difficult times that say, you just can't do it this way, or you just don't sound good, or you just don't know what you're doing, and a major one, so you were wrong about that after standing your ground. Dang those are hard times. Those are the times we have to fall on our faces, cry out and often times ask for help. If I don't know something, it doesn't mean I'm not smart or I am not good at anything, it just means I don't about know that particular thing. It means I need someone who has gone before me to show me the way. If you have lived long at all, you have needed help. We all have times we get down in those valleys of life and can use a hand, and there's no shame in that. Not only does it allow us to practice humility, but it also gives someone else the opportunity to be a blessing, and if you have ever helped someone out you

understand what helping out someone can do for you, it blesses your heart more than anything.

Have you ever struggled; I mean really struggled? I've been down in the trenches, and with God's loving grace He threw me a lifeline to get out of the pit of sin, over and over, not just once (apparently, I'm a slow learner)! Ever spend too much money on one thing and unable to pay your bills? How about been without food or electricity? Have you been to the trenches? What did it teach you? Or were you like me and had to go back a few times before learning the lesson? Ever had someone come along and get you into trouble? Yes, we make our own choices, but the company we keep plays a huge part in that as well. Caution! Caution!

Have you ever had someone do something to you that was flat out awful? Nobody deserves to be treated that way, or have to go through something terrible, you can't believe it happened, and it left you so scarred. Yea, I been there a few times. You are never alone, for one you have a precious loving Savior who cared enough to take it to the cross, to die for you. Then He put people around your life to extend an arm, reach out that hand and pick you back up when you found yourself stuck in those trenches and pits of life. These people are not just around by accident. God knew how to place us in the families, and groups, and places where we can grow and learn from others around us and our circumstances. We have a Good God! A Loving God!

No matter where you are, where you have been, what you have done, and the not-so-great choices you have made, just remember, it's never too late to begin your Fearless Growth® journey.

# *Get Rid*

“Why is this happening to me? Why do those people insist on doing those awful things, being stubborn, and creating frustration for me no matter how hard I try to be kind or continue to do the right thing?” Have you ever felt that way? This could be people you work with, go to class or church with, it can even be friends and family. No matter who or what the experience it is, no matter how big or small, it is vitally important to either rid these toxic relationships and behaviors or change them. Sometimes you hear teachings about cutting ties with those who do not serve you on your journey, and while there is much wisdom in this, that’s not realistic when it is the people God has bound us together with. In these situations, we must learn to set boundaries and make the kind of changes that allow you to free yourself from any feelings, frustration, or uneasiness they put upon you.

The reality is it’s not them “doing” it to you, it’s the fact you allow them to. Often times people don’t actually realize what it is they are doing, and sometimes unfortunately...they do. You have to remember that when people treat you hatefully or with anger, it’s not about you, it is an issue with them. It’s the matters they have yet to get real about and deal with in order to experience some closure, peace, and love. For some this day never comes, for others they might try to deal with these not so pleasant issues but find it’s just too hard and just be okay with never overcoming what might have them stuck, which stops growth. As for the rest of us, we sometimes just don’t know how to figure it out, or understand the process of the journey. God’s grace is so sufficient, and his love and mercy such a BIG gift. When you just don’t know, you don’t know, it’s that simple. We have to learn to be patient and understanding, with love and mercy towards these people, who

have yet to figure some things out, like myself. Yea, I'm a prodigal, how about you?

Having said that, I also want to be clear on the fact, God doesn't just expect us to sit on the sideline and put up with a bunch of nonsense continually and intentionally from others. If somebody is doing something to you that is not right in any way, STOP IT! If you don't know how, reach out to someone who can help you, someone you can trust, search for a group or using key words on line to find help, but at all costs however you can, get away from it/them. How many times have I heard someone say I can't tell anyone or something bad will happen, or they are threatening you in some way? If you are in danger of physical abuse, rape, domestic violence or such it is vitally important to remove yourself from this relationship. If you are experiencing bullying in class, or the work place, STOP IT! Perhaps it's a less serious offense, like you are misunderstood by most people or you continually get put down or criticized within your circle, there are ways to release yourself from this toxicity.

Setting boundaries is a nice healthy way to help yourself start experiencing Fearless Growth. Boundaries come in many forms, many various ways. The most important thing to remember when setting boundaries is that you don't build walls in the process.

Once upon a time I done this within my marriage. My husband and I were at a place that things just didn't seem to improve no matter what I would try to do or not do. We just were not able to understand each other, therefor, he was determined not to change. This made it extremely difficult to grow together. The reality of this was that neither of us were taking it to God in the way that we needed to. So finally at that time, I decided to change some things. In order for things to change, we must change; so I decided to basically set boundaries. I was no longer going to have unrealistic expectations of my husband, I was no longer willing to

accept any critical or negative words, and I would stop allowing little things to affect me. I learned to just let them roll like water off a ducks back, and it worked quite well for the most part, other than I put up some massive steel fifty footers.

Some of the things God showed me at that time were so true and so good for my growth. Those good attributes I took away I will mention in a bit, however it was this one thing that remained holding me back no matter how much I was learning and growing and that was the building of those big old massive walls. Not just towards my husband but towards everyone. No more was “Becky” going to allow others to make her feel bad, hurt her feelings, criticize, or come at her. Nope, I no longer was accepting the sticks and stones the people of my world would throw at me. Well, here’s the reality, those harsh sticks and stones, those came straight from the enemy, not the people. It took me about 3 days of being totally ticked at everyone around me before God gently said to me, it’s not them it’s you. While people will take advantage of us, and spitefully use us, it is only because they are being used as a tool of the enemy. The devil has our number, unfortunately he knows what buttons to push too!

God showed me how to stand up for myself. He showed me my purpose and while others may not understand it, that’s ok, because I now do. The areas He helped me see and change are what I refer to as my “ridders”. This is where learning to set boundaries became so helpful. Being myself is exactly what God wants of me, to show up exactly as I am, unashamed, authentic, broken, a mess, yet grateful for those places He has brought me out of. To run my very own race. Sometimes I think we get stuck running someone else’s, when we understand who we are in Christ, we can get on a new track, our own track, and that is the exact place God wants us. God showed me I had to change every relationship in my life, yes every one! This was the process God was walking me through. I begin to change, and while change can

be difficult, or we may fear it, be sure of these two things; Number one, it's going to happen, regardless if we like it or hate it. Number two, change will be the only factor that will grow us. Growth can only come with change. It is up to you how you will deal with it.

My sister and I were recently chatting about her husband and how he carries himself. He doesn't allow anyone to affect him. If someone tries to attack him, he laughs at them, if they are poking fun at him, he just lets it roll. Literally he doesn't allow anyone to make him feel lesser about himself, or get him in a state of negative self-distress. I just think wow, if only we would all practice this, how much it would help us.

Sure, people are going to joke around with you. Maybe even talk to your spouse a little too flirty' or come at your kids while they completely ignore their own when they are doing the same thing. These are all things we don't care for or ever enjoy having to deal with. but will we allow them to get the best of us or learn to confront them when need be, and after that let them roll? Absolutely everyone is going to have a bad day every now and again, heck I come at my family when I don't mean to at all, it just happens sometimes. Or sometimes everyone at my house will misread mom, thinking I am mad or upset with them, when the reality is that I am just cranky for no particular reason. I'm simply having a bad day. Why? Shoot, I don't know! Why do you say or act the way you do sometimes? Because we are all human, living in this flesh, this flesh that we must battle on a regular daily basis in order to stay on our course.

Once we learn to get rid of those things, we are able to take a real hard look at, or come to terms with that is when we advance in the Fearless Growth process.

# *Get Going*

Now we come to the exciting and third part of Fearless Growth. Sometimes it's so simple that we all together miss it, like I mentioned in the first chapter of this book. God began pouring Fearless Growth into me over ten years ago, and it didn't come with some massive hills and valleys I had to go through, and there are plenty more where those come from, would be my guess, as I journey on. One of the first things God put in me was words, stories, and versus. I began to write and study what God was showing me. Yes, He was growing me and I had many growing pains. But the one thing I consistently did was, I never stopped. I commenced to learning about opinions versus God's truth, and that God's plan for me and who He wanted me to be wasn't necessarily like others around me, and that was okay...God gave me permission to be me. God puts different things in each of us, different callings, missions, character, personalities, and abilities. Why? To grow the body. The body has a very difficult time growing if it can not come together in unity. If it can not stand to be together, if it is subject to fighting, or being at odds all the time, then how can it grow in grace and knowledge?

I came out of some pretty deep negative self-talk and sabotaging thinking. Yes, I looked happy outwardly, but inside I was a mess...in so many ways. If you're a hot mess raise your hand. I started simple and began to work on improving my posture, then ways in which I showed up, and carried myself. I don't mean my physical posture but my values and beliefs. I begin to study to show myself approved for the first time ever, and to become confident in who I am.

It is vitally important to get busy to grow. Anytime you are not moving forward, rest assure you are moving backwards, because that is exactly what being stuck means. Everyone gets stuck from

time to time, but the important thing is that you continue to try and to learn and grow from those times. Even when you don't understand them, like not getting cooked in the squat.

How we move forward from every situation in life determines an outcome which is either good or bad. How will you deal with and grow from your outcomes? The third part of growing Fearlessly is to simply get going with the things God shows you about yourself. It's taking those not so pleasant dreary situations, struggles, and issues we have had, and making sunshine out of them. This is a process and can be a challenge. It definitely takes some time.

The really great part is that you can start over today, right now, you can start the journey of Fearless Growth® right there in that chair, or car, or room, wherever you are. Nobody is stopping you; nobody is in charge of you, except you. To "get going" is for you to ask God to help you, teach you, show you, and He will. Begin to make changes, and see yourself. The hardest person to see is me, it's so easy to point at everyone else, but me, that's not so enjoyable or easy.

Getting uncomfortable is the third and final part to growth. It's not easy to be uncomfortable, it's...well uncomfortable. I can't tell you how many times my immediate family, kids, parents, siblings, have been frustrated with me. Why? Because I've made life so uncomfortable sometimes! Yep, it was a big pain, I've been a big pain. Why would anyone do that? Because there is joy in the journey when you learn to submit. Remember, the process becomes priceless, because we are able to get ourselves out of our own way. I've done it for me and I've done it for my family at times. You can ask them how much they have been frustrated with me for turning around and doing the exact thing I told them not to do, and that's what makes me a prodigal, not a hypocrite. Which by the way, who isn't a hypocrite? Who is willing to face the fear head on in order to get to new ground, and who's not? That is



what separates the prodigal from the religious and absolutely non-caring crowds.

What are you doing right now that promotes change and growth in your life? These things must be intentional. Waking up earlier, going to bed earlier, working out, having a routine, setting boundaries, reading God's instruction manual, (The Bible), filling up with good food, versus awful food. I believe there is a balance to everything. If you are watching too much TV or playing every weekend but not attending service with the church body yet you say you are a believer, somewhere you are off balance. I call this your "Joy Flow". Of course, we are going to find entertainment, movies, playing around, fun, fun, fun, but when we leave out work, and God, and good wholesome food, there will not be growth. You can't just plant a seed, walk away and expect it to grow. You must prepare the ground, plant, water, cultivate it, and then growth can take place. Change is always required in some area, and often times several areas to balance out that Joy Flow. What changes can you make today to balance out your life?

Now come on! Get real, get rid, and get going. Start today, don't wait until it's too late!

Much love, Becky

