

UnStuck & UnStoppable

This ultimate faith based workbook is designed to help you heal, eliminate limiting beliefs, foster self-love, step out of fear create a clear vision for life and step in to purpose

WITH TEPHERET JONES
OF XO_TEPH



Before you Get Started.....

There are two things you should know. The first is this, God created you with a purpose. The second is, God has given each of us a unique gift to use in order to fulfill that purpose.

So with these two truths in places, whats the issue, right? We have the gifts and we have a purpose yet we still struggle sometimes with stepping in to it.

I remember thinking if I could just reach a certain mile stone, get a nice car, buy a nice house, make a lot of money etc, all while having a beautiful family that I would feel fulfilled. It took me gaining all of that to realize that nothing makes you feel more empty than those moments that you thought would make you fulfilled but don't!

My life changed the moment I stopped focusing on all the things around me that I wanted to change and started focusing on the one thing I could change that would change everything... my mind. I changed my mind about who I was and what I was capable of and I let go of any belief that stood in opposition of that!

During my journey I found pastors, coaches and books that helped water the seeds inside of me. One of those pastors said something very powerful. He said " your gift is not for you, your gift is given to you to help someone else." So here it is. My gift to you.

This workbook was designed to help you over come the things that will stop you from finding and stepping in to your pupose. If you ever thought to yourself I know theres more out there for me if I just knew how to get it, this book is for you. This is your first step in to purpose!

Making The Most of The Workbook

As you move through this workbook, follow these guiding principles to get as much benefit as possible:

1

Consistent practice

Each section comes with daily, weekly or monthly exercises. These exercises work best if done consistently for the recommended amount of time.

2

Be Patient and Give Grace

As with anything new you're learning it will take time to fully implement, be patient with yourself as you are learning and growing.

3

Make it work for you

Nothing works if you don't! This is called a work book. Do the work, and you will see the results.

Table of Content

01 Detox your mind

02 Attitude of Gratitude

03 Grow with it

04 Masks Off

05 You Are Chosen

06 Set Free

07 You are limitless

08 The miracle is YOU

09 Time to level up

10 Get unlocked

11 Get in alignment

12 Vision 101



Chapter 1: Detox your mind

“CHANGE YOUR MIND AND YOU
CAN CHANGE YOUR WORLD”

Did you know that before you can transform your life you have to first transform your mind? Many times we want our circumstances to change, our finances to change and our relationships to change, but it starts first with changing our minds.

In this chapter you will find



Scripture Devotional



21 Day thought detox plan



Daily Affirmations



Scripture

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think of such things.
- Philippians 4:8

Devotional

Think good thoughts. It sounds simple, but if we really took the time to monitor our thoughts, how many of them are "good"? Whether about ourselves or others, thoughts matter. How we think and what we think matters. This scripture is showing us the key to cleaning up our thought life, which ultimately leads to peace and joy. There is a spiritual law that says, what you focus on expands, therefore it is so important that we fix our focus on the right things. We have to begin to focus on the things we want to see increase in our lives. Our mind is heavily connected to our hearts. This is why when we have a thought it evokes an emotion and a feeling inside of us. Thoughts are not just obscure invisible things that carry no weight, they are real. They occupy real space in our bodies and cause a real physical response. Have you ever had a thought that literally made your stomach turn or caused you to have shortness of breath? How about a thought that made you instantly cry? There is a strong mind- body connection and it's important to remember this because it helps us to be more intentional with our thoughts. The Bible also tells us to guard our hearts because everything you do flows from it. Recognize that you can't guard your heart if you haven't mastered guarding your mind. Let us be intentional about our thoughts.

21 DAY THOUGHT DETOX

It takes 21 days to break down an old thought and to create a new one in its place.

I want you to take 7 minutes per day (minimum) and work on breaking down the limiting and negative beliefs that have held you back

Reflect on it

What are some negative thoughts that you have believed about yourself, and have let hold you back from accomplishing the things you really want in life? What are some of the stories you tell you've told yourself about your circumstances, and abilities? What are some thoughts you've had about other people that perhaps made it difficult for your relationships to thrive? Take a moment and reflect on some of those limiting beliefs and how they have interfered with you living your best life in the past

Write it down

On a piece of paper, write down those negative thoughts - leave a few spaces in between each of your thoughts. After you have written down the negative thoughts, right underneath, write down the positive truth about your thought to counteract it.

- NOTE: If you are unable to come up with the positive spin, try just writing the opposite of the thought.

Example:

Limiting belief- I am too old to start pursuing my dream.

Truth: Everyday people of all ages start pursuing their dreams.
It is never too late for me.

Speak on it

After you have written down your limiting beliefs (thoughts), and have written down the counteracting truth - SAY IT. For the first week I want you to say both statements together.

This will trigger a connection so that every time you think the negative thought your mind will automatically jump to the truth

After the first week I want you to erase the negative thought and for the next two weeks speak the positive truth over you life.

- NOTE : You can repeat this 21 day cycle as often as you need to break a negative thought pattern.

Pray on it

Prayer is such a powerful tool in shifting our thoughts and renewing our minds. Take time and thank God for transforming your mind, your thoughts and for helping you to see yourself and others the way He does.



[illegible]



DAILY AFFIRMATIONS

I AM AT PEACE KNOWING ALL THINGS ARE UNFOLDING
AS THEY SHOULD

I AM RELEASING PAST HURTS TO MAKE ROOM FOR
PEACE

I AM IN CONTROL OF MY THOUGHTS AND EMOTIONS

I AM LETTING GO OF ALL ANGER AND RESENTMENT





Chapter 2:

Gratitude is the key!

Did you know...

There is a spiritual principle that says what you focus on expands? When you focus on your blessings, your blessings expand!

In this chapter you will find



Scripture Devotional



30 Day Gratitude Challenge



Mindful Gratitude Exercise



Daily Affirmations

Gratitude turns what seems like not enough, into more than enough

Scripture

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything - James 1:2-4

Devotional

Sometimes it is so easy to focus on what is going wrong in our lives. We are constantly faced with different types of troubles and situations that grab our focus and make it difficult to have gratitude in our lives. However, James shows us here that those troubles and problems are doing a work within us that is ultimately helping us get to a point where we are lacking nothing. Knowing this will help us to learn how to be grateful, and thankful even in the midst of what we are going through. In moments of pain, in moments when we feel lost, and in moments when we feel as though nothing is turning out the way we thought, we can still show gratitude knowing that in the end it is still working for our good. Even though you may be going through a situation that doesn't feel good, there is still a silver lining of hope in every circumstance. If you can switch your focus from what is wrong to all that you have to be thankful for, you can eventually be in a position where you are lacking nothing.

30 DAY Gratitude Challenge

OUT ●●● IN ●●● AHEAD

Out of ME

I want to challenge you to step outside of the world of "me" and step into the realm of gratitude for all the things that are AROUND you. For the next 30 days I want you to take at least 15 minutes to go for a walk each week. During your walk I want you to reflect on things you have to be thankful for around you (ie. the sun's warmth, the trees etc.)

Also, choose three friends or family members that you see regularly and make it a point to view everything they do through a positive lens. Assume that in all they do they have the best intentions. Give them positive feedback on their actions

side note # 1:

If you are unable to go for a walk, that's okay! Find a dedicated space you can go to, where you can reflect

Side Note # 2:

this exercise is in no way meant to make clear abuse (mental, emotional, or physical) be viewed in any type of positive light, this is for every day annoyances that cause us aggravation, not harm

In Me

Many times we look at other people's lives and see what they have going on and we begin to minimize all we have to be grateful in our own lives. I want you to write yourself two thank you notes. The first, thanking yourself for all the things that make you uniquely you; the second, thank yourself for the parts of you that you normally view as negative. Sometimes we try to hide certain parts of ourselves, but the truth is, all of it makes us who we are. When you learn to be thankful for ALL of you, you'll be able to maximize on the blessing that is YOU

Ahead of Me

Now that we are more aware of what is around us and what is within us, let's start being thankful for all the things that are to come. Write down three areas of your life that you would like to see change in. You can make it broad (ie. work, relationships etc) but the more specific the better. Write down what you would like to see improve in those areas. Spend a few minutes daily thanking God for a vision for your life, thanking Him for showing you ways to improve in those areas. Thank Him for those improvements coming to pass. Thank Him in advance for what you are hoping to see in your future!

Area 1

This image shows a full page of primary-ruled notebook paper. It features ten sets of horizontal ruling lines. Each set consists of three lines: a solid light blue top line, a dashed black middle line, and a solid light blue bottom line. The margins are consistent throughout the page. There is no handwriting or other markings on the paper.

Area 2

[illegible]

Area 3

This image shows a full page of primary-ruled notebook paper. It features ten sets of horizontal lines, each consisting of a solid top blue line, a dashed middle blue line, and a solid bottom blue line. The margins are consistent on all sides, and there are no markings or text on the page.

[illegible]

[illegible]

Mindful Gratitude Exercise

Rate your experience of progressive gratitude in the chart below. Use a scale from 0 to 100, where 0 means not feeling good at all and 100 means feeling great. Moderate will be a 50 on this scale. Also, date and write yourself a little note on how you felt, before and after

Mindful Exercise	Score	Date/Note
Before My Walk (How do you feel on a scale of 0–100?)
	
	
	
	
After My walk (How do you feel on a scale of 0–100?)
	
	
	
	
Before My Walk (How do you feel on a scale of 0–100?)
	
	
	
	
After My walk (How do you feel on a scale of 0–100?)
	
	
	
	

Mindful Gratitude

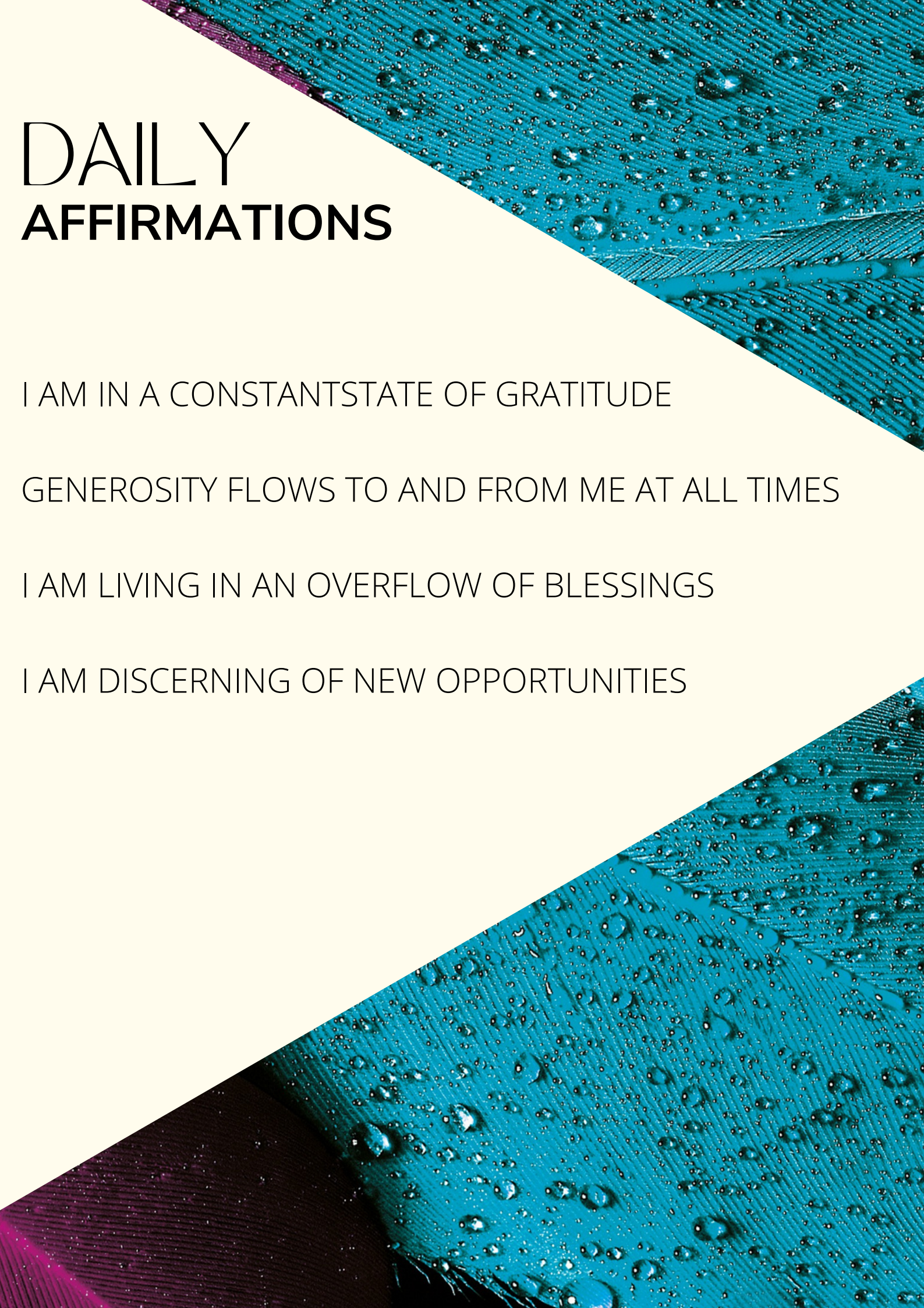
Exercise continued...

Mindful Exercise	Score	Date/Note
<p>Before My Walk</p> <p>(How do you feel on a scale of 0–100?)</p>
	
	
	
	
<p>After My walk</p> <p>(How do you feel on a scale of 0–100?)</p>
	
	
	
	
<p>Before My Walk</p> <p>(How do you feel on a scale of 0–100?)</p>
	
	
	
	
<p>After My walk</p> <p>(How do you feel on a scale of 0–100?)</p>
	
	
	
	

Gratitude

verb

"Gratitude is an action word! It is something you do that unlocks the fullness of life"



DAILY AFFIRMATIONS

I AM IN A CONSTANT STATE OF GRATITUDE

GENEROSITY FLOWS TO AND FROM ME AT ALL TIMES

I AM LIVING IN AN OVERFLOW OF BLESSINGS

I AM DISCERNING OF NEW OPPORTUNITIES

Chapter 3: Grow with it!



Did you know...

Every experience in life was designed to grow you in some capacity. Nothing is happening to you, everything is happening for you!

In this chapter you will find



Scripture Devotional



3 Step Reframing Guide



Daily Affirmations

Both the sun and the rain are required
to make something grow

Scripture

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit He prunes so that it will be even more fruitful." - John 15: 1-3

Devotional

Often times we are taught that if we just do the right things, follow all the rules and stay on the right path that life will reward us with comfort and ease. When "bad" things happen to us, when we are hurt, when we are rejected, or when we experience a loss in any capacity, many times we try and figure out what we did wrong to cause this to happen to us. I've heard said many times- "what did I do to deserve this?", as if what we experience in life is a direct correlation to what we deserve. If I've learned nothing through my relationship with God it's that He does not treat us as we deserve. He treats us according to His love for us and causes all things to work for our good and according to His purpose for our lives.

There comes a point when you realize that your situations and circumstances have less to do with what is happening to you and everything to do with what will happen inside of you as a result of what you're going through. One of the first commands God ever gives us is to be faithful and multiply. This scripture is showing us how one becomes fruitful. It says the first thing He does is cuts off every branch that is not bearing any fruit.

Anything in your life and anything in you that is not growing, that is not producing as it should, and that is not yielding any beneficial results, He cuts away. There are different ways that this cutting shows up in our lives. Cutting can look like losing friends, losing a loved one, losing a job, or all of the above. Cutting hurts, but cutting is necessary in order for growth to occur.

One of the harder things to reconcile is the fact that even when you are producing, growing, and being fruitful, there is still another level yet to be seen. He says even the branches that do bear fruit He prunes in order to produce more fruit. So in between fruit and more fruit is another cut. Everyone at some point in life will experience disappointments, rejection, and losses but it's what you do with it that makes all the difference. Sometimes we get so stuck in the why, that we forget to remember the Who. When God is the one who is doing the cutting you can be sure that everything attached to your loss will ultimately cause you to grow and produce at a higher level. Sometimes the cut hurts, but grow anyway.

I want you to write down some of the pain points you have associated with growth in the different areas of your life. The "what if's" you've attached to the change required to grow.

In each category make a list of your "what if's" that have been holding you back. (Even the ones you are too ashamed to admit out loud)

Category 3

Replace li

Step 3

After you have taken the time to write down all of the what if's that have been holding you back I want you to go back and replace every what if, with even if.

What if says you are placing conditions and limitations on your success, and on your growth. The truth is EVEN IF everything on your what if list came to pass, you would still win if it is aligned with what God has for you.

Use the space below to Replace your what if statements to even if.

Category 1

Category 2

Category 3

Repeat li


Often times we focus on a change of behavior. We know that in order to get something different we have to do something different, and so we try to change our actions. I've learned that in order to change your actions, you must first change your mind. Otherwise, your change in action will only be temporary.

After you have changed all of your what if's to even if's, I want you to repeat them to yourself daily. Repetitions is the fastest way to change your mind, because your mind will believe what you tell it frequently enough.



ALWAYS REMEMBER

**"THE QUICKEST
WAY TO CHANGE
YOUR LIFE IS TO
CHANGE YOUR
MIND"**

The background of the image is a close-up photograph of green leaves with water droplets. The image is split diagonally from the top-left to the bottom-right. The upper-left portion is a solid cream color, serving as a background for the title and the first affirmation. The lower-right portion shows the green leaves, which are also the background for the remaining three affirmations.

DAILY AFFIRMATIONS

I AM BECOMING THE BEST VERSION OF MYSELF

I SEE EVERY LOSS AS AN OPPORTUNITY FOR GROWTH

I AM LETTING GO OF THE THINGS THAT NO LONGER
SERVE A PURPOSE IN MY LIFE

I AM PLANTED, AND IN THE PROPER SEASON I WILL
SPRING UP!

Chapter 4: Masks Off

Did you know...

You are only as strong as your weakest point, and any weakness you hide is the area the enemy will attack.

In this chapter you will find



Scripture Devotional



Journal Exercise



Mirror Challenge



Daily Affirmations



THOSE WALLS YOU BUILT TO
PROTECT YOURSELF? DON'T LET
THEM BECOME YOUR PRISON!

Scripture

"Then the eyes of both of them opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings" - Genesis 3:7 NKJV

Devotional

No one likes to feel exposed. Our first instinct when we look at the areas of our lives where there could be a perceived weakness, is to cover it up. We begin to create masks in our every day life to cover up the parts of ourselves that we think leaves us naked, exposed, or vulnerable. In this scripture we witness the moment where Adam and Eve's perception about their current situation shifted; they had been naked all along but after an encounter with the enemy, they now perceived their nakedness as something that needed to be covered. If you continue reading, Adam says to God, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself". Here lies the catch 22: you want to hide the parts of yourself that are vulnerable and naked because you don't feel strong enough to protect yourself in those areas, however, any area that you hide from God, is the area that the enemy can now attack. The enemy knows that if you bring your perceived weakness into the presence of God, he can't win. He knows that in the presence of God, all weaknesses ultimately become an opportunity for God's strength to be made perfect. That's why the enemy works double-time to

make you feel shame. If you are ashamed of something, then you'll hide it and anything hidden can not be healed. The number one tactic of the enemy is to shift your perspective - about yourself, your actions, and your identity. In Genesis 2:25 the word tells us that "Adam and his wife were both naked, and felt no shame"

What changed between Genesis 2 and Genesis 3? At both points, the two were naked, so the circumstance had not changed. The only thing that had changed was their perception of themselves. After an encounter with the enemy, suddenly shame entered, they are trying to cover themselves, and they are hiding from God, as if what they had done somehow disqualified them from being in His presence. There is nothing you could do to disqualify yourself, God has already chosen, qualified and justified you. God's presence will always be the safest place you can ever be. God wants to show you that you are enough just as you are and that you don't have to hide any part of yourself from Him. He will be your ultimate covering and protection in any area you feel you are weak.

Identify It



Just like Adam and Eve, we all have fig leaves that we try to use to mask areas of vulnerability. Right now, people are wearing masks to protect themselves from an invisible threat (virus).

But what about all the other masks we've been wearing to protect ourselves? Like the "hard" mask we wear to protect ourselves from heartache? Or the "I don't care" mask we wear to protect ourselves from the pain of rejection?

Look over your life and ask yourself, what are the masks in your life? What have you used to cover up an area that made you feel exposed or weak? What are the "fig leaves" in your life?

As you reflect on this, look at the masks in different areas of your life, work life, relationships and friendships.

Question It

One thing I found interesting with Adam and Eve is that even after sewing on fig leaves, they still hid because they felt naked. What they used to cover themselves did not even work to make them feel covered.

Now that you have identified the 'masks' in your life, ask yourself, are they actually working?

Often times, the masks you wear to protect yourself in one season of your life, become the very thing that is suffocating you in another season. Have you outgrown your mask? Is your mask still working for you? Has your mask hindered you from freely experiencing the thing you truly desire deep down?

Go down your list from above and ask yourself the above question for each of your 'masks' listed.

Reflect

Identify It

Handwriting practice lines consisting of 20 horizontal dotted lines on a light green background.

Question It

[illegible]

Mirror I

Many of the masks we wear come from the fact that there are still parts of us that require validation from someone or something outside of ourselves.

Because we are not completely comfortable in who we are, we tend to think we have to hide, protect, prove or defend ourselves to others.

I want you to look at yourself in the mirror and say the following statement to yourself as a daily reminder.

I have nothing to hide.

I have nothing to protect

I have nothing to prove

I have nothing to defend

Let that sink in.





DAILY AFFIRMATIONS

I AM LIVING IN A STATE OF AUTHENTICITY

I GIVE MY PERMISSION TO BE WHO I REALLY AM

I LOVE THE PERSON I AM COMING

I AM WHO GOD SAYS I AM

Chapter 5: You Are Chosen

Did you know...

That God knew you before you were even in your mothers womb. He knew you beginning, your end and every mistake you made in between, and He still chose you.

In this chapter you will find



Scripture Devotional



Journal Exercise



Mirror Challenge



Daily Affirmations



You did not choose me, But I chose you
and appointed you so that you might go
and bear fruit- fruit that will last- and so that
whatever you ask in my name the Father
will give you - John 15 : 16

Scripture

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. - Ephesians 1:4 NLT

Devotional

If you've ever felt like you were last on someone's list, if you ever felt like you were unwanted, or not good enough to be chosen, there is something you should know. Before the world was even created, God chose you. He made a decision on how He was going to see you, both holy and without fault, and has never changed His mind about you. The key word in this scripture though is, in HIS eyes. So many times we get caught up in how we are perceived in other people's minds. How do my friends see me, how do my co-workers see me, how does my partner see me? The reality is the only one who truly has the ability to see your true value is the one who created you. He is the only one who truly knows all of you. The good parts, the bad parts and the ugly parts we try to hide from the world. God knows every part of your story and still chose you.

Sometimes we want so badly to be chosen by other people so that our insecurities can be validated but often God will use other people's rejection of us to point to His love and acceptance. God is not shocked or surprised when we do things that are not aligned with His will, He knew the mistakes we would make and still chose

to see us as the highest version of ourselves. He had faith for us. Faith is the substance of that which is hoped for and evidence of that which is not yet seen. Even though we are not yet who He created us to be, the evidence that we can be that is the fact that in HIS sight, we already are. God has a vision for you. When it comes to vision, even when everything around you and everything you can see with natural eyes doesn't seem to add up to what the vision says, you can trust that the vision is what is true and your current reality is the lie.

Romans 1:25 says that they traded the truth of God for a lie and a lot of times, that is what we do. We trade the truth of what God has spoken over our lives, the truth about who God says we are for the lie for what we currently see in our day to day. Don't let what you see make you forget what God said. You are chosen, never forget that.

One of the biggest obstacles in experiencing love and acceptance from others, is first experiencing it from ourselves. If you haven't chosen you, with all your flaws, and all your "issues" then even if someone else does choose you, you will self-sabotage those relationships. It is because if you are honest you don't truly feel like you are worthy of being chosen.

I want you to write yourself a love letter. Talk about what your favorite things about yourself are, what you are most proud of yourself for, express gratitude for the things you've overcome and the things you've been able to accomplish.

Try to avoid general statements, be as specific as possible.

Go back to this letter whenever you start to feel unworthy.

Identify I

Make time when you wake up or at night before you go to bed to write down three things you love about yourself. Try and come up with three new things daily.

These can include physical attributes, good choices you've made, and things you've accomplished etc.

Love Note

A series of horizontal dotted lines for writing a love note.

WHAT I LOVE ABOUT ME.

SOME WAYS I ADD
VALUE:

I LOVE
HOW I ...

I'M
PROUD
OF...

I'M
HAPPY
I...

LOVE
THIS FOR
ME...

I LOVE
MY..

Mirror I

The hardest thing in life to see, is ourselves. With our eyes we can see everything and everyone around us, but the only way to see ourselves is in the mirror.

Whether in an actual mirror or metaphorically through what is reflected back to us by those around us, we never actually see ourselves - only a reflection. Make sure what is being reflected back to you, from you, is unconditional love

I want you to make it a practice to look at yourself everyday in the mirror and repeat the following statement:

“I’m Sorry,
I forgive you,
Thank you,
I love you”





DAILY AFFIRMATIONS

I AM WORTHY OF LOVE

I AM DESERVING OF ALL GOOD THINGS THAT ARE
HAPPENING TO ME

I AM AUTHENTIC TO MY TRUE SELF

I AM EXACTLY WHO I NEED TO BE FOR THE MOMENT I
AM IN

I

Chapter 6:

It's time to be **Self Free**

Did you know...

You are only confined by the walls you build yourself. Every limiting belief you have about the circumstances, capabilities and, possibilities of yourself and those around you, build another layer of the wall you feel stuck behind

In this chapter you will find



Scripture Devotional



Check It Challenge



Reframing Exercise



Daily Affirmations



TO BE FREE SOMETIMES ALL YOU
HAVE TO DO IS LET GO

Scripture

Then Christ said to those Jews who believed Him, “If you abide in My word, you are my disciples indeed. And you shall know the truth, and the truth shall make you free.” - John 8:31-32

Devotional

We've all heard the saying, “the truth will set you free” and most of us have probably used it in reference to someone who, because of a lie, had found themselves stuck in a bad situation. How though, does that relate to our everyday lives? Do you ever feel stuck in a bad situation? Do you look at your life and feel that there are areas you want to do better in? Would you like to change in life but feel like a prisoner to your current reality? This scripture is letting us know that the true freedom in any area of your life comes from knowing the truth. But whose truth? We live in an age where everyone seems to have their own truth. People believe that what they feel to be true somehow becomes true just because they feel it. However, here we see that the only way to the real truth is to abide in God's word. It is there you will start to break down the lies, strongholds and beliefs that society has ingrained in you. It is there that the truth will be revealed to you and it is there that you will be set free. There is this interesting concept called progressive revelation, that God does not reveal all at once but in steps. Right now there are some areas in your life that you don't even realize you have been told lies. Things that have been told to you for so long long you never even thought to question it. Allow God to progressively reveal these truths to you as you let go of the beliefs that you recognized were founded in fear, lack of knowledge or just tradition.

Identify it



Before you can truly be free of anything you have to be able to identify what actually has you feeling stuck. For this exercise I want you to slow down and think about the areas you feel stuck in and also why you feel stuck there. Once you've identified it, write it down.

This can be done in categories such as finances health, and relationships or it can be something as specific as I feel stuck in my current job

Check it

It's important to take time and analyze your thinking from time to time. Our thoughts are a build up of experiences, expectations and things that have happened around us all of our lives. Left unchecked we will use old ways of thinking to navigate new territories in our lives. When you look at the list you've made of why you feel stuck, what are the thoughts that have led you to believe you are stuck? Ask yourself, are these beliefs ones that still benefit me or are they beliefs I need to let go of? Behind every moment of feeling stuck, there is a belief that we are holding on to that is no longer serving us.

If you can identify the thought and check it, you can begin the process of letting the belief go.

IDENTIFY ✦ CHECK ✦ ANALYZE

USE THE SPACE BELOW TO IDENTIFY THE AREA YOU FEEL STUCK, WHY YOU FEEL STUCK AND THE BELIEF ATTACHED TO THAT

EXAMPLE: I FEEL STUCK IN THE AREA OF MY FINANCES, BECAUSE EVERY TIME I START TO MAKE PROGRESS AN UNEXPECTED PROBLEM COMES AND PUTS ME BEHIND AGAIN. I BELIEVE I DON'T HAVE ENOUGH OR MAKE ENOUGH TO MEET MY NEEDS

<u>AREA</u>	<u>WHY?</u>	<u>BELIEF</u>

<u>AREA</u>	<u>WHY?</u>	<u>BELIEF</u>

<u>AREA</u>	<u>WHY?</u>	<u>BELIEF</u>



Reframe It

Oftentimes we want our situation or circumstance to change when in reality all we need is our perspective to change. One of the quickest ways to shift your perspective is to reframe your thoughts. After you have written down your thoughts and analyze them, I want you to come up with two alternative ways of looking at the situation you are in. Where are two other conclusions you could've come up with other than "I'm stuck here"

Support It

The next step is to look for evidence that supports your new alternative thoughts that you just created. The truth is there is always evidence to support whatever you decide to believe, whether good or bad. Choose the beliefs that serve where you want to go, and then look for evidence to strengthen that belief.

Bonus

The scripture we read earlier lets us know that the true way to know the truth is to know God's word. Here are a few scriptures to remember and speak over yourself to help strengthen your new beliefs. Add on to this list with some of your own.

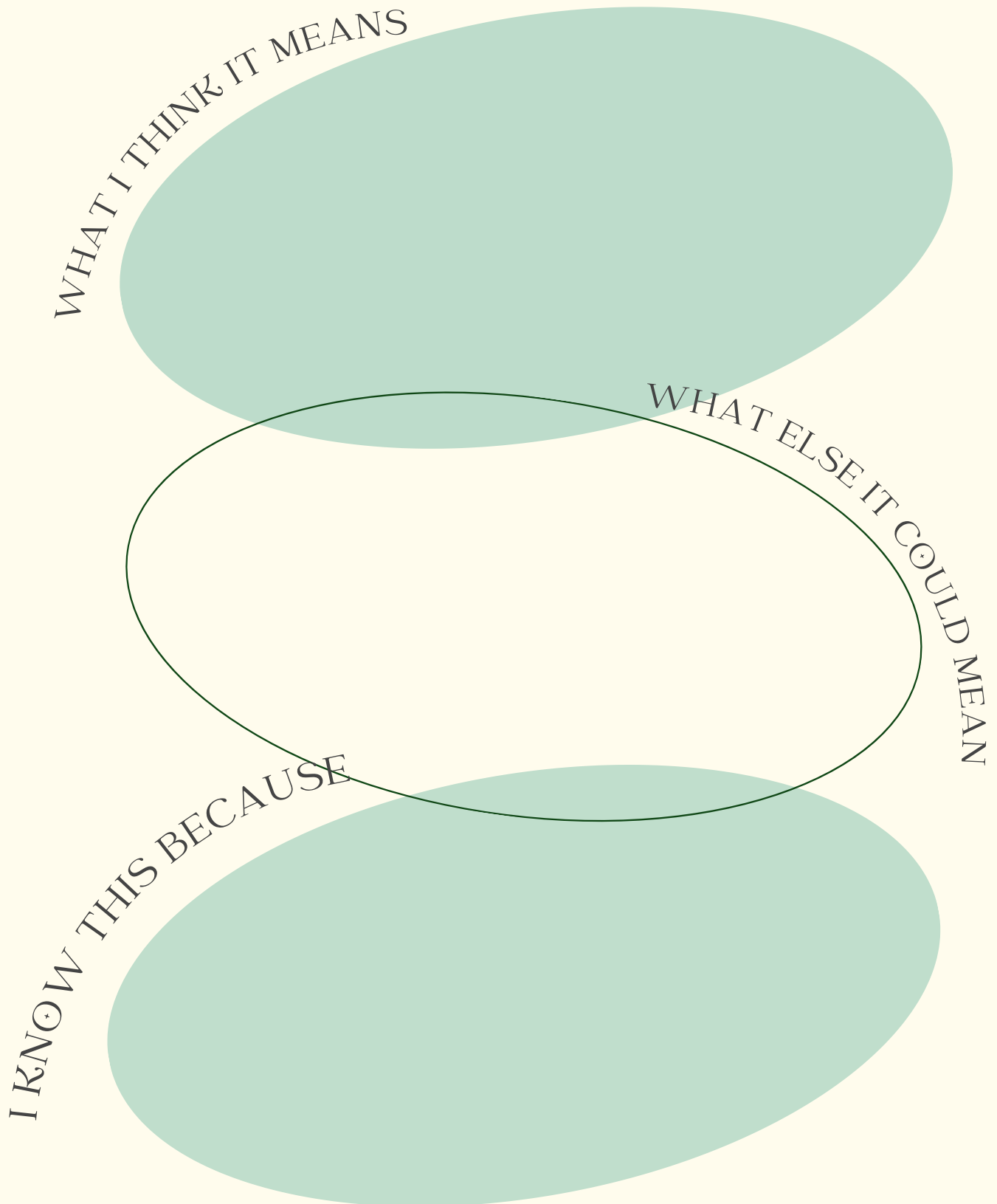
Finances: Philippians 4 :19

Healing : Jeremiah 30:17

Obstacles: Isaiah 45: 1-2

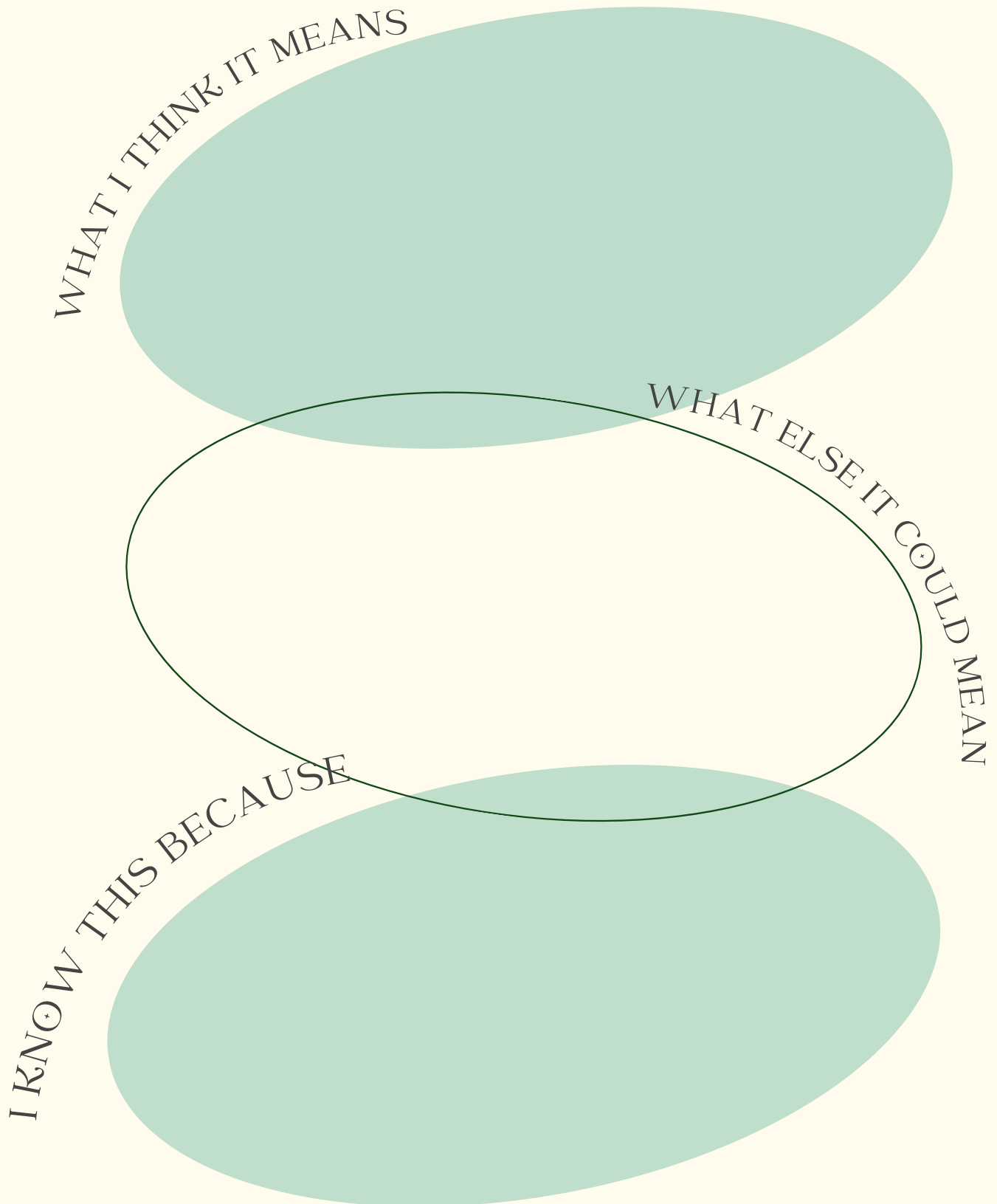
3 STEP

REFRAMING EXERCISE



3 STEP

REFRAMING EXERCISE



The background features a soft-focus image of green leaves at the top and bottom. The bottom corners are framed by large, dark green triangular shapes pointing towards the center.

DAILY AFFIRMATIONS

I AM FREE OF ALL LABELS OTHERS HAVE PLACED ON
ME

I AM FREE OF THE NEED FOR APPROVAL FROM OTHERS

I AM FREE TO DREAM AND TO PURSUE THAT DREAM

I AM FREE FROM SELF DOUBT

I AM FREE FROM FEAR, ANXIETY AND WORRY

Chapter 7: You are Limitless



Did you know...

Doubt has killed more dreams than failure ever will. Step out of doubt, step into being limitless.

In this chapter you will find



Scripture Devotional



3 Step Visualization Guide



Daily Affirmations

Break all the boundaries you have built in your mindset. Give wings to your dreams... Let them be free to fly high!

Scripture

Moses said to the Lord, "Pardon your servant, Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue." The Lord said to him, "Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, The Lord? Now go; I will help you speak and will teach you what to say." - Exodus 4: 10-12

Devotional

Moses is said to be one of the greatest leaders ever written about in the Bible. He stood up against Pharaoh, freed over six hundred thousand Israelites from Egyptian slavery, and led them to the promise land that God had given them. Sounds like a great man right? However, before he became that great leader, Moses dealt with many of the same doubts and insecurities that we have today. How many times have you tried to talk God out of blessing you? Most people would say never, but every time you give power to your doubts and power to your fears because you don't think you are good enough, you are robbing God of the opportunity to bless you. Your blessings are found in pressing beyond your self-imposed limitations. When you place limits on yourself based on what you think is possible for you, you ultimately place limits on God. In this scripture, God reminds us that He is the Creator, and He knows exactly what He has deposited in us, according to our unique peculiarities, when He called us to accomplish His purpose for our lives. He reminds us that He is the ultimate gap filler, and He makes up the difference in any area we are lacking. Allow God to help and teach you along the way. The truth is we serve a limitless God who, given the chance can be exceedingly and abundantly above all we can think or ask for. When you begin to truly believe this, you will see that there are no limits to the things you can accomplish.

Dream It

When was the last time you allowed yourself to dream big? I don't just mean, the new car you've been dreaming about or the vacation you want to go on, I mean BIG, as in outside the realm of what looks possible for yourself. Many times we do not allow ourselves to dream bigger than the current reality we see around us. I want you to dream bigger!! The word tells us that God is able to do exceeding & abundantly above all we could think or ask for, so why think small?

Take a moment to close your eyes and visualize the dream. If you truly believed that you had limitless ability to create the life you dream of, what would that look like? Visualize every detail. Who is with you? What are you wearing? How do you feel? What kind of car are you driving? What does your house look like? I want you to visualize this daily for at least 5 min a day. the first step to believing is seeing it! Close your eyes and Dream!

Write It

Now that you have a clearer vision of what you actually want, I want you to write it down. Be very specific and detailed about your dream. You can create a different vision for the different areas of your life. At least weekly I want you to read this to yourself. After you read it, I want you to ask yourself, what would it take for me to live that life? I don't mean things outside of your control, but things you have the ability to start incorporating in to your life today.

Encourage li

Have you ever noticed that you will encourage your friends to go after their dreams quicker than you'll encourage yourself? I want you to write yourself a letter as if you are writing to a friend that has come to you discouraged and feeling like they're not good enough to accomplish their dream. Write a letter encouraging them. Put it in a safe place and whenever you are feeling like you can't accomplish something take this letter out and read it to yourself.

3- STEP VISUALIZING

USE THE SPACE BELOW EXPRESS THE DREAM YOU HAVE

MY DREAM IS:

I FEEL

I HAVE

I DRESS

I THINK

VALUES
AND
DISCIPLINES
I NEED TO
HAVE



[illegible]



DAILY AFFIRMATIONS

I AM MAKING A LASTING IMPACT ON THE WORLD

I AM HAPPY EVEN IN MY IMPERFECTIONS

I AM CONFIDENT IN MY ABILITIES

I AM TAPPING IN TO THE FLOW OF MY DESTINY

I AM WORTHY



Chapter 8: The miracle is YOU



Did you know...

**That the same God who created the sun,
the waters, and the trees - created you too.**

In this chapter you will find



Scripture Devotional



Mirror Challenge



Daily Affirmations

You are the miracle you've been
waiting for.

Scripture

So God created man in His own image; in the image of God He created him; male and female He created them.

Genesis 1:27 NKJV

Devotional

In the beginning God created. Starting with a blank, void and formless canvas He spoke a word and the world began to take shape. Each thing created, was with a unique purpose and reason for being created. The sun, the trees, the cattle were all created by a God, who knew in the beginning what would be needed through time.

The word tells us That God is the Alpha and the Omega, the First and the Last, the Beginning and the End (Revelation 22:13), which means there is nothing that catches Him by surprise. He is so intentional about everything He creates. We can see it so clearly in nature, when we think about all the ways our ecosystem is interconnected. When we think about how intentional God was when creating everything, it's sometimes easy to forget that we are one of those things He created.

God looked ahead in time, and saw exactly what the world would need, and decided you were a part of what was needed. You are a part of God's strategy for this world. Do you know how many things had to align just for you to be here today; how many events had to unfold just perfectly for your parents' parents' parents to meet? Do you know how many decisions had to be calculated in, mistakes had to be accounted for and how many missteps had to be adjusted just right, so that you could be here? Nothing is random, and that includes you. The same God that in the beginning created what was needed in order for His purpose to be fulfilled on this Earth, is still doing that today.

So the question becomes, God why did you think I was needed? Often times we are looking for God to do a miracle in our lives, we are looking for Him to show up in a big way, and He does do that. He is able to do exceedingly and abundantly above all we can think or ask. However, there are some things that we are waiting for God to do; that He has given you the grace, power and authority to do for yourself. You are the miracle you are waiting for. This scripture says God created us in HIS image. This means that same miracle working DNA is within in all of us. This means that when God looks at you He doesn't see your mistakes, your shortcomings or your flaws, He sees Himself in you, and if you could ever see yourself the way God sees you, you'd be unstoppable.

Mirror Challenge

Sometimes it is easy not to see ourselves as a miracle. It's difficult to believe that we could be the solution to a problem in this world. This is often because we are so familiar with our flaws. We know them, we own them, and we hold onto every short coming and use it as a reason for why we can't be or do everything God created us to.

We have unconsciously held onto our mistakes, while simultaneously not celebrating all of the great things we've done and all the ways in which we have overcome.

This month I am giving you 3 statements to complete. Once you complete the statements read them back to yourself in the mirror.

In order for this to be effective it needs to be done consistently.

Read daily to yourself in the mirror.

MIRROR CHALLENGE

COMPLETE THE BELOW STATEMENTS, YOU CAN SWITCH OUT THE THINGS YOU ARE FORGIVING, COMMITTING TO, AND PROUD OF DAILY OR YOU CAN CONTINUE TO USE THE SAME STATEMENTS UNTIL YOU REALLY FEEL WHAT YOU ARE SAYING.

I AM PROUD OF YOU FOR state 3 things you are proud of yourself for



I FORGIVE YOU FOR... state 3 things you are forgiving yourself for



I COMMIT TO YOU THAT state 3 things you commit to doing for yourself





DAILY AFFIRMATIONS

I AM THE SOLUTION TO SOMEONE'S PROBLEM

I WAS CREATED FOR A PURPOSE

I AM IN PERFECT ALIGNMENT WITH MY CALLING

I AM A MIRACLE

I AM PART OF GOD'S STRATEGY

Chapter 9: It's time to Level Up

Did you know...

That obstacles are a gateway to success? Many times we run away from a problem not realizing that God has called us to be problem solvers. Find the problem that you are the solution to and watch God promote you to the next level of your purpose

In this chapter you will find



Scripture Devotional



Past Victories Review



Goal setting guide



Daily Affirmations

Don't forget you can Re-Set, Re-Adjust, Re-Focus & Re-Start, as many times as necessary



Scripture

Saul replied, “You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth.” But David said to Saul, “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, I went after it, struck it and killed it. Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine” - 1 Samuel 17:33-37

Devotional

Whenever we hear people talk about being elevated to the next level, we typically speak of the success, the upgrade, or the recognition that comes with being elevated. However, rarely do we associate next level with struggles or obstacles. The truth is new levels are often accompanied by or preceded by these very things. If we study the life of David we see that every time David was upgraded to a new level he did so by being the answer to someone’s problem. We see this when David is sent for by the king to play music to help calm the evil spirits that were tormenting him (1 Samuel 16:15-18) and we see it when David goes up against Goliath, who was a problem for all of Israel (1 Samuel 17:45-50). One thing I’ve found is that God not only uses obstacles to promote us to new levels but he also uses obstacles to prepare us for new levels. When Saul told David he couldn’t handle going up against Goliath, David was able to say with confidence that he could. That’s because he had gained his confidence from the fighting he had done in the past.

After David was anointed to be king, he still had to go back to tend Sheep. Many might question why he needed to do this, even though he was destined for greatness. It is because although he was destined for it, he was not yet ready for it. Many times we are praying for success, but running away from the obstacles that would help prepare us for the success we pray for. It was in the field tending to sheep that David sharpened his skills. He became stronger and gained the confidence and faith he would need to slay the big obstacle. When you look at the problems you are facing, are you viewing them as a stop sign or are you able to see them as preparation for the problem you were ultimately created to solve. Remember God places problems around you that you have the power to become solutions to. People often question what their purpose is and on clue to what your purpose is, is answering the question "What problem do I solve"

Reflect On It

What are some of the obstacles that have been recurring in your life? Have you found yourself fighting the same battle disguised as different situations over and over? Take a moment to think on those things. What you may have been seeing as problems and obstacles, may very well have been preparation, preparing you to be the answer to the problem you were created to solve.

Write It

Write down some of the major obstacles you have had to overcome in your past. After you write down the obstacles, I want you to write down how you were able to overcome them. Sometimes we forget how far we've come because we are looking at how far we have to go. This will serve as your reminder of all the progress you've already made, and of all the ways God has already provided for you.

Also, make a list of your four top goals, and the current obstacles you are facing that are standing in your way. Spend time this month researching possible solutions of these obstacles.

Set the Date

"Goals without deadlines are just dreams"- Robert Herjavec. Now it's time to set this new level into action. You've researched possible solutions to the obstacles standing in between you and your next level, now it's time to put those solutions into action. I want you to create a goal outline listing the steps you need to take, and set a deadline for yourself to accomplish these goals.

PAST VICTORIES

REVIEW

LIST THE OBSTACLES YOU'VE FACED AND HOW YOU OVER CAME

OBTACLE...	HOW I OVER CAME...



GOAL SETTING GUIDE

MAKE SURE YOUR GOALS ARE ALWAYS DOING THE MOST! MAKE IT MEASURABLE, IDENTIFY THE OBSTACLE, FIND THE SOLUTION AND SET A TIME. MAKE SURE YOU ARE SETTING GOALS THAT ARE IN YOUR CONTROL

Goal	<u>GET SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
O	<u>OBSTACLE</u> WHAT IS STANDING IN MY WAY	
S	<u>SOLUTIONS</u> WHAT ARE POSSIBLE SOLUTIONS TO MY OBSTACLES	
T	<u>TIME BOUND</u> SET A DATE FOR WHEN YOU WILL ACCOMPLISH THIS GOAL	



This is one of the hardest parts of the process; releasing the outcome to be what it will be. When you do your part you have to release the rest to God. It is your job to prepare for the next level, and it is your job to do the work on the level that you are on, BUT it is God's job to promote you to the next level. There is a scripture that says "Promotion comes neither from the east nor from the west nor from the south. But it is from the Lord (Psalm 75: 6-7). Don't ever forget who is in charge of promotion. You can't hustle up on it and you can't grind your way in to it. All you can do is prepare and do what you know to be your part. Trust in God's timing that when you are ready to carry the weight that comes with the next level He will take you there. Release IT until He releases YOU.



DAILY AFFIRMATIONS

I AM POWERFUL AND CONFIDENT AS I TAKE ON NEW
CHALLENGES

I AM RELEASING ANY BELIEF THAT NO LONGER SERVES
ME AND MY PURPOSE

CLEAR STRATEGIES COME TO ME EASILY AND
NATURALLY

I AM THE ANSWER TO SOMEBODY'S PROBLEM

Chapter 10:

Get Unlocked

Did you know...

That everything you need to unlock your gifts and talents is already within you? You are the secret sauce and no one can do you like you!

In this chapter you will find



Scripture Devotional



Gift List Guide



Daily Affirmations

Your talent is God's gift to you. What you do with it is your gift back to God

Scripture

Then the Lord said him, “What is in your hand?” “A staff,” he replied.

Devotional

When God called Moses to free the children of Israel, Moses had not yet tapped into his greatness. In fact, some would say that he didn't even know that, within him, greatness existed. It was there, however, it just needed to be unlocked. When Moses began to question if he had what it took, God asked him one simple question. “What is that in your hand” and I believe God is asking you that same question. The first step to unlocking your gifts is realizing that you have one. Stop looking around at what other people have, and at what you're lacking and recognize that you too have something in your hand. You will never be able to unlock your gifts looking at what's in someone else's hand. Know that God will never require you to need something that you don't have unless He plans on making up the difference. Also know, what you have in your hand has the ability to shift depending on what the need is. As you go through the story of Moses, you will find that what was just a staff in one season of his life, was what parted the Red Sea in another. God has a way of using whatever it is you have to fulfill His purpose. This is why it is so important to take inventory of all you have, without contaminating it with comparison of what other people may or may not consider a gift, including yourself

Think On It

I want you to spend time daily asking yourself “what is in my hands.” What are some things you consider as strengths of yours? What are somethings that come natrually to you? What are somethings that others have mentioned you being good at? Think outside of the box, don’t only think of “traditional” gifts.

Write It

Now that you’ve taken the time to really think about everything you have inside of you, everything at your disposal, that you can use to fulfill your purpose, I want yo to write it down. Write down EVERYTHING you are good at even if you aren't sure how it could be useful, yet. Look over this list at least weekly.

Research It

Once you’ve written down your gifts and what you have in your hands, I want you to research. Research industries and careers where your gifts would be useful. I want you to research ways your gift could be profitable to you AND to others. I want you to ask yourself who could benefit from what comes naturally to you?

WHAT'S IN YOUR HAND?

GIFT LIST

USE THIS TO CREATE A LIST OF EVERYTHING YOU ARE GOOD AT

I AM GOOD AT	IDUSTRIES THIS MIGHT HELP	WAYS IT CAN BE PROFITABLE	CAN IT HELP OTHERS? (Y/N)



DAILY AFFIRMATIONS

I AM MAKING A LASTING IMPACT ON THE WORLD

I AM CARRYING A VALUABLE GIFT INSIDE OF ME

I AM A GAME CHANGER

I AM AN ASSET



Chapter 10: Get in Alignment

Did you know...

That if even one part of you is out of alignment it can cause extra stress and damage to every other part?

In this chapter you will find



Scripture Devotional



Alignment Guide



Daily Affirmations



Everything falls into place when you
finally get in to yours.

Scripture

This, then, is how you should pray: “Our Father in heaven, hallowed be your name, Your kingdom come, your will be done, on earth as it is in heaven- Matthew 6:9-10

Devotional

When Christ was teaching His disciples how to pray this is how He began. In this scripture Christ is teaching us order. Look at how He starts with Our Father. Many times when things in our lives feel overwhelming or out of control, it's because we haven't put God in His proper position in our lives. We can't get to the Kingdom on earth with out first honoring God, and placing Him at the head. Once we place God in His proper position the next thing we have to make sure of is that we too are in our proper position. When it says on earth as it is in heaven, it implies that there is already a certain way things play out in heaven. The word tells us that before we were even in our mothers wombs that God knew us (Jeremiah 1:5), He let us know that even then He had a plan for us, to prosper us (Jeremiah 29:11). Many of us want to prosper but we don't want to align ourselves with what is already written in heaven. We want our will to be done, our plans and our dreams to become a reality. We say that God can do abundantly above all we can think or ask for (Ephesians 3:20) but then we fail to line up with the plan He has for our lives, because deep down we still think our plan is better. It's when you surrender your plan to God's plan that you can truly experience what's in heaven here on earth.

Define it

If you can't define what success looks like to you, you'll be stuck living someone else's version of it. Many times we want things to get better in certain areas of our lives but have not clearly defined what success looks like for those goals. When you have a very broad idea about the life you want to live it becomes difficult to make sure you are fully aligned with it.

I want you to break your life down in to four groups: Health, wealth, career, and relationships (you can of course add other groups as well), what does success look like in these areas. Be as specific as possibly, for example, success in your finances can't just be rich.

Plan it

Once you've clearly defined what success looks like in each area listed above, create an action plan of two to three things you would need to prioritize in order to be successful in that area. Remember you can not control outcomes but you can create conditions that make you more likely to be successful.

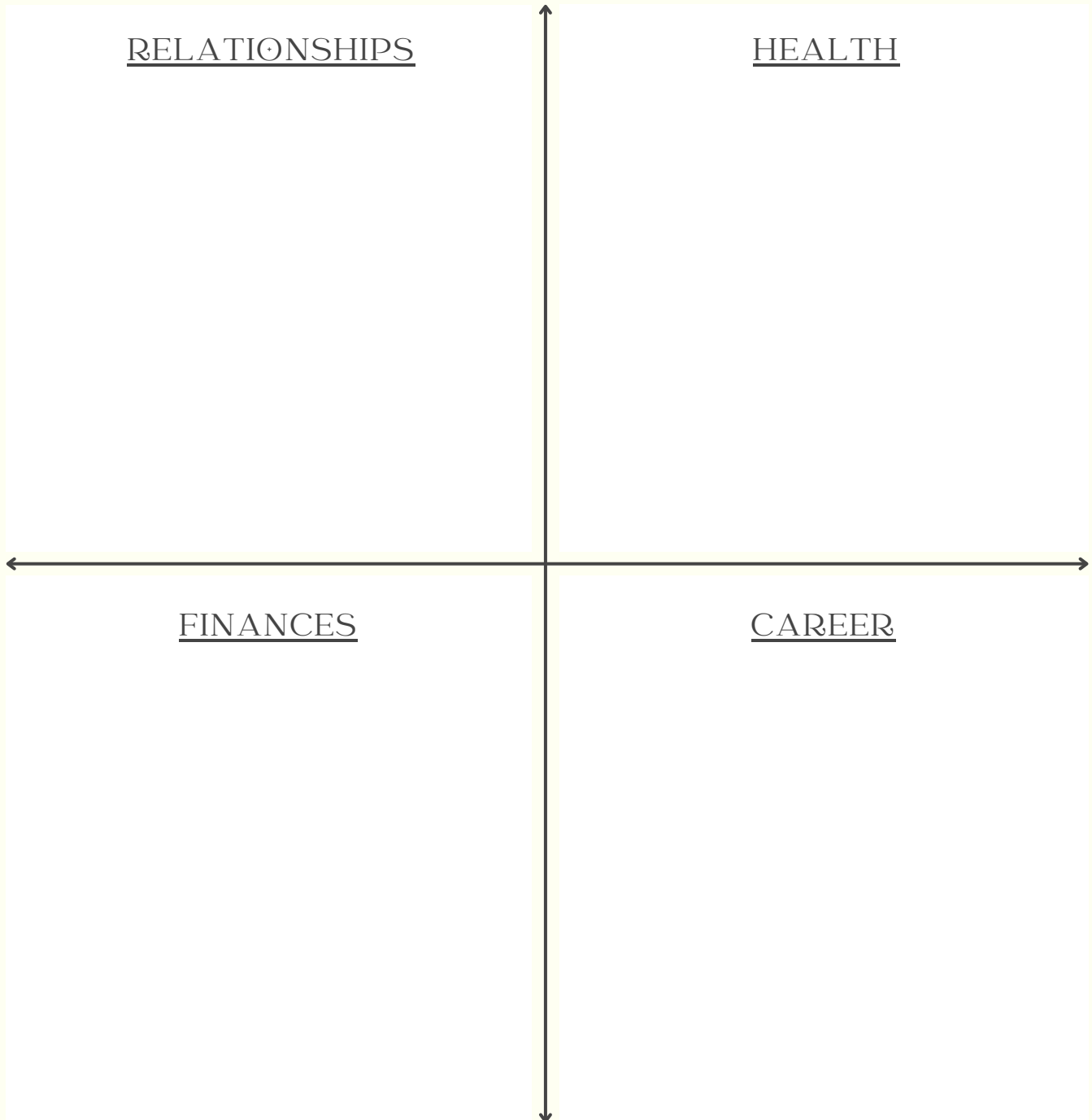
Measure it

You've now clearly defined what success looks like for you created and an action plan you can take to help you get to that success. The next step is to create a way to measure your success. How will you know that you are successful in any given area.

DEFINE. PLAN. MEASURE

ALIGNMENT GUIDE

USE THE FOUR QUADRANTS TO WRITE WHAT SUCCESS LOOKS LIKE IN EACH AREA, LIST TWO TO THREE THINGS YOU CAN PRIORITIZE TO GET YOU THERE AND LIST HOW YOU WILL MEASURE SUCCESS (HOW WILL YOU KNOW WHEN YOU ARE SUCCESSFUL?)



PUT IT TOGETHER

WRITE A STATEMENT THAT COMBINES THE OTHER THREE ASSIGNMENTS. WRITE A STATEMENT FOR EACH PLAN OF ACTION YOU CREATED FOR EACH AREA OF SUCCESS. YOUR STATEMENT SHOULD LOOK SOMETHING LIKE THIS:

“SUCCESS IN THE AREA OF MY HEALTH LOOKS LIKE GETTING MORE REST AND EATING HEALTHIER FOOD. IN ORDER TO DO THIS I WILL MEAL PREP AND GO TO BED EARLIER. I WILL KNOW I’M SUCCESSFUL IN THIS AREA WHEN I CONSISTENTLY MEAL PREP FOR THE WEEK AHEAD AND GET A MINIMUM OF EIGHT HOURS OF SLEEP DAILY, CONSISTENTLY FOR 90 DAYS”

FINANCES

HEALTH

RELATIONSHIPS

CAREER



The image features a decorative border at the top and bottom. The top border shows palm fronds against a bright blue, rippling water background. The bottom border is a dark, inverted triangle containing palm fronds and a similar blue water texture. The central area of the image is a solid cream color, serving as a background for the text.

DAILY AFFIRMATIONS

I AM POSITIONED TO ACCESS MY BLESSINGS

I AM IN THE FLOW OF ENDLESS OPPORTUNITIES

I AM IN PERFECT ALIGNMENT WITH THE CREATOR

I AM IN SYNC WITH MY HEART'S DESIRES

Chapter 12:

Vision 101

Did you know...

That provision broken down means For Vision. Sometimes the only thing standing in the way of your provision, is the actual vision.

In this chapter you will find



- ✓ Scripture Devotional
- ✓ Vision Plan
- ✓ Personal Swat Analysis
- ✓ Daily Affirmations



Where there is no vision, the people perish

Proverbs 29 : 10

Scripture

Then the Lord answered me and said “write the vision and make it plain on tablets, so that whoever reads it may run with it. For the vision awaits the appointed time; it speaks of the end and will not prove false. Though it lingers, wait for it; it will certainly come and will not delay. - Habakkuk 2:2-3

Devotional

Do you have a vision or have you just been taking life as it comes? A vision allows you to look at your future with imagination and wisdom. A vision gives you direction. In this scripture God is giving us a directive to write the vision down and make it plain., so that whoever reads your vision can run with it. This is letting us know that God has assigned people to your vision, He has assigned resources to your vision, but in order for them to be released He needs you to be clear on the vision. He needs you to make it so plain that there is no confusion on the direction in which you need to run. He also lets us know that there is an appointed time for the vision. Many times we get discouraged because we don't see the results we are looking for from all our hard work. We begin to feel like we have wasted time and energy on something that is never going to happen. This scripture is confirmation that in the end, the vision will not prove to be false, that even though it may seemed delayed it is actually right on time. A blessing out of season is a curse, so write the vision down, keep working towards it and wait for the appointed time.

State it

In business they have something called a vision statement. it is a declaration of an organizations objectives, intended to guide the internal decision making. I want you to come up with a vision statement for your life.

Think about your objectives, the things you stand for and what you want to guide you in this new decade. Think about your life's destination. In two to three sentences, what is your vision statement.

Make it plain

Now that you have your vision statement. What is your full vision? Most people have a vague vision, or a very short term vision. Take this time to really think about where you want your life to end up. Write the vision so clear and so plain that if someone were to come along with the wisdom and resources to make your vision happen they could read it and make moves with it.

S.W.A.T. II.

There is this unique connection between promises and problems. Every blessing comes with its own set of challenges and obstacles. The trick is to not be stopped when these obstacles come, instead be fueled knowing your blessings are on the other side of it.

Some obstacles are outside of your control and some are self-inflicted but in both scenarios it is important to be aware of the things that threaten your success and to take advantage of the things in your possession that will help you succeed.

So let's SWAT it out.

S:trengths - What are your strengths? What are the things you do well as they relate to the vision you have for yourself?

W:eaknesses - What are some of your weaknesses that may hold you back from reaching your full potential?

A:dvantages: What are some external advantages you have, what are some things in your environment that you could be taking advantage of in order to get closer to your vision?

T:hreats - What is it in your environment that is threatening your success, is it people, clutter, etc?

Now take time this month and evaluate these things. Ask yourself how can I use my strengths to combat my weaknesses and how can I use my advantages to counteract the threats against my purpose?

MAKE IT PLAIN

VISION PLAN

VISION STATEMENT

WRITE THE VISION

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

SWAT

ANALYSIS

STRENGTHS

S

WEAKNESSES

W

ADVANTAGES

A

THREATS

T





DAILY AFFIRMATIONS

I HAVE A VISION FOR MY LIFE

I AM ATTRACTING EVERYTHING I NEED TO BUILD A LIFE I
LOVE

I AM GIFTED WITH CLARITY OF THOUGHT AND
PURPOSE

SUCCESS COMES TO ME NATURALLY

Before you

Go

Wow wow wow!!! You did IT!!!! You made it to the end of the workbook, You did the work! Take a moment and be proud of yourself.

When I started this workbook I did so with one goal in mind, to help you grow. I remember when I first started my journey of intentional growth it was overwhelming and lonely. Overwhelming because I knew that I wanted something more but did not know exactly what or how to get there and lonely because no one seemed to understand quite what I was trying to do or why.

I told myself that if I ever got the tools, I would make sure I shared every single last one of them because I truly believe that there is a better, higher way of living that deep down we all want, if we just knew how.

My prayer for you is that you take these tools and use them to build the life you were created to experience. You may need to revisit some chapter time and again as you climb to new levels, so don't feel bad if you find yourself in season where you're having remind yourself of all the tools you've gathered along the way.

Thank you for trusting me to help guide you. They say a journey of a thousand miles starts with the first step, thank you for allowing me to be apart of that journey as you Step In To Purpose

xo
Teph