

*Achieve Your Significant Breakthrough to
Unleash the Warrior Within*



Dr. J.

**Change Your Mind.
Change Your Life.™**

MAKE PEACE WITH YOUR PAST

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Course Description:

Do you want to experience substantial breakthrough? Do you feel like your potential is stifled?

Then this course is for you!

Today you are going to have access to a **REVOLUTIONARY** neuro-behavioral process that has taken years to perfect and to develop. Yet, it only involves three (3) simple, but highly effective steps to “**Change Your Mind. Change Your Life.**”

What does this course deliver?

Laser-focused, Clear and Concise mentor-ship. Through self-directed & guided modular instruction that utilizes all of your senses (sight, hearing, and touch/doing), the learning of strategic lesson content will be enhanced. You will learn that your senses play an important role in the internalization of experience.

What this course isn't? A quick fix!!

You are going to have to commit to the process to experience substantial breakthrough of old behavior patterns that no longer serve you.

The process of overcoming and making peace with your past, requires the peeling of layers, much like that of an onion. It also may require you to take a deep dive; but I promise you **tangible** change will occur.

Deliverable(s):

1. You will learn to identify the origin of the faulting beliefs that stifle your potential; and to deconstruct it in a way that is simplistic, yet life-long effective, when done correctly.
2. You will learn informed proven strategies that will lead to neuro-pathway reprogramming to promote an optimal connection between your thoughts, feelings and actions.
3. You will gain the wisdom that will propel you from bitter to better and beyond.
4. You will dive deep and resurface anew.

5. You will learn that past mistakes, losses, and failures were intended to refine and equip you for who you are becoming.
6. You will learn to ignite your core powerhouse (resiliency) to tackle and control your emotional responses. Instead of living in reaction mode to life's adversities.
7. Trust me, by clearing your mind-blocks, developed from past experiences, you will be able to gain new perspective.
8. You will reclaim your power position in all areas of your life.

Now with renewed success thinking you will be equipped with the fundamental consciousness to intentionally develop a success life plan that will make you unstoppable in attaining all that you want in life.

Next Steps to Take to Get Started Now!

- Complete the Fit-Life Score Assessment here:**
eliteperformanceacademy.us/thetransformationprinciple
 - Review & Reflect on your Fit-Life Score Results (you will be emailed a copy of your results after completion of the online assessment for your convenience).**
 - Print a copy of your Fit-Life Score Assessment Results.**
 - Schedule your 1:1 Discovery Call**
 - Have your results in hand for your scheduled strategy meeting with your Trauma-Informed Coach.**
 - After your strategy call you will have defined a SMART goal to achieve through your learning in the Make Peace with Your Past course.**
 - Complete the Welcome on-boarding process, enroll, and put your student credentials in a safe place, as this will allow you to access your learning platform and assigned courses from wherever and whenever it is convenient for you to devote time to your-self.**
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- Connect on the FB Private Make Peace with Your Past Tribe for live Q & A.

- Join the conversation and accountability synergy group, by clicking on the link provided within your module.

By completion of Module 1, you will;

- **Learn the fundamentals of the effects of toxic stress on the developing brain and its impact on later behavior.**

 - **Begin to better understand how the mind affects the body and how we can reprogram those neuropathways.**

 - **Begin the process of making the decision of how deep you are willing and wanting to go, to Make Peace With Your Past. This is your individualized journey and only you can make the changes to your mind needed to change your life. Realizing this is the first step towards making substantial change in life. Take responsibility and the steering wheel in your life and see all the potential you will unleash.**
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- Connect on the FB Private Make Peace with Your Past Tribe for live Q & A.
- Join the conversation and accountability synergy group, by clicking on the link provided within your module.
- Utilize the Rise Up Toolkit **Bonuses** included in this module to enhance your action in Step 1 **Reset**

Congratulations you are well on your way to Making Peace with Your Past.

By completion of Module 2, you will;

- **Identified triggers that cause resurfacing of past learned behavioral reactions associated with past unconscious memories from childhood experience.**
 - **Pin point the stimuli triggers and link them to outward behaviors.**
 - **Find that you are on course to learn to respond, rather than reacting to these triggers, because of your enhanced understanding of the negative effects of Toxic Stress on brain functioning.**
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- Connect on the FB Private Make Peace with Your Past Tribe for live Q & A.
- Join the conversation and accountability synergy group, by clicking on the link provided within your module.
- Utilize the Rise Up Toolkit Bonuses included in this module to enhance your action in Step 2 **Realign**

By completion of Module 3, you will;

- **Identified what comes first the chicken or the egg – There is indisputable empirical research that has now substantiated that although thoughts are powerful, they are so only when coupled or supercharged by emotion.**
 - **Identify what emotions (positive or negative) supercharge your behavioral responses.**
 - **By identifying these links, we are able to mindfully reframe our thinking by STOPPING, REFLECTING & THEN RESPONDING in a different manner, than what has been learned in the past.**
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□ **Module 4 – Step 3 of the 3 Step Transformation Principle – RECONCILE**

This module provides the glue that binds the 3 Step Transformation Principle together, without this foundational learning all efforts to transform your mind and life, will not stick!

- ❖ **The first part** is all about identifying your current lead character strength and how to utilize it to address new situations in the here and now from a power-position;
- ❖ **The second part** of Reconcile focuses on utilizing positive emotions such as FAITH, LOVE, and GRATITUDE, which are known to be eminent high vibrating energy, to imprint positive thought in our Conscious Mind.

Why? Because what we **Practice gets Stronger!**

- Complete the instructional video.
- Complete the **“Warrior Character Strength – Self Assessment”** online.
- Print off the PDF **“7 Success Habits”** and place it someone visible to you daily. Now implement one of the habits a day over the next week, and continue until all 7 Success Habits are integrated into your daily routine by day 7. (Found in the Forms Section of the Handbook)

If you can commit to maintaining this behavior pattern for 45-days research has found that the new behavior pattern will be internalized & new habits will be formed. By committing to this behavior pattern, you are establishing a new success pattern that will support your optimal health, wealth and happiness.

- Connect on the FB Private Make Peace with Your Past Tribe for live Q & A.
 - Join the conversation and accountability synergy group, by clicking on the link provided within your module.
 - Utilize the Rise Up Toolkit Bonuses included in this module to enhance your actions in Step 3 **Reconcile**
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By completion of Module 4, you will;

- **Identify and appreciate your divine character strengths and associated gifts. Begin to enhance Self-Love, by committing to focus on your character strengths rather than your perceived weaknesses.**
 - **Gain enhanced gratitude and favor in your life. Positivity is powerful.**
 - **Realize that by doing the work, you are battling and conquering your demons, because of the regained alignment that you have gained from connecting your core to your Creator and accepting Grace. Practice unconditional Self-Love. One of the hardest skills to master in life, but the one most needed to gain resilience.**
 - **Implement your new success habits and make this success behavior pattern habitual from this day on!**
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□ **Module 5 – Fundamentals Work to Develop Your Dream Plans**

- ❖ What you'll need on hand for today's lesson; The Fit-Life-Score Assessment Results. During your onboarding you had a 1:1 discovery call in which you shared your baseline Fit-Life-Scores at that time. And identified your one (1) moon-shot goal to accomplish by completing Make Peace With Your Past.
- ❖ Now we are going to take goal-setting one step further. If you'd like you can take the Fit-Life-Score Assessment again and print off the new results. You will use these new results to develop your strategic Dream Life Plan.
- ❖ Download or Print Off – Fundamentals of Building Your Dream Life Plan Forms

- Complete the instructional video
- Use the **Dream Life Plan Building Worksheets**. (Found in the Forms Section of the Handbook)

8 Core principle steps to Building a Dream Life Plan

- **Step 1** – Identify the Four (4) Life Domains - You would like to improve over the next year (you can use your Fit-Life-Score to see which domains had the lowest percentile compared to the other domains. Identify the four domains with the lowest percentiles).
- **Step 2** – Action Steps – You can either follow the instructions in the video or utilize the form herein included for your convenience. The reason for the options is to exemplify the simplicity of this exercise, but soon you will see the power contained once completed.
- **Step 3** – Identify Five Long-Term Goals per Life Domain/Per quadrant
- **Step 4** – Identify Five Short-Term Action Goals per LT Goal per Life Domain. When done correctly you will have 20 Long Term Goals to accomplish in a year and 100 Short Term incremental goals to help you do it effectively.
- **Step 5** – Identify Specific Timeframes to Complete Goals. Be as specific as possible, i.e. exact month, day and year.

MAKE PEACE WITH YOUR PAST
WORKSHEETS FORMS
SECTION

STRESS LEVEL

Pre-Assignment

Please answer the following questions.

ON A SCALE OF ONE TO TEN, RATE YOUR CURRENT STRESS LEVEL.
(ONE IS NO STRESS AT ALL, FIVE IS MODERATELY STRESSED, AND TEN IS ON THE VERGE OF A NERVOUS BREAKDOWN.)

WHERE WOULD YOU LIKE YOUR STRESS LEVEL TO BE?

WHAT ARE THE MAJOR STRESSORS IN YOUR LIFE?

WHAT DO YOU SEE AS THE MAJOR CHALLENGES TO RESOLVING YOUR STRESS?

WHAT ARE YOU CURRENTLY DOING TO MANAGE AND REDUCE STRESS?

WHAT WOULD YOU LIKE TO BE DOING?

WORKSHEET: YOUR INDIVIDUAL STRESS LOG

WHAT HAPPENED?
WHEN DID IT HAPPEN?
WHERE DID IT HAPPEN?
HOW HIGH WAS MY STRESS LEVEL, ON A SCALE OF ONE TO TEN? (1=NOT STRESSED, 5=MODERATELY STRESSED, 10=CLOSE TO A NERVOUS BREAKDOWN)
HOW DID I FEEL?
WHY DID THIS EVENT CAUSE ME STRESS?
WHAT DID I DO ABOUT IT?
WHAT WOULD I LIKE TO DO DIFFERENTLY NEXT TIME?

TRIGGER MAPPING WORKSHEET

On the TMW form below please write down five (5) situations that provoke in you a significant stress reaction. See the examples on the form provided as a guide based on the following:

- When I am in an enclosed space with men, I begin to sweat and to feel nervous for no apparent reason.
- When I meet a person for the first time, I'm worried about what they think of me, and this causes all sorts of negative thoughts to encroach my mind.
- You are working on a collaborative project in which you are not fully informed and all you are thinking about is how these people are going to take advantage of you and your work.

Now I want you read over what you wrote and think about what you have written in the present tense. Intently complete reality testing and affirming work by stating the sentence in a positive tense. It looks like this:

- Every space has an entry point and therefore an exit. Not every man I come in contact with, is present to hurt me.
- I am a unique and exceptionally created person. I have a great deal to contribute to the world. I just met this person, let me give myself and them a chance to get to know me. All these negative thoughts are not real.
- I can learn the material I don't know; and discern that my contribution to the project is valuable.

As you do this work you will realize that your response is disproportionate to the situation. Utilizing deep-breathing to regulate and relax. Being mindful of your breathing. With each breathe slowing down your respiration further and further. Until your heartrate indicates that you are relaxed.

I have included a link on the page to a tool that you can use to self-assess any post-trauma stress reaction that you might not be conscious of, in order to assist you in this activity – **posttraumatic stress index**

When reflecting be honest with yourself and consider the six most common fears that afflict all of us: FEAR of poverty, criticism, ill health, loss of love or someone, old age and death.

Okay now take some time for yourself and complete the activity.

Now that you have learned how to RESET your Thoughts, by identifying your emotional triggers and associated faulty thinking, you have started the process of reprogramming your mind through enhanced AWARENESS. I look forward to seeing you tomorrow for Module 2.

Environment / Situation	Situational Reaction	Fear Response Faulty Thinking	New Conscious Thinking
When I am in enclosed spaces with men, I begin to sweat and to feel nervous for no apparent reason.	Sweating, racing thoughts	All men are out to hurt me. The world is not a safe place.	Every space has an entry point and therefore an exit. Not every man I come in contact with, is present to hurt me.
When I meet a person for the first time, I'm worried about what they think of me.	Automatic negative thoughts encroach my mind.	I'm worthless and invaluable.	I'm unique, exceptionally created. Let me give myself and them a chance to get to know me. All these negative thoughts are not true.
You are working on a collaborative project in which you are not fully informed; you think these people are going to take advantage of you.	Nervousness, insecurity, tension, self-consciousness, anxiety...racing heartrate	I have to prove myself, I have to be perfect because I'm not good enough.	I can learn the material I don't know; and discern that my contribution to the project is valuable.
1.			
2.			
3.			
4.			
5.			

“I WON’T BELIEVE IN THESE BELIEFS”

Many of our beliefs are faulty, but they are ingrained in our subconscious and we default to them, when emotionally triggered. For this reason it is essential to decode our beliefs, and to reprogram them with success-thinking. This activity sheet will get you started on this process.

Step 1 – Reflect and think about times that you have had a significant physiological reaction (sweating, racing thoughts, heart palpitations etc.) in a situation (E.g. enclosed in an elevator with a stranger). Remember, the reaction was significant because it was associated with a FEAR. Write down the top 5 situations in Column 1.

Step 2 – In Column 2, write down the situation’s associated faulty belief. See the example below.

Step 3 – In Column 3, I would like you to now complete the reality testing, to refresh the knowledge and insight you gained through yesterday’s activity. Now when you are done. I want you to write down the reality-based belief now associated with the five situations. See the example below.

Step 4 – Finally in Column 4, I want you to visualize the situation now on the other side of your fear reaction; and I want you to “see” yourself and how you would like to behave in that situation. Then write down a descriptive statement of how you will react in the situation in future.

A copy of the **posttraumatic cognitions inventory (PTCI) self-assessment** is available for download clicking on the link below today’s video. It will help you gain insight about what might be serving as a mental block to your success mindset.

Now it’s your turn. Complete the activity for today. Fill in the worksheet to create a visual cue of your faulty beliefs & increase your conscious awareness to promote success-based action.

Write down top 5 Situations - Triggered by Fear	Write down associated faulty belief	Write down Reality-based belief	Change Behavioral Response
Being enclosed in an elevator with a stranger.	The stranger is going to attack and hurt me.	Every space has an entry point and therefore an exit. Not every stranger I come in contact with is present to hurt me.	I am a valuable person, as is the stranger in the elevator. I will greet them, make eye contact, maintain my physical distance, slow down my respiration & the elevator door will open.
1.			
2.			
3.			
4.			
5.			

WORKSHEET: USING COPING THOUGHTS

Think of three personal triggers of anger. List them in the first column.

Next, think of unhelpful thoughts that you engage in during that situation. Write them down in the second column.

After listing triggers and unhelpful thoughts, create alternative thoughts that can help you cope with the situation. List them in the third column.

Anger Triggers	Unhelpful Ways of Thinking about the Situation	Alternative Coping Thoughts
Being enclosed in an elevator with a stranger.	The stranger is going to attack and hurt me.	Every space has an entry point and therefore an exit. Not every stranger I come in contact with is present to hurt me.

7 SUCCESS HABITS

- 1.** Fill Up, feed the soul.
- 2.** Hydrate sufficiently. It detoxifies impurities from our consumed diet.
- 3.** Regularly invest time to detoxify my lower colon. The toxins that Build-up in our gut have been linked with all types of systemic pathology. The colon is where you immune system originates therefore it needs purification and strengthening regularly.
- 4.** Eat as cleanly as possible. Stay away from processed, chemically refined foods. Make greens and fruits, grains, and algae part of your daily intake.
- 5.** Supplement food intake with essential minerals, oils, vitamins, and probiotics. Our readily available food sources and daily aging bodies require it.
- 6.** Move...your body.
- 7.** Sleep sufficiently. Most adults require 7- 8 hours of sleep to afford regeneration of cells and to be productive. Not surprising, the number of hours needed declines as we age for obvious reasons.

YOUR 7 DAY FREEDOM CHALLENGE JOURNAL

When you were young your parents or caretakers attempted to instill in you the lessons that they learned through their life experiences. After all, time, aging, and experience are known educators. Did you listen? (Proverbs 1:8-19)

Over the next seven days please join me in initiating Your Freedom Challenge Journal. Journaling is a habit that I learned at a very young age. Research has shown that 15-20 minutes of purposeful writing daily can enhance wellbeing.

I choose several years ago now, to follow the teachings of the world's best seller over the last 100 years, the Bible. The following seven day challenge provides informed content to ponder and to act upon.

My prayer is that you will accept the challenge and that it will start in you the habit of writing, as everyone has a story within them that needs to be expressed for oneself's sake and in some cases for the benefit of others. To your health, enrichment, and abundance!

Each day I invest in the focal relationship in my life, my relationship with my Creator. It is as essential to my wellbeing, as water is to the health of my body. The Word equips me for the experiences of the day. I do not venture out into the world without the full armor of God.

How have you started each of your days in the past?

Believe me when I tell you that it is a significant question. You just have to turn on the television and you will undoubtedly be exposed to stories of loss, catastrophes, and tragedies.

How can you keep a lens of positivity amidst so many human atrocities?

The answer, focus on things above and remember that you were created for a significant purpose and He who began a good work in you will carry it on to completion until the day of Christ Jesus. (Phil. 1:6)

Day 1 of 7

A Childlike Outlook is a Valuable Asset

Childlike ambition and self-gratification typically are tendencies that lead during early stages of development. After all, a baby cries and immediately, in most cases, someone responds quickly and soothes. This reinforces a pattern of behavior that leads to reassurance and security in most cases. But in some it teaches that to get what one wants all you have to do is make some noise. The opposite can also be true. Despite outward cries there is no reaction or reinforcement of the presence of others. This experience can lead to isolation and feeling insignificant.

Can you think of a time in your life when you wanted to be heard, but you weren't?

There were many times as a young child that I felt invisible unheard. It led to early development of distorted beliefs about my self-worth. However, through the experience of unconditional love of a parent, spouse, and children the belief had dissipated but it was not until I established a relationship with my Heavenly Father that I truly understood my self-worth.

You and I are divinely created in the image of God. He is within us and works through us. We are members of a royal bloodline, who by design were met to lead with a servant's heart. Therefore when God lays a passion on your heart, become attuned, hear His voice, by listening attentively, while immersed in His word.

Your Heavenly Father, wants to have a relationship with you that is open and active. He wants to know all from you, even though he already knows all of you. You simply have to invite him in, open your heart, and talk to Him. He promises that he hears whatever we ask from him, but we have to have the faith to believe that it will be received. (Mark 11:24, 1 John 5:14)

Reflect: What is the power of prayer and how do you exercise it in your life?

Reveal: If you assume a God-centered perspective of yourself how does this in turn affect your self-worth?

React: On a piece of paper write down all the negative words you have told yourself about your self-worth. After you have done so, burn or in some other way destroy it. Release all that negativity that has been ingrained in your mind.

Day 2 of 7

The Threesome Every Relationship Must Have

Have you ever wondered why it is that so many phenomena occur in 3's. I know this might seem funny, but these are the things that I sometimes think about. When my husband and I were going through a rough patch in our marital relationship, we sought counsel. Can you believe that the only advise that we were given was to get right with God. No advise about optimizing our communication, being more accepting or respectful of one another. Nothing. I have to admit initially the experience left us both baffled, but the more we thought about it, the less our individual issues seemed to matter.

We were created as social beings. We were not meant to exist in isolation. Now marriage is not for everyone, but relationships are not limited to romantic ones. Some of the most fulfilling and valuable relationships I've had in my life have been with friends, colleagues, and my family. Sometimes we get so caught up in ourselves and our issues that we project our feelings on others and lose perspective. Boundaries and limits get skewed and then issues arise.

The one true and tried strategy to realign yourself and your relationships is to get right with God. God needs to be the center-focus of every relationship. When He is placed in that threesome position miraculous things occur. You progressively become other-centered and selfishness is replaced over time with selflessness. The burdening issues that were so significant in the moment of anger, disappointment, or resentment lose their potentially catastrophic importance when you realize the tremendous sacrifice that was made for you. Your salvation was bought with the blood of Jesus, even in all our imperfection.

Now in relationships that are unevenly yoke. Meaning that one of the parties is non-believer, then this can create challenge, but nothing is impossible with God. Therefore in my experience in order to achieve alignment you have to be willing to be wrong, forgiving, and accepting of differences. Of course this

is making the assumption that the relationship is not abusive in anyway.

In order to determine the worthiness of associations, there are tells. Does the relationship promote self-growth (efficacy) or self-depreciation. Is there respect and honor evident. Is there commonality in thinking pertaining to moral beliefs and shared values. (Genesis 14:17-24, Proverbs 27:17)

Reflect: Identify 2 key relationships of importance in your life. Now consider them from the content discussed and discern what needs to change in order to make them into the healthy threesome every relationship should have.

Reveal: Had you ever thought of relationships in this context? If, not how does it influence your view of relationships now?

React: What do you uniquely bring to a relationship that is of value to the other person. Now emulate this quality whenever things become unbalanced.

Day 3 of 7

Imperfect Divinely Me

When you were created, you were perfectly created in the image of God. Through life experience, we gain cracks, lose perspective at times, and get caught up in worldly concerns. Its easy, just saying. There is no mistake that God sent His only son to live amongst us, in order to allow Him to intercede on our behalf, after living through what we do. But there was one big difference, He is perfect, sinless, and divine.

You and I are promised that we will have struggles, but there is another promise that I cling to always, and that is that God already overcame all (Psalm 37:39, 1 Peter 1:9). Therefore really we have nothing to be anxious for or about. The truth is that when we are anxious, it is simply indication of an incongruence between maintaining our inner mind field peace and the outside world. There is a lot of chatter that can distract. Therefore it takes intentionality to live each day reconciled with our Creator.

There are a few things that I have found to be essential. Make time to spend time nurturing yourself in your relationship with God. Yes, self-pampering is

enjoyable. I know I indulge every so often myself. But there is no greater gift, than the truths that are derived from the Word. Having quiet time, might seem like a luxury or even an inconvenience to some, but are you not worth it?

Despite years of overcoming, after almost five decades of living, I can confidently attest to the fact that the only thing that I know is that I still do not know all. Consequently, I make mistakes. The key is that when they are made, there is admission, repentance, and refinement of behavior.

Getting equipped for the day, to me, means getting my dose of unconditional love, affirmation, and divine empowerment through the Holy Spirit. In 1 John 3:16 it teaches of a divine love, which has no real comparison, but that I aim to emulate daily. Of course I've learned to be kind to myself remembering always that I am a masterpiece in progress.

Reflect: Do you allow your seeming imperfections to skew your perceptions of the world?

Reveal: What is so valued in your life, that you have allowed it to overtake your schedule and are neglecting yourself?

React: There is great value in taking care of your soul don't rob yourself of that experience. Make the time for quiet "Me and God" time daily.

Day 4 of 7

Non-negotiable(s) versus Goals

I'm frequently asked, "How do I go about setting goals?" I have a tendency to approach goal-setting from a unique perspective. I customarily ask individuals to write down a list of non-negotiable(s) when it comes to identifying what they want from their next relationship, employment, business opportunity etc. You might be wondering why?

We are living in the so called Millennium generation era. This generation is characterized by "recreating the status quo and fast paced technological advancements, but the simplicity of life, has been lost. Everything is wanted

immediately and accessible on the information highway. Originality is not as important, as taking old ideas from our past and tweaking them into the ideas of the future. This culture lends itself to high distraction.

Therefore the art of strategic planning with a legacy in mind has been lost. Today its all about the quick next million dollar idea and immediate gratification. For these reasons and many others it is essential that when developing your life plan you give consideration to the long term vision.

Identify what is non-negotiable in terms of your quality of relationships, limits of employment, core values and mission of your next business. When you are able to identify those, then goal setting is made simple. Do your research, gain insight through knowledge, and apply wisdom.

When Solomon, one of the greatest kings, who ever reigned was about to take his position of leadership, he made a monumental choice. He chose wisdom over all else, including endless riches. What do you think of his decision? If we look at the history of lottery winners, it provides a perfect case study of what not to do. Statistically every person who has won the lottery has either found themselves broke again, or in a worse financial situation than they were in prior to winning. The old saying applies I think, "If you can't manage a dollar, you won't be able to manage a million."

Money is one of the main topics referenced a great deal in the bible. Not because money is bad, but rather because it is about knowing what you treasure. If you are motivated by gaining worldly wealth above all else, then this is your non-negotiable. Words of caution the Truth is very clear, we are to stock up our riches in heaven, not here on earth. Of course we all need to make a living and to live in abundance. That is another promise for all who live by the Word. However do not confuse that with an invitation to allow greed to become your idol.

Place value in the things that matter most in this lifetime, not on those that are fleeting. Goals are simple attainable objectives that have incremental steps that have to be taken in order to achieve them. Do not make the process more difficult than it is. What can be challenging at times is maintaining a divine vision for your life.

Reflect: What are your non-negotiable(s)?

Reveal: What value have you allowed money (material wealth) to have in your life and does it align with your divine purpose?

React: Reconcile your money story and regain perspective on what is important in life.

Day 5 of 7

The Power of Forgiveness

Luke 6:37 provides wisdom by instructing us not to judge, condemn, but forgive, in order to receive the same. Having worked with so many individuals who have experienced trauma, the one commonality that I often find, early in their healing process, is a hardness or inflexibility to consider surrendering their ill feelings towards those who have hurt them.

Its like, they have convinced themselves that by holding on to their grudge (harbored ill feelings) they are somehow retaliating or hurting the other person. But the truth is, those negative emotions, only harm the harborer. Negative emotions are toxic, they affect our mental, physical, and soul wellbeing.

There are also those, who thrive in toxicity, seeking out turmoil because they have bought into the lie that for some reason they deserve it.

Neither of these is Truth. Rather we are taught to love our enemies. To turn the other cheek. Jesus did not come to earth to reign, but rather to serve. He was God and yet he suffered all the atrocities that he did for our salvation. If, that is your Truth, then harboring ill feelings towards others, albeit human, has to be intentionally avoided.

When we learn to forgive, because make no mistake it is a skill that has to be learned with practice, we gain the grace that covers our own human imperfections. You might be asking why? Because you are worthy. You are worth it. You are unconditionally loved by your Creator.

He asks for nothing in return. He gifted us free will, since shortly after the beginning of time. However, if He is in you then his wisdom abounds and the experiences that you encounter in this life allow you to gain knowledge and understanding, as well as compassion (Col. 3:13).

Forgiveness allows us to regain our power position in all areas of our lives. Don't miss out on this gift, simply because you are short-sighted. I am not saying that you have to continue or remain in a relationship that is counter productive to your wellbeing. Rather, you forgive for your own sake, not theirs.

Reflect: Had you ever thought of forgiveness as a gift to yourself?

Reveal: Examine your heart, is there anyone, who you still harbor ill feelings and have not forgiven. Employ wisdom.

React: In order to learn forgiveness you first have to forgive yourself and release the chains that bind you. Write yourself a short note and document anything that you have not forgiven yourself for and then simply apologize to yourself and surrender it (let it go).

Day 6 of 7

Perspective versus Perception

Perspective is a point of view, an attitude towards something; whereas perception is the ability to see, hear, or become aware of something through the senses.

When I was young the only voice that I heard from deep inside was my inner negative me talk. It was an undeniable insidious whisper that intermittently would tell me that I was not good enough. It would create doubt, where none had existed. Cause me to question myself and my abilities.

That inner negative voice at times had an influence on my perspectives about people and places. Early on it shaped my beliefs through exaggerated emotion.

That is why its so amazing to me that despite all that inner mind field turmoil, God's presence was always felt. I don't know if you have experienced something like this, but it was like, I knew that I was not alone and that somehow everything was going to be alright. Actually better than alright.

In some of the darkest days of my life, it remained the flicker of light of a hope that would not be extinguished by any circumstance. I think the greatest loss, is when you see in others that they have absolutely no sense of hope or vision. There outlook has become so tainted by negativity that when you are around people, who are preoccupied in this manner, they suck your very energy.

As not everyone shares in the Light, it is very important to learn to set boundaries and limits. We are called to be compassionate towards others, but in order to be of any help to others, we first have to have our own house in order. When you are in Christ you become keenly aware of your sense of others. It is a constant battle, one which has been won, but still challenges, if we are not equipped daily with the Word.

One skill that I have found to be extremely helpful in discernment of others is active listening. Expressed language can reveal a great deal about a person. Therefore active listening requires you to be present in the moment and to listen attentively with all your senses. The words that a person speaks can provide insight into their heart, soul, and mind. Many times you learn a great deal more than simply what the person is saying in the moment, by employing the skill of active listening.

Reflect: Did you ever think that there are different kinds of listening skills? Do you actively listen when you hear or read the Word by inviting the Holy Spirit into your life daily?

Reveal: Examine how much time you are giving to the negative voice inside and then consider how much time is devoted to your quiet time with your Creator?

React: Purpose to find specific verses in the Word, that speak to your heart, and that serve to silence that negative voice inside. Now commit those verses to memory as they will be the weapons you use whenever the inner negative voice attempts to gain your attention through distraction.

Day 7 of 7

The Warrior King

Over the last seven days you have reflected, revealed, and reacted to the first seven days of Your Freedom Challenge Journal. Now it is up to you to continue working through the verses and lessons of wisdom in the Word.

Today I want to leave you with a life challenge.

Continue studying the Word, ingrain it in your heart, and let it be emulated through your steps on this earth. If you will continue this challenge your life will never be the same. You will gain new perspective based upon the Truth, and the things of this world that in past might have been used against you, will become your greatest setups for your next breakthrough and a life full of enrichment and abundance.

He created you in His likeness and divinely instilled in each of us gifts and talents for His purpose. Therefore when things are of God doors miraculously open and opportunities abound. But always remain in Him to discern what is of Him and what is not. For there also exists an enemy, whose purpose is to steal, rob, and destroy.

Your Creator is your Warrior King.

He extends you grace, because he knows that we are human and therefore at times may fall short. In those moments He will redeem you.

When you encounter setbacks, He is there to carry you through when you believe that you can no longer forge one more step forward.

And at other times, he will be alongside you, counseling you towards victory in peace.

Learn to lean into your Warrior King, in all seasons of your life.

Reflect: What has God ingrained in your heart? What is your passion?

Reveal: Have you been so busy with daily life that you have let life happen to you? Will you consider that your life has a significant purpose that is unique and unlike anyone else's on this earth.

React: Pray for clarity of your life's purpose, sit in stillness, and actively listen. Then take one small, but incremental step, that brings you closer to your divine purpose. Each day continue to immerse yourself in the Word and to put feet to ordained action.

Be Divinely You!

DREAM LIFE PLAN BUILDING WORKSHEETS

Name of Domain _____	Timeframe _____
LT Goal #1 _____	_____
<u>Action Steps ST Goal</u>	
ST #1 _____	_____
ST #2 _____	_____
ST #3 _____	_____
ST #4 _____	_____
ST #5 _____	_____
LT Goal#2 _____	_____
<u>Action Steps ST Goals</u>	
ST #1 _____	_____
ST #2 _____	_____
ST #3 _____	_____
ST #4 _____	_____
ST #5 _____	_____
LT Goal#3 _____	_____
ST #1 _____	_____
ST #2 _____	_____
ST #3 _____	_____
ST #4 _____	_____
ST #5 _____	_____

Name of Domain _____

Timeframe

LT Goal #1 _____

Action Steps ST Goal

ST #1 _____

ST #2 _____

ST #3 _____

ST #4 _____

ST #5 _____

LT Goal#2 _____

Action Steps ST Goals

ST #1 _____

ST #2 _____

ST #3 _____

ST #4 _____

ST #5 _____

LT Goal#3 _____

ST #1 _____

ST #2 _____

ST #3 _____

ST #4 _____

ST #5 _____

LT Goal#4 _____

Action Steps ST Goals

ST #1 _____

ST #2 _____

ST #3 _____

ST #4 _____

ST #5 _____

LT Goal#5 _____

Action Steps ST Goals

ST #1 _____

ST #2 _____

ST #3 _____

ST #4 _____

ST #5 _____

Name of Domain _____

Timeframe _____

LT Goal #1 _____

Action Steps ST Goal

ST #1 _____

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Action Steps ST Goals

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Name of Domain _____

Timeframe _____

LT Goal #1 _____

Action Steps ST Goal

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Action Steps ST Goals

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Action Steps ST Goals

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LT Goal#5 _____

Action Steps ST Goals

ST #1 _____

ST #2 _____

ST #3 _____

ST #4 _____

ST #5 _____