



4-WEEK
WORKBOOK

*YOU are the only
thing stopping YOU*

Pushing beyond limiting beliefs into the life God intends for you to have.

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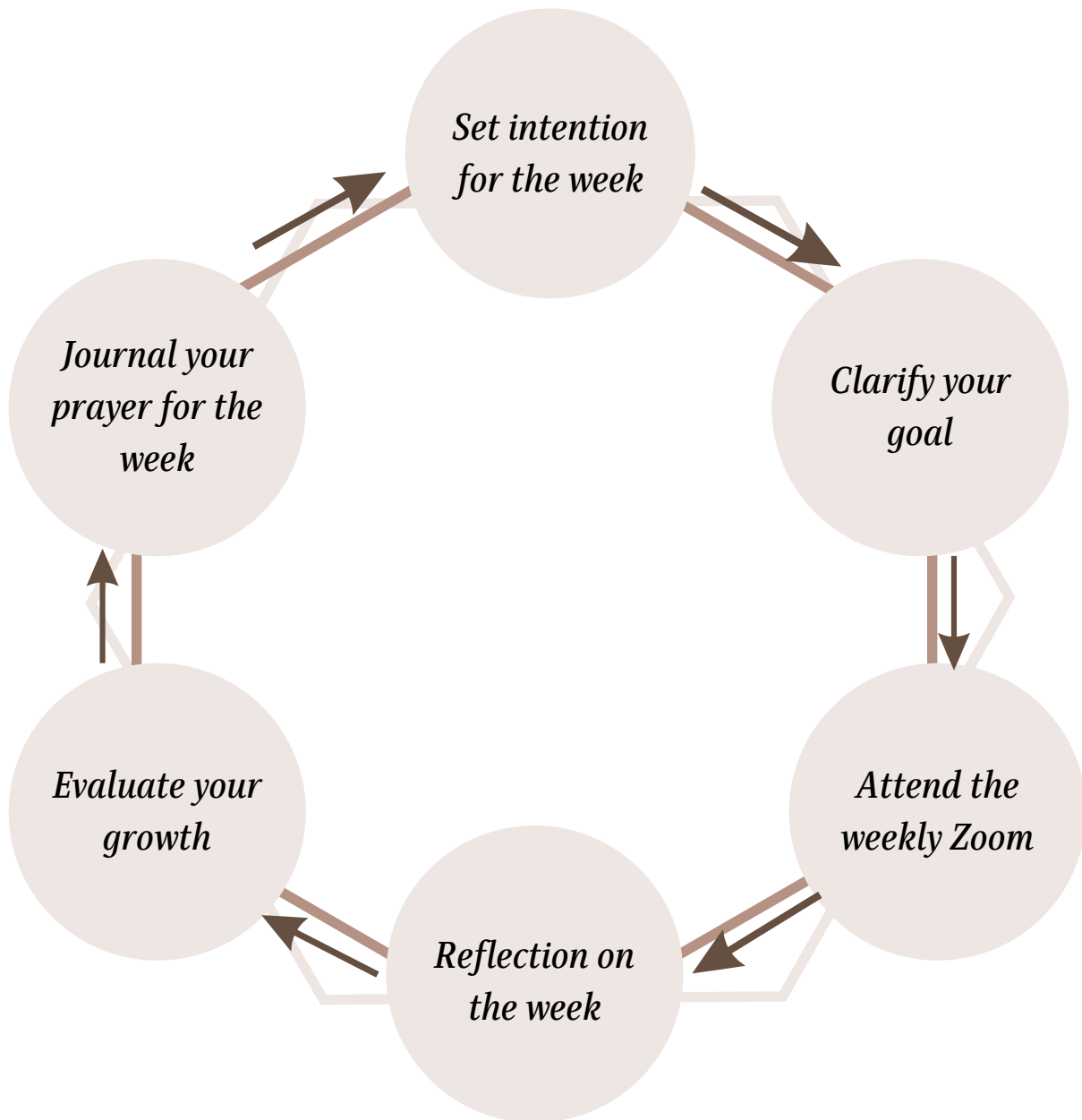
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Weekly Practices

Each week you will restate your goal and identify a thought you want to overcome.

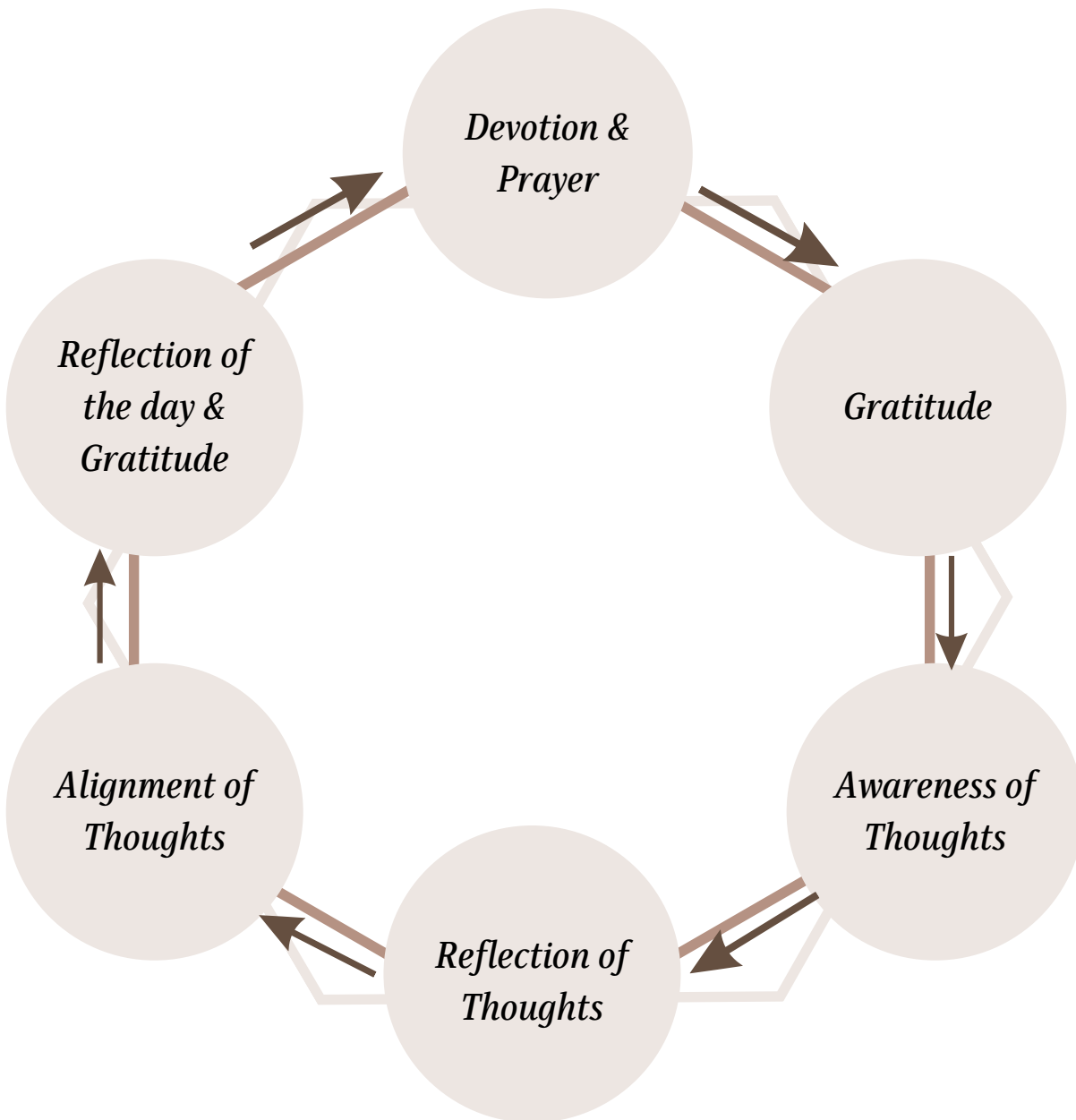
We will meet via Zoom once per week for live teaching, discussion, and opportunity for coaching.

At the end of the week, you will evaluate and take note of where and how your mindset is changing.



Daily Practices

Each day you will want to focus time in each of the following areas.
Beginning and ending each day with devotion and prayer.





01 *Our core beliefs create and shape our world*

What you BELIEVE to be true is what forms and shapes the world you live in. Your beliefs are the lens through which we look at every aspect of life from our relationships to our finances. If we have a toxic or limiting belief, we will self-sabotage, blame others, and never fulfill the call of God in our lives.

Week one

This week will learn to identify belief patterns in our life and how they are affecting us. We will let go of blame and begin to see ourselves as problem solvers. With God's help and the direction of Holy Spirit, we will be brave and sit in the silence, asking for wisdom and then taking it to the throne of the one who created us. There the "truth will set us free".

John 14:6 - Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 8:31 -32 - Then said Jesus to those Jews which believed on him, if ye continue in my word, then are ye my disciples; indeed, and ye shall know the truth, and the truth shall make you free.

Prayer for the week

- *Ask the Lord to lead you on this journey.*
- *Forgive anyone who may have done harm to you or told you things that didn't line up with the word of the Lord over you. Release them from all charges you have held against them. This will open new freedom in your heart for the Lord to work.*
- *Ask Holy Spirit to come and shed light on every lie of the enemy that is holding you back. Ask that TRUTH be revealed.*

Notes for Zoom Call

- *Come prepared with your camera on and ready to take notes!*
- *Engage in the chat and encourage one another - we are all growing together*
- *If you asked to be considered for coaching: come prepared with a particular thought pattern you are wanting coaching on and be vulnerable. ("I don't know" isn't allowed 😊)*

Intentions for the week

- *What are your goals?*

- *What is one thought that you need to overcome to move forward?*

- *How will you know you have received breakthrough in this area?*
- *What will you be doing differently as a result?*

Date:

- Psalms 19:14 and Prayer

- *Today, I choose to be grateful for...*

-
- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

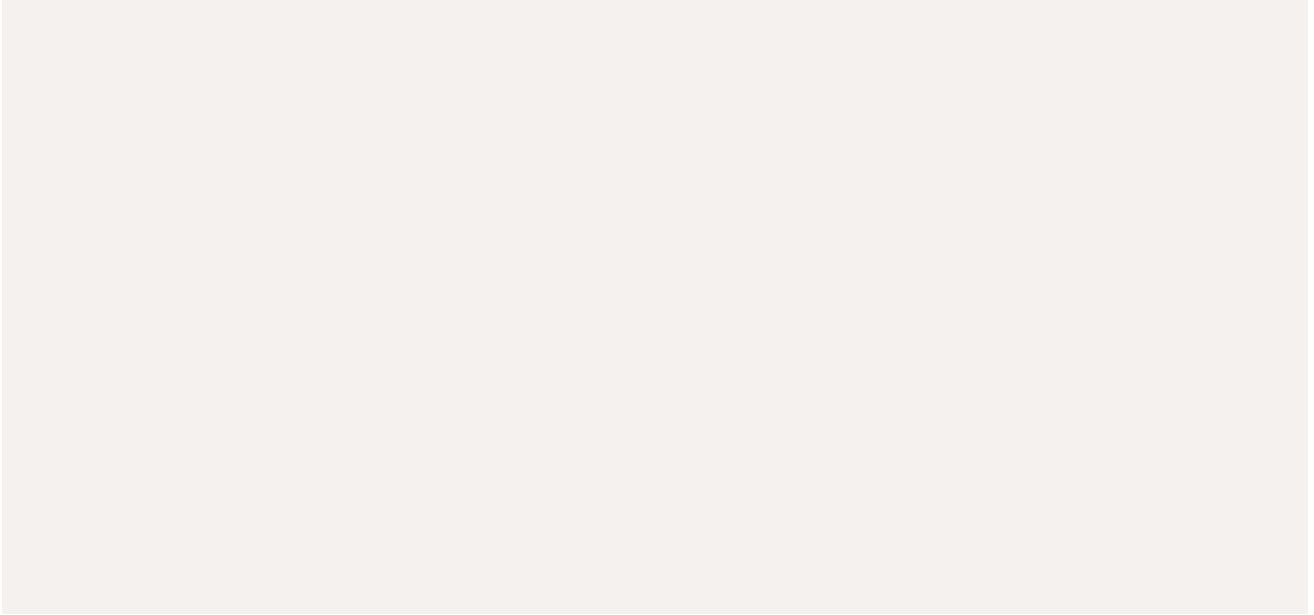
- *What is at the CORE belief of this thought? Where/how did it originate?*

- *Am I willing to forgive anyone associated with this pattern of thinking and ask the Lord to reveal the TRUTH behind it? (do so now - write your reflections below)*

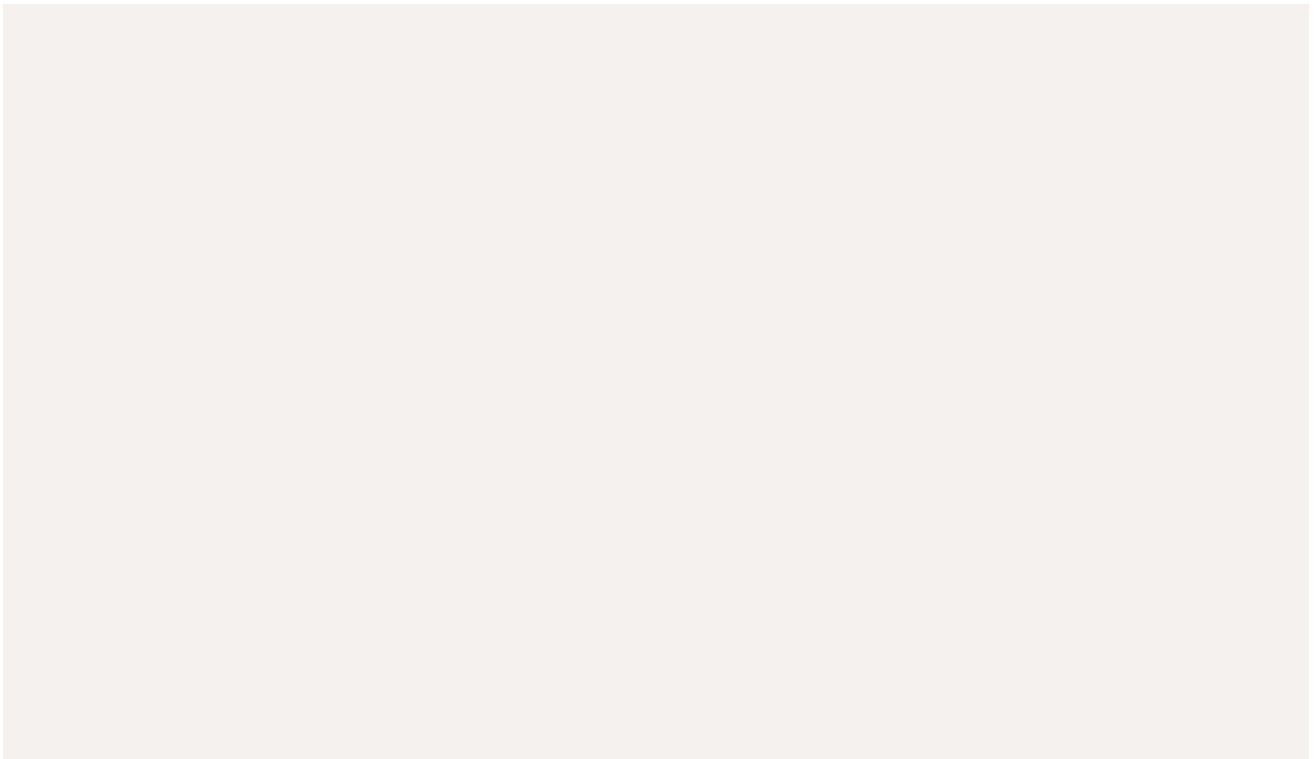
- *What thought can I CHOOSE to focus on that will change this pattern?*

- *How will I respond differently when this thought arises again?*

- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Psalms 139:23-24 and Prayer

- *Today, I choose to be grateful for...*

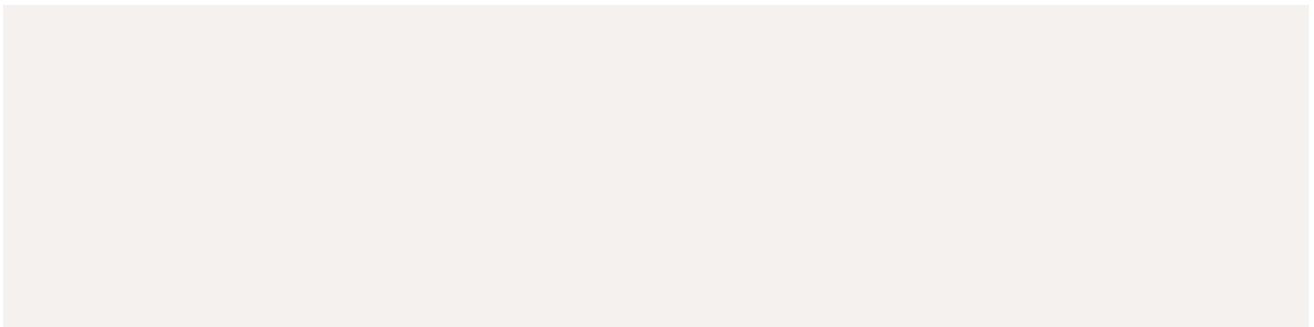
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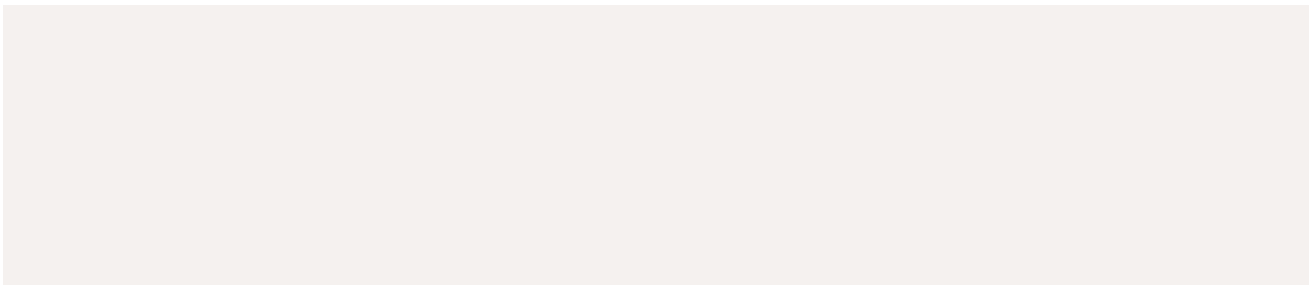
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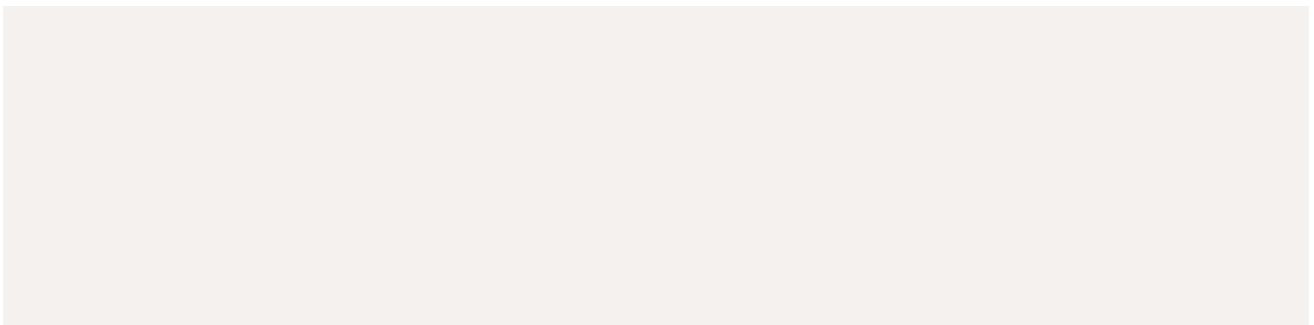
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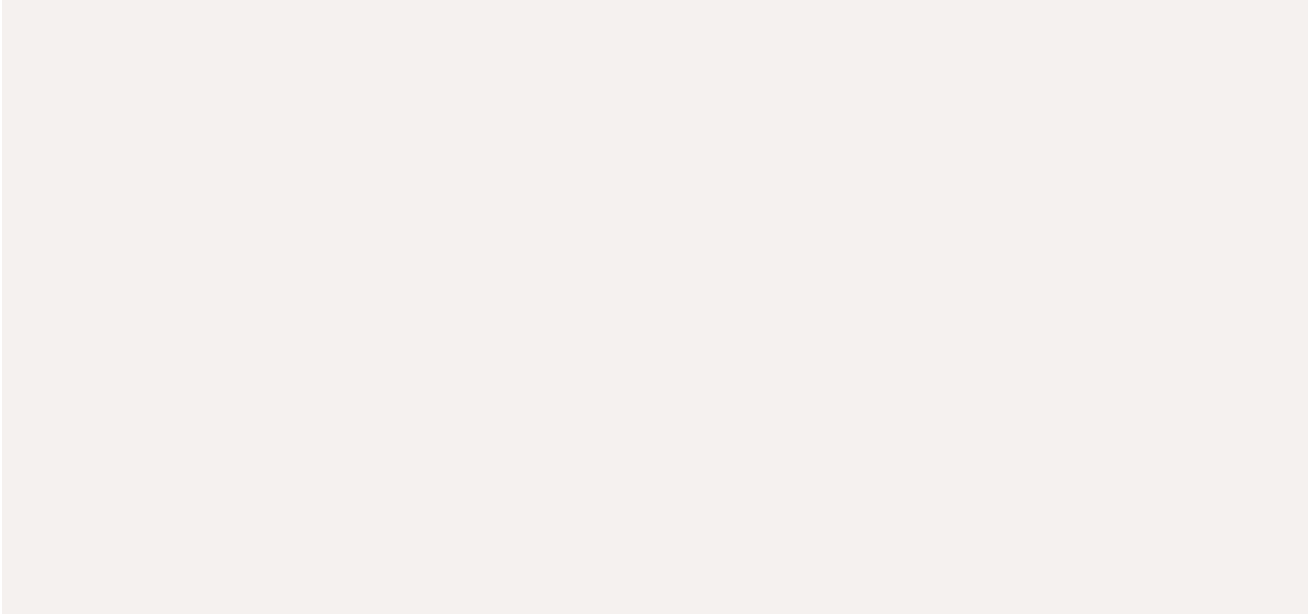
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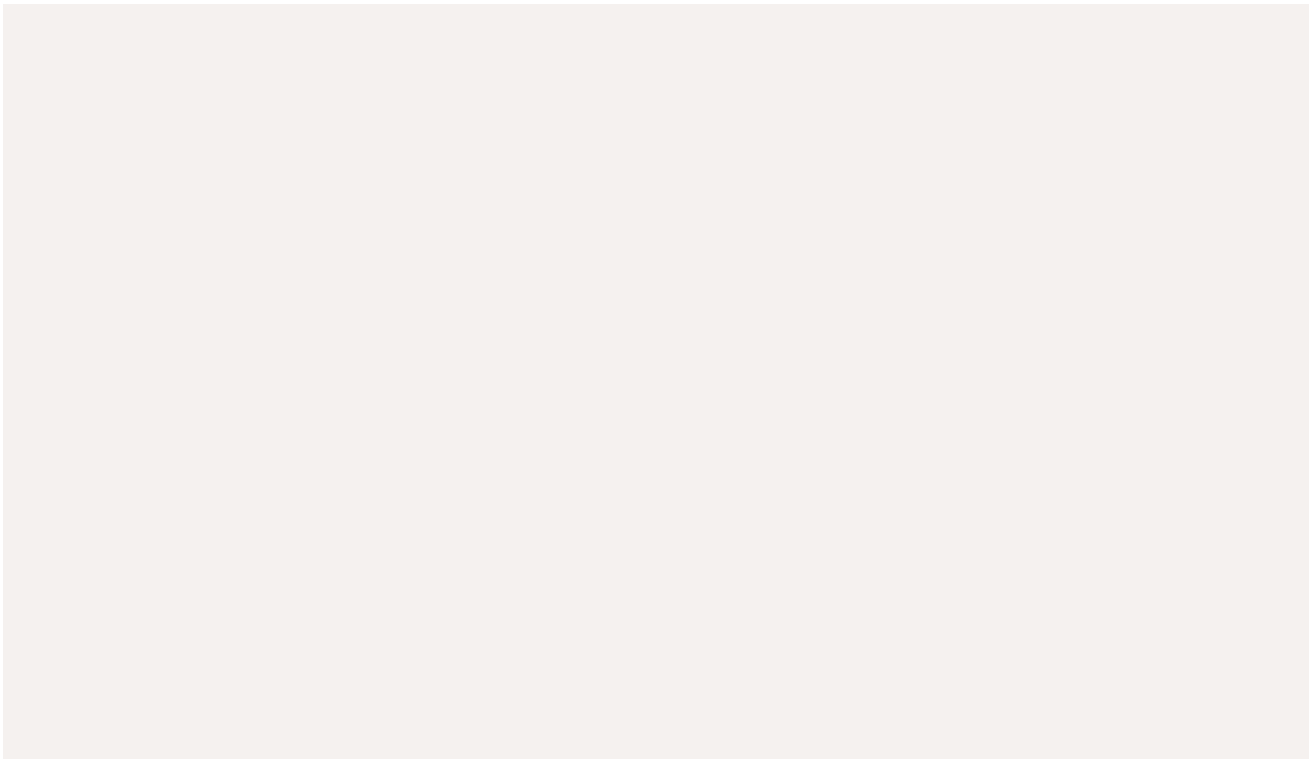
- *How will I respond differently when this thought arises again?*



- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Proverbs 16:3 and Prayer

- *Today, I choose to be grateful for...*

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- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

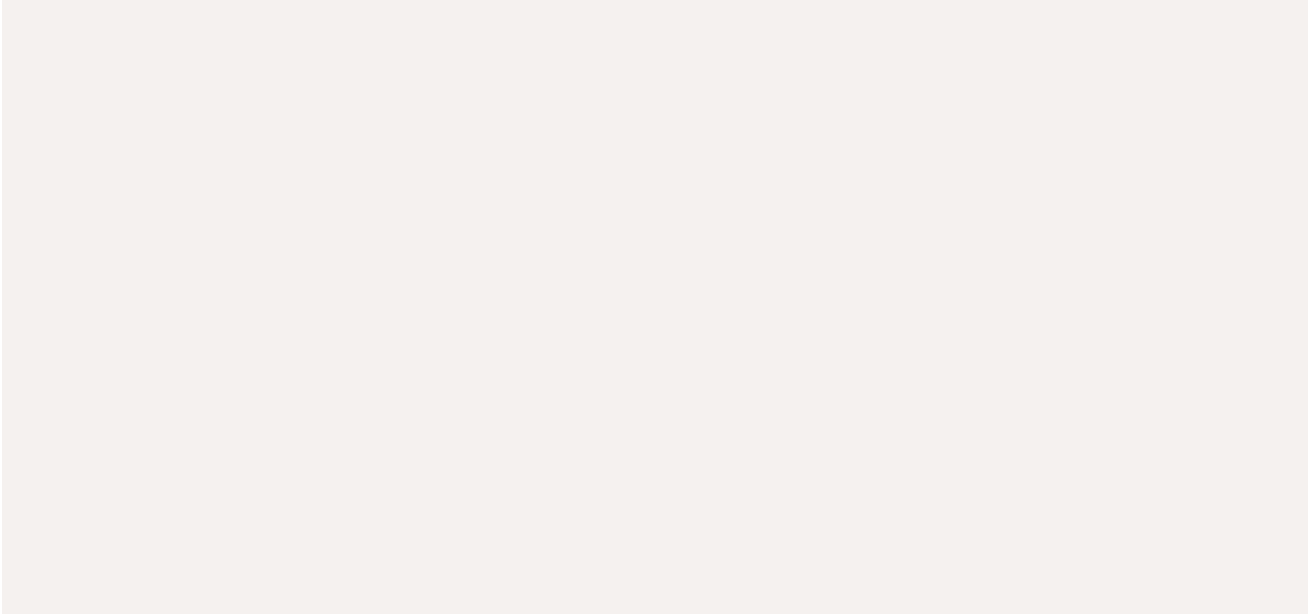
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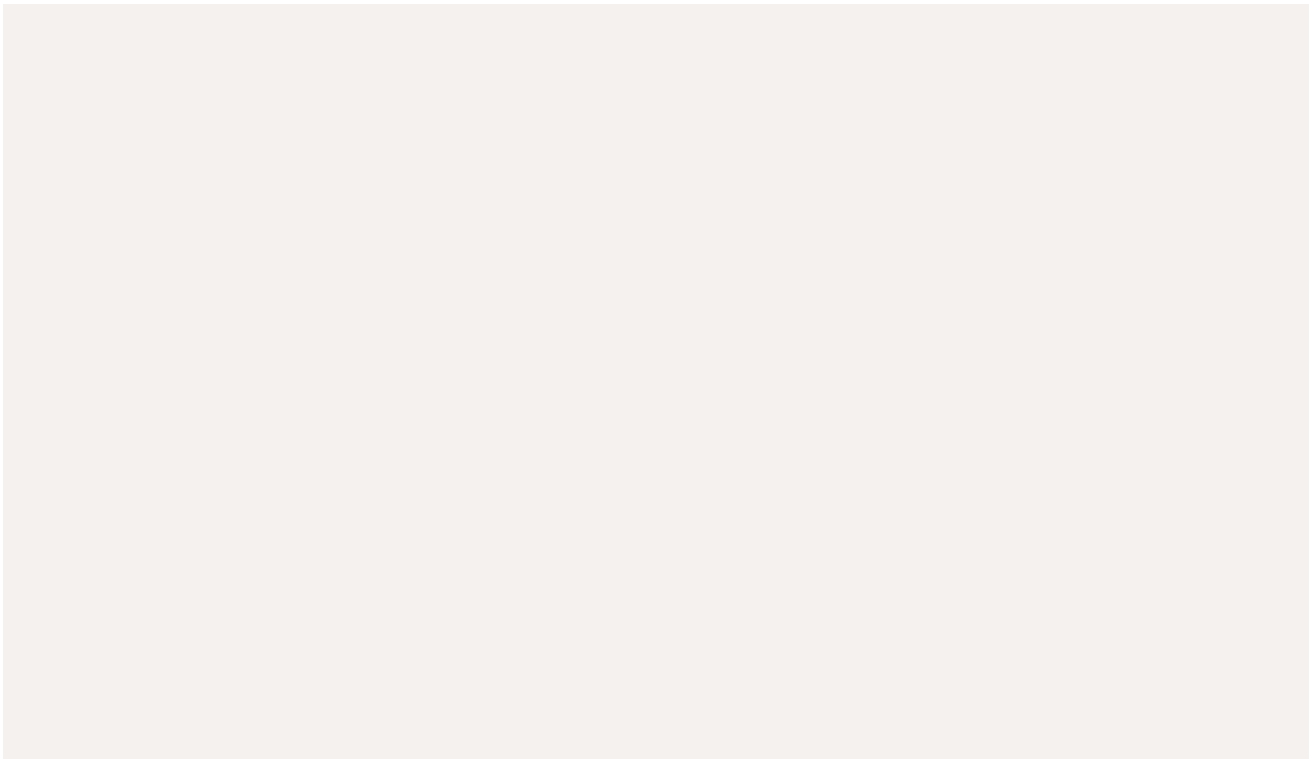
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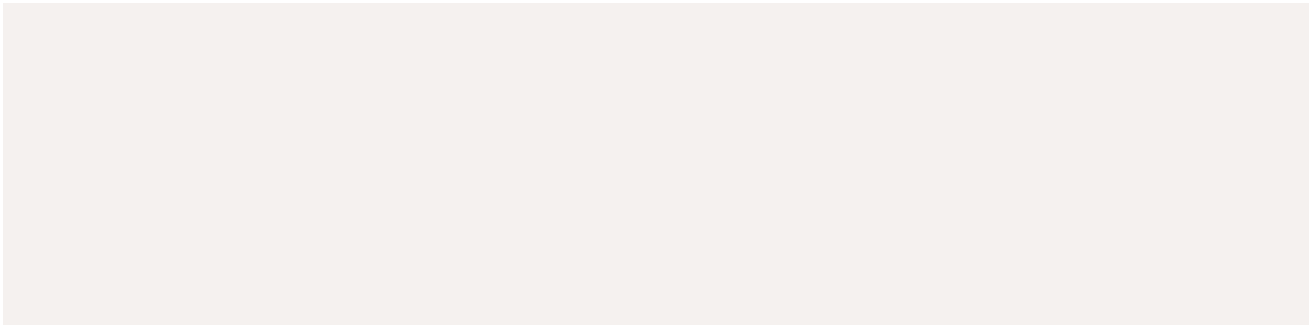


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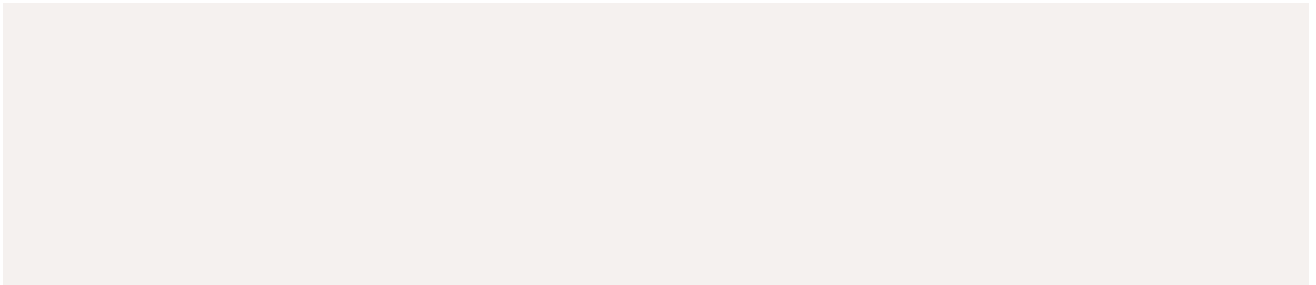
- Psalms 103:2 and Prayer



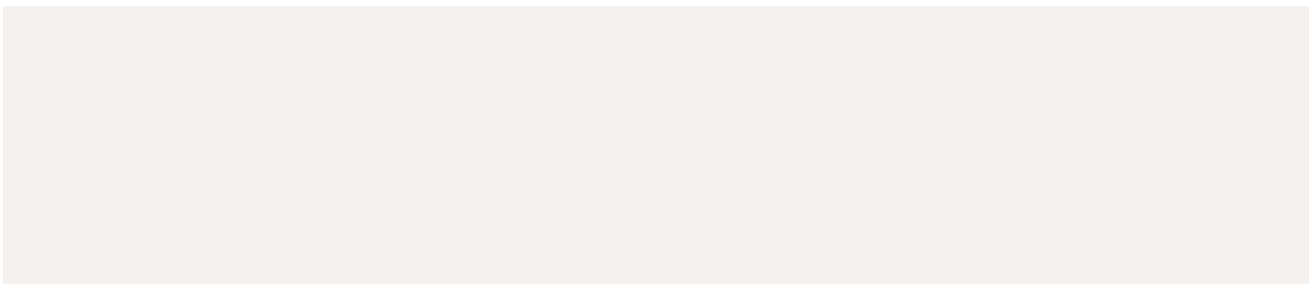
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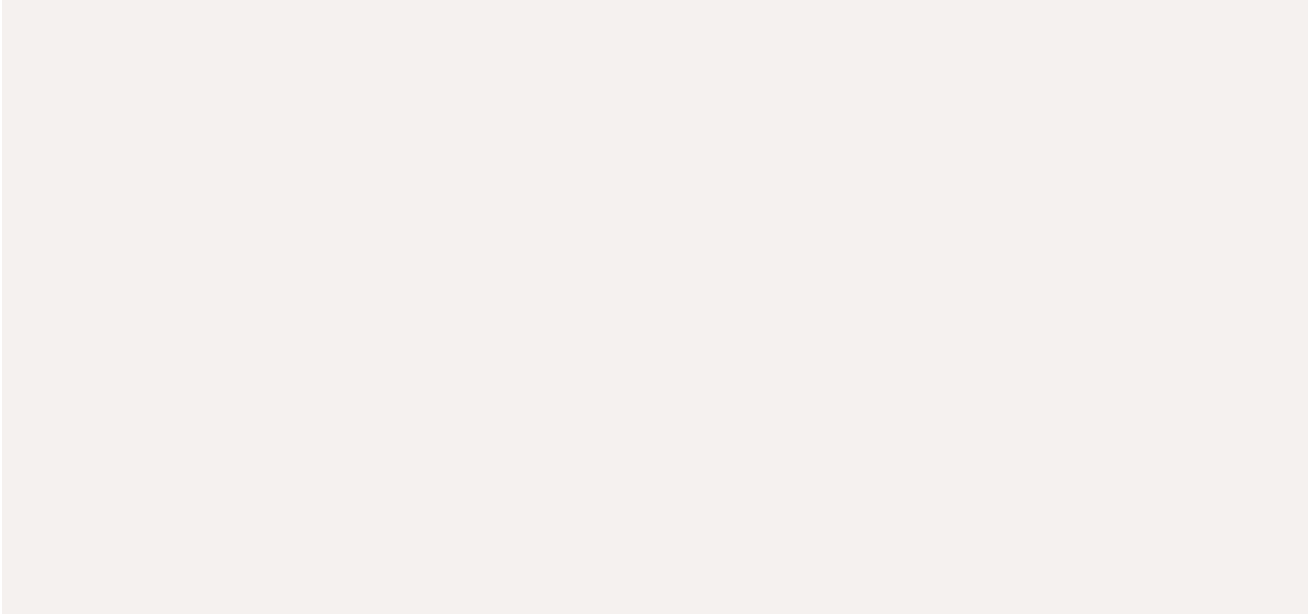
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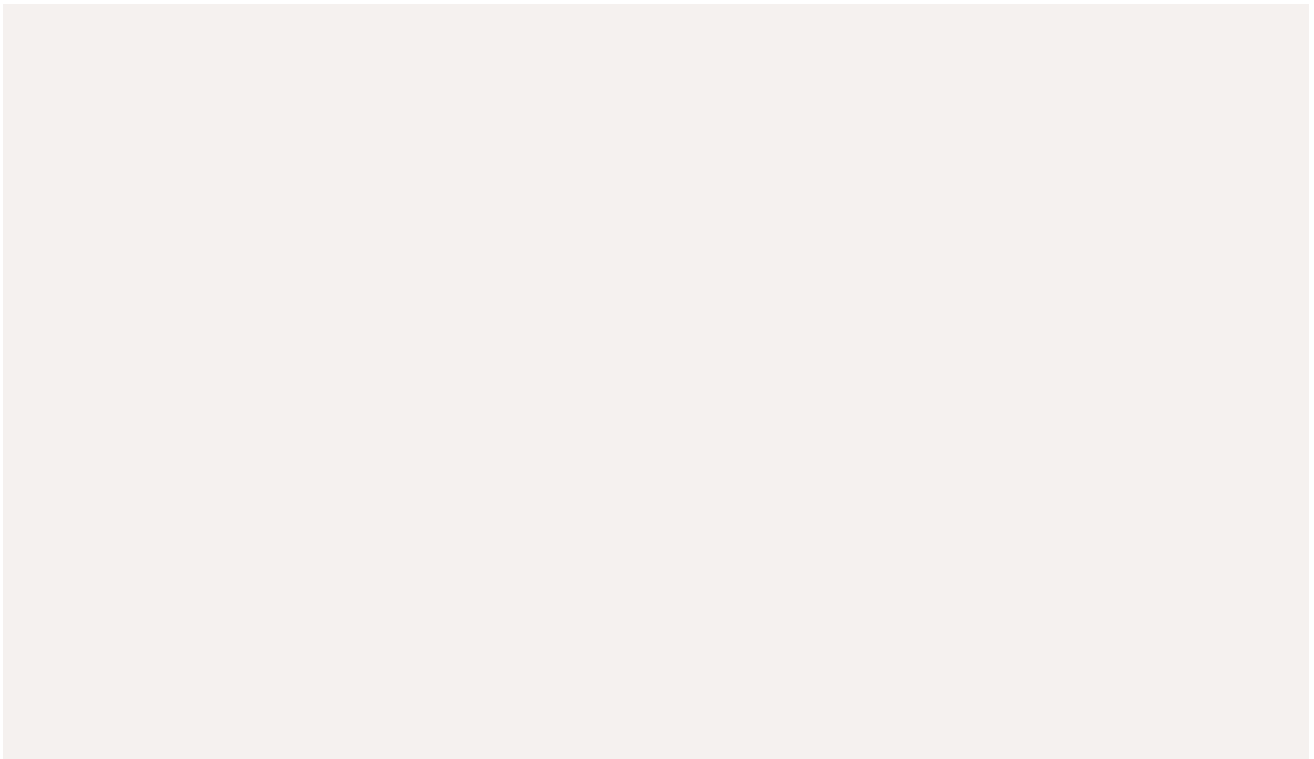
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Date:

- James 3:11 and Prayer

- *Today, I choose to be grateful for...*

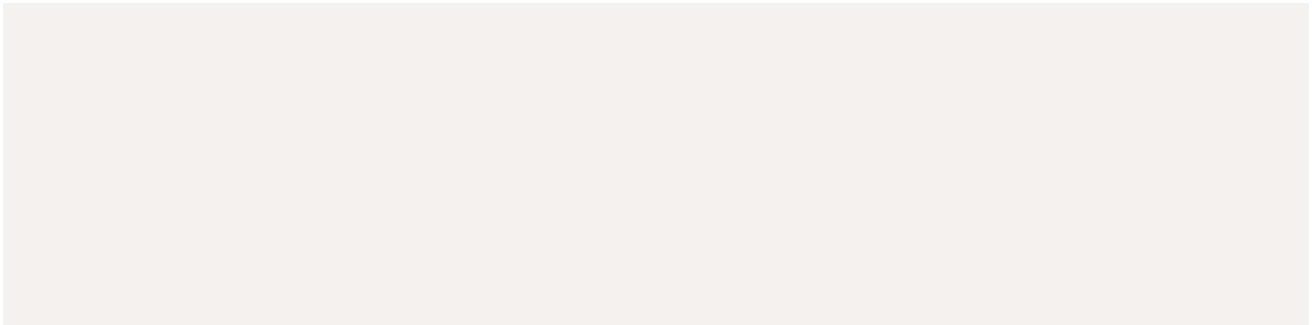
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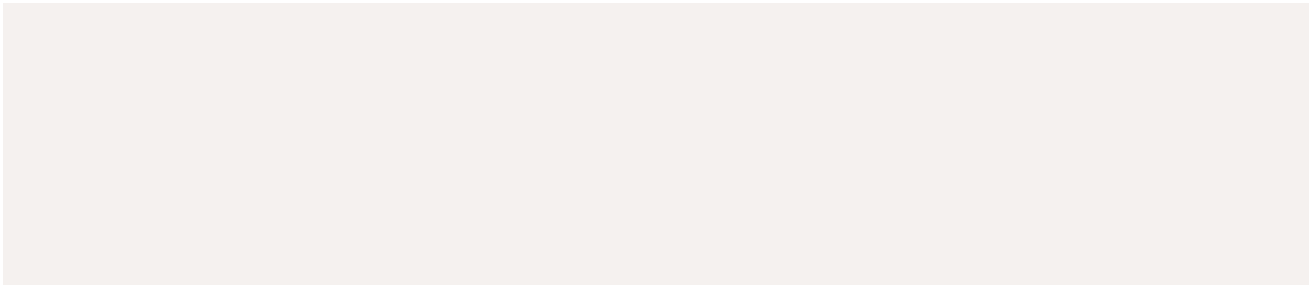
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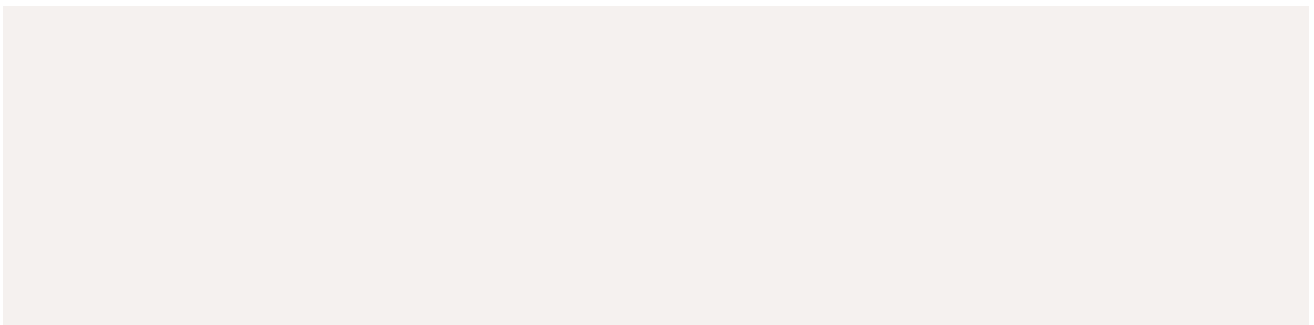
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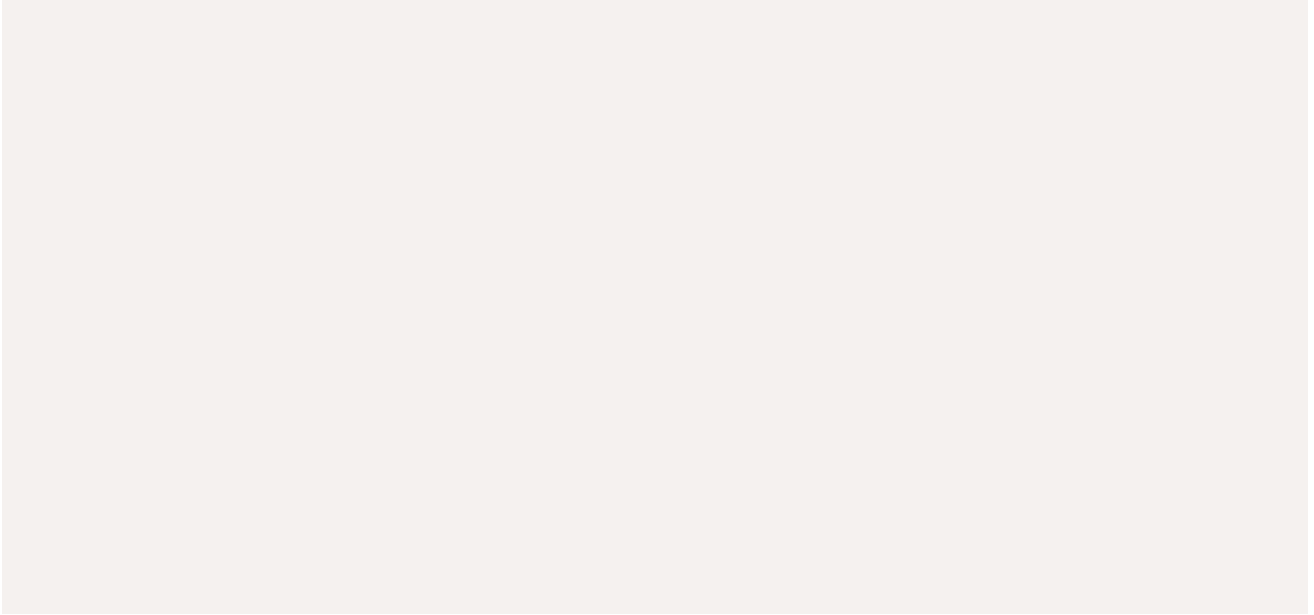
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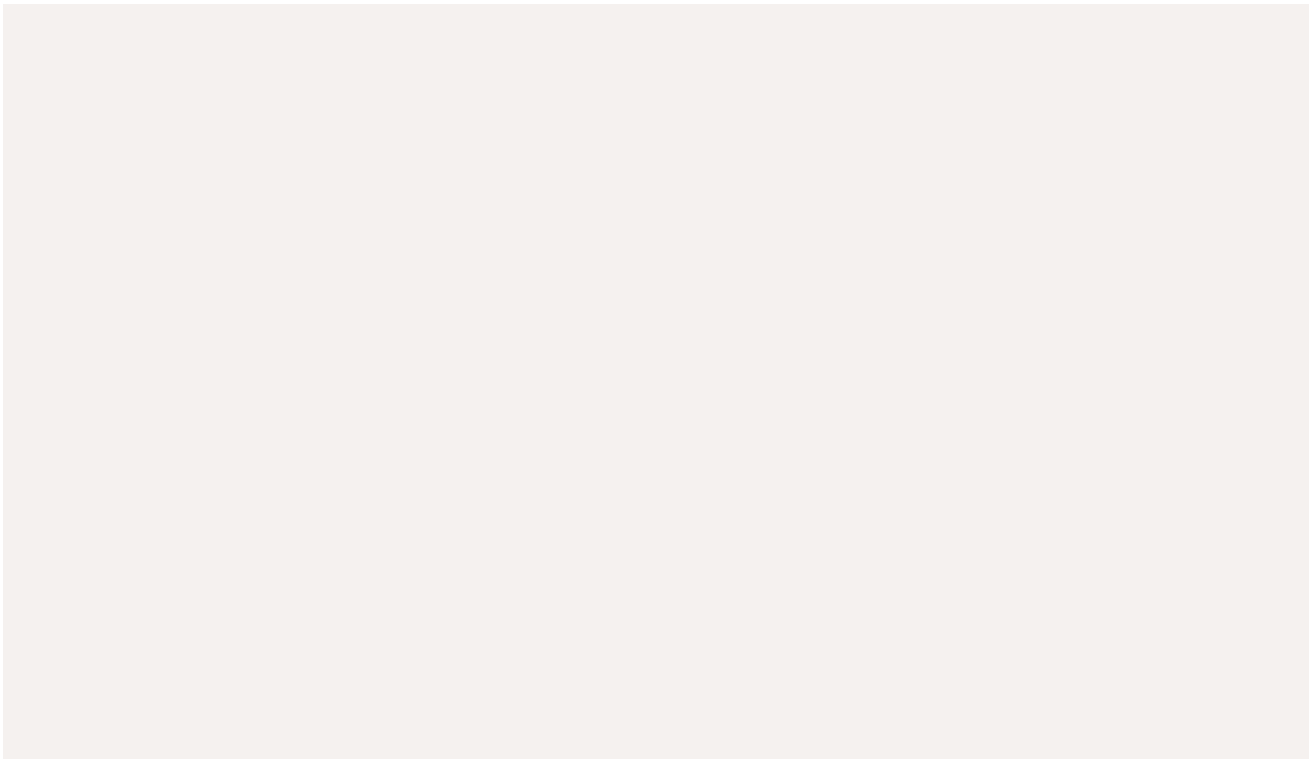
- *How will I respond differently when this thought arises again?*



- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Reflection for the week

- *What was your biggest breakthrough this week?*

- *What did you find most challenging?*

- *What changes are you already noticing in your thoughts, actions, reactions?*
- *What will be the benefit of these changed beliefs?*



02 Identify toxic beliefs and realign with the word of God

The bible speaks of taking every thought captive. (2 Cor 10:3-5)

What does that mean?

When a thought enters our mind, we must take notice of it and ask ourselves several questions:

1. Does this create emotions that serve me?
2. Does this thought line up with God says about me, my life, or this current circumstance?
3. Is this thought true/accurate?

If the answer is no to any of those questions, then we must ask ourselves, “How can I change the thought or perspective around it to change the emotions and reactions I’m having in this moment?”

Week Two

This week you will focus on exposing the lies of the enemy. When you capture a “toxic” thought, take it to the Lord in prayer, begin to speak scripture aloud, journal through the thought until God reveals TRUTH in the matter.

Once you feel your perspective shift, you will notice an instant release of tension in your body. Take a deep breath and decide what action you can take to solidify this new thought in your mind. You may even want to write it on a post-it note and have it where you can see it throughout the day or the rest of the week.

Prayer for the week

- *Ask the Lord to lead you on this journey and continue to work on forgiveness of yourself and others*
- *What did you discover LAST WEEK about your old thought patterns that you want to continue to change this week?*
- *Ask Holy Spirit to come and shed light on every lie of the enemy that is holding you back. Ask that TRUTH be revealed.*

Intentions for the week

- *In what areas are you not being your authentic self? Why? What is holding you back?*

- *What is one thought that you need to change to begin to be more authentic to who God has called you to be?*

- *How will you know you have received breakthrough in this area?*
- *What will you be doing differently as a result?*

Notes for Zoom Call

- *Come prepared with your camera on and ready to take notes!*
- *Engage in the chat and encourage one another - we are all growing together*
- *If you asked to be considered for coaching: come prepared with a particular thought pattern you are wanting coaching on and be vulnerable. ("I don't know" isn't allowed) ☺*

Date:

- Jeremiah 29:11 and Prayer

- *Today, I choose to be grateful for...*

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- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

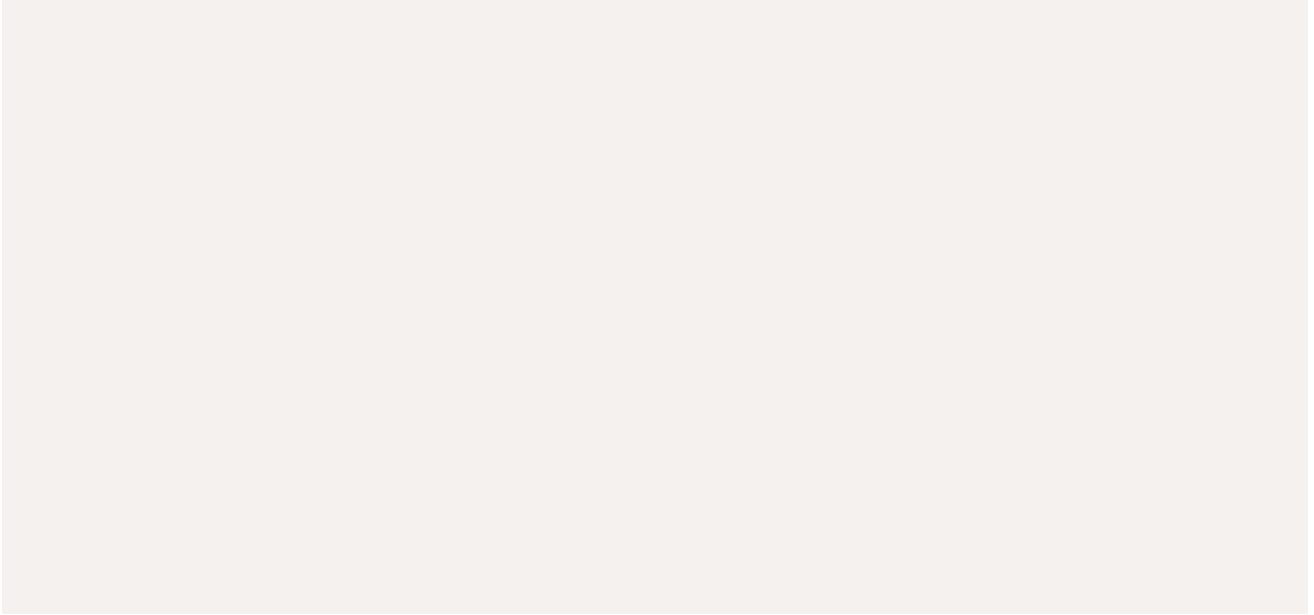
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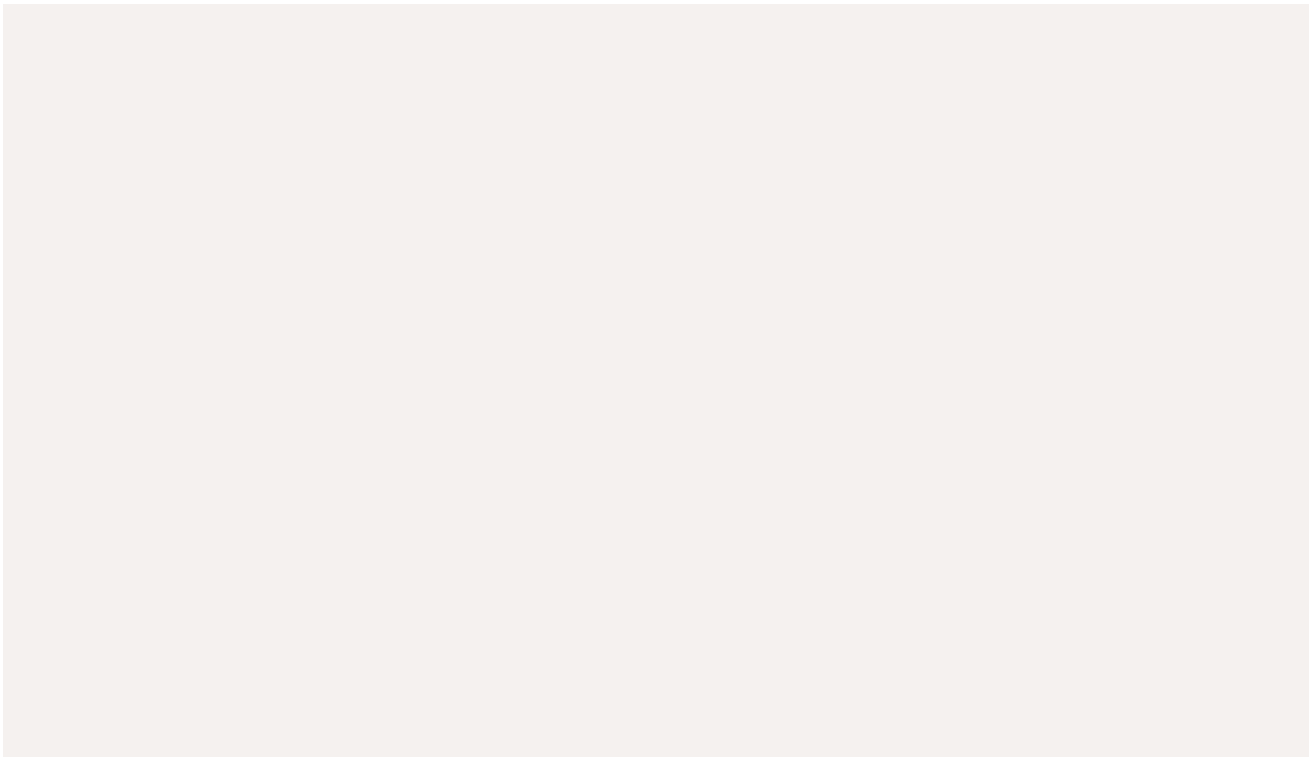
- *What thought can I CHOOSE to focus on that will change this pattern?*

- *How will I respond differently when this thought arises again?*

- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Psalms 104:34 and Prayer

- *Today, I choose to be grateful for...*

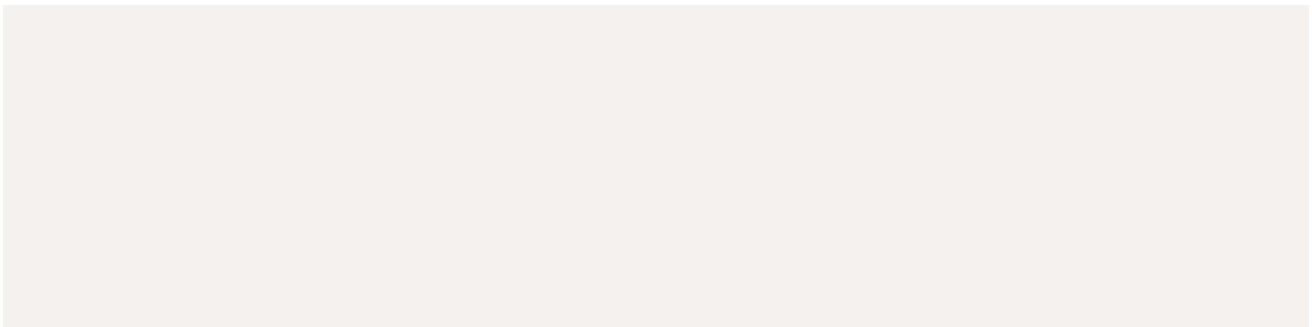
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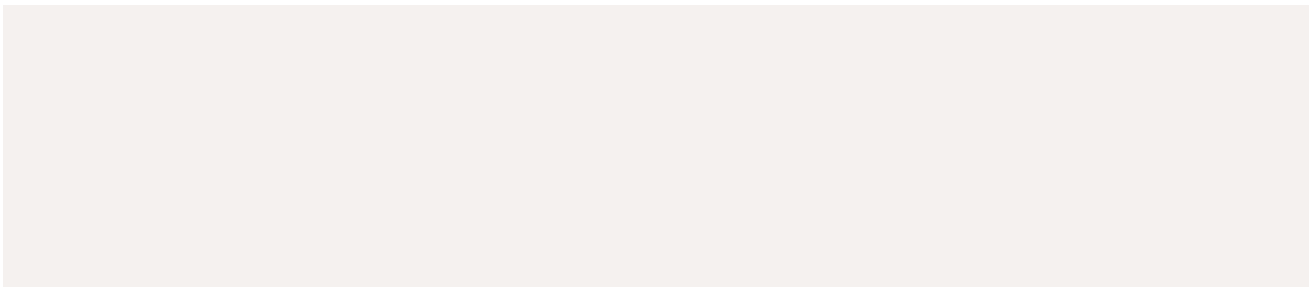
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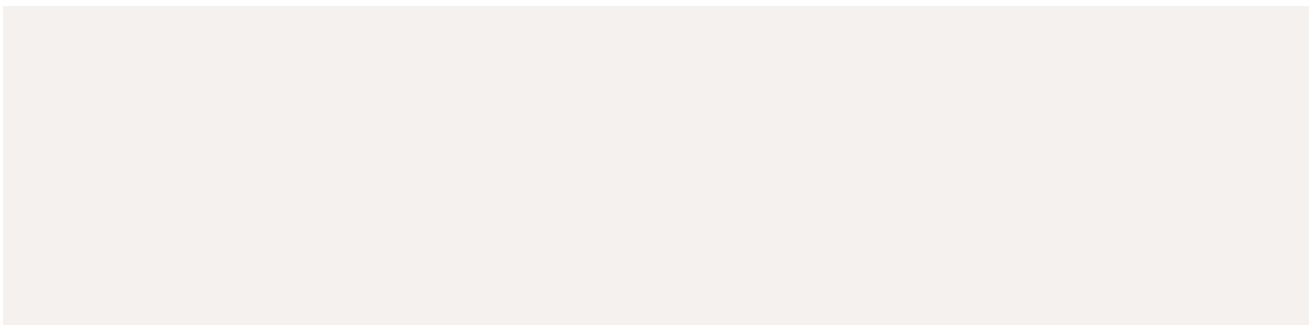
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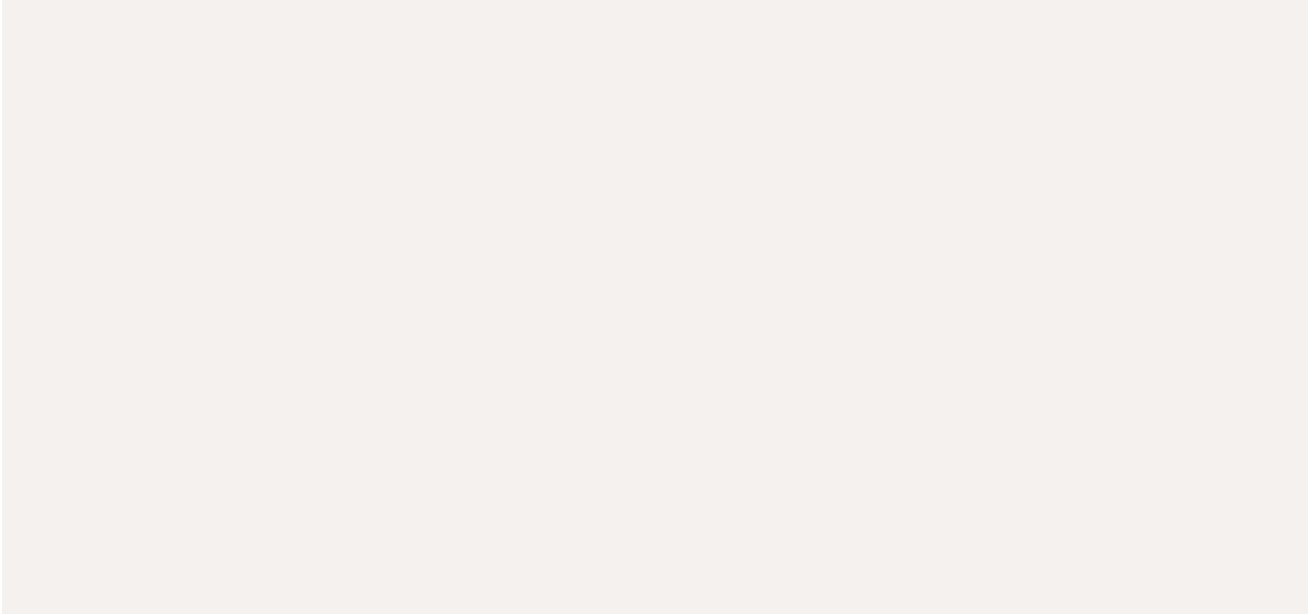
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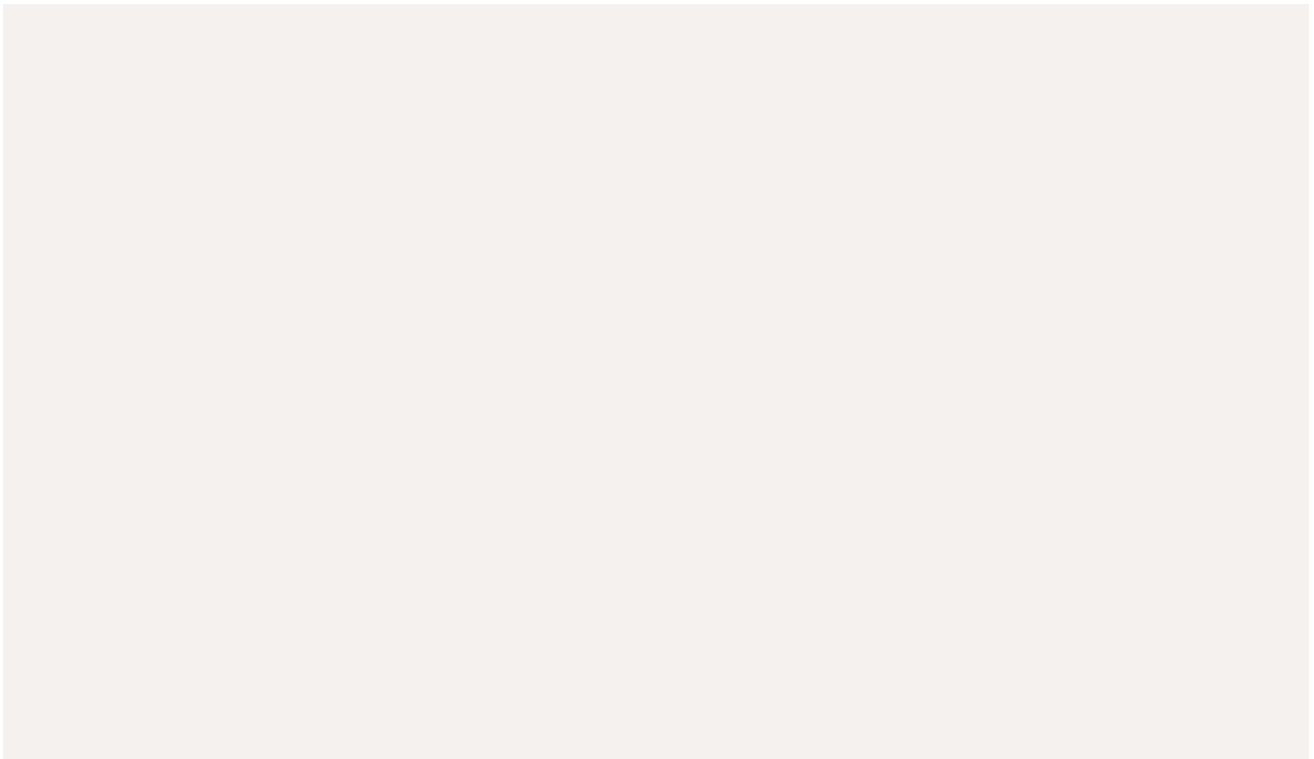
- *How will I respond differently when this thought arises again?*



- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Psalms 119:59 and Prayer

- *Today, I choose to be grateful for...*

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- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

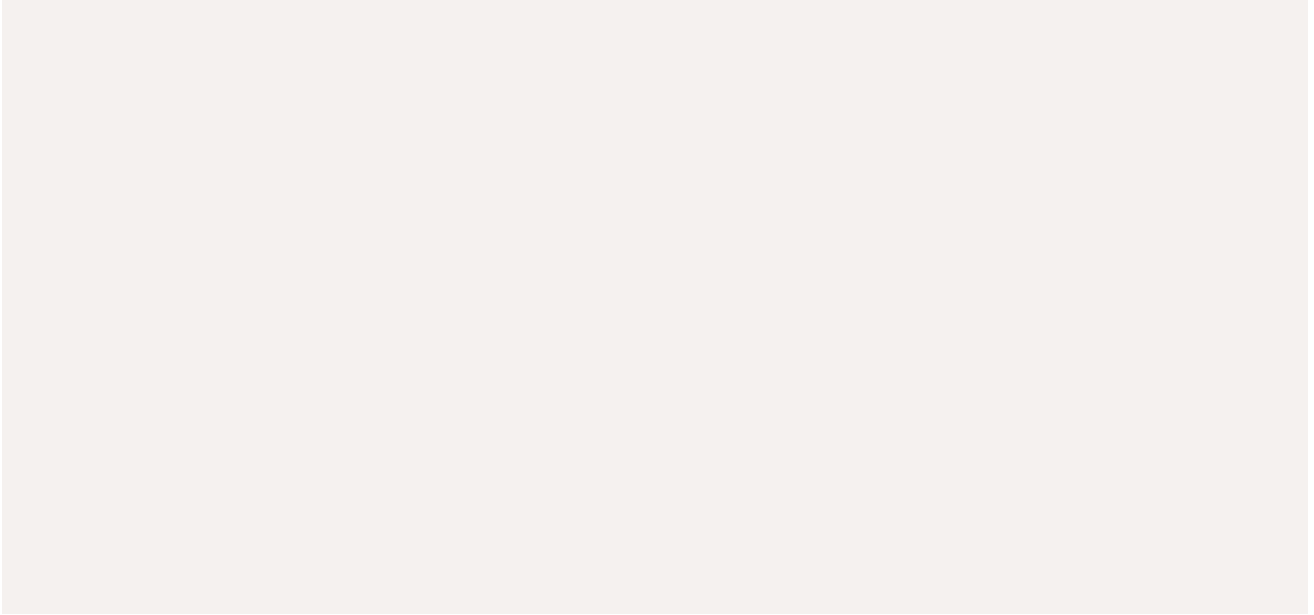
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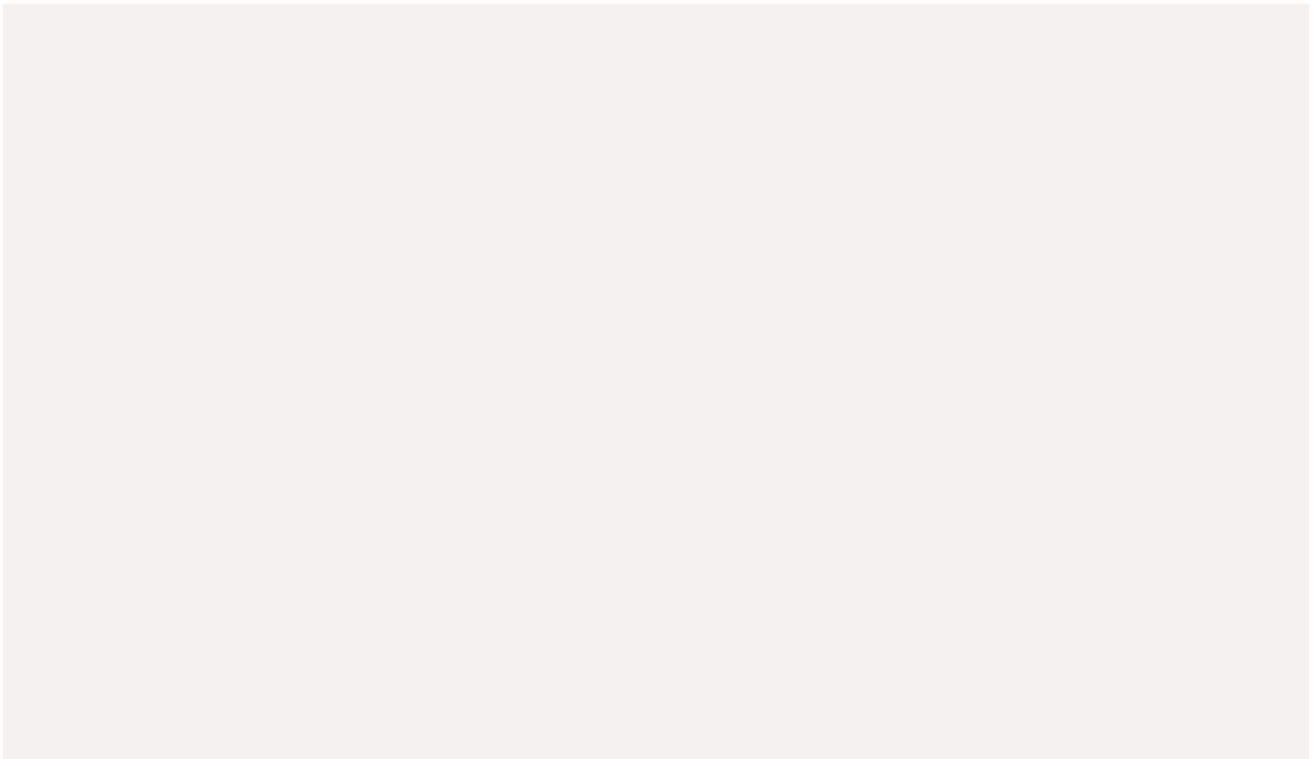
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Date:

- Psalms 27:13 and Prayer

- *Today, I choose to be grateful for...*

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- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

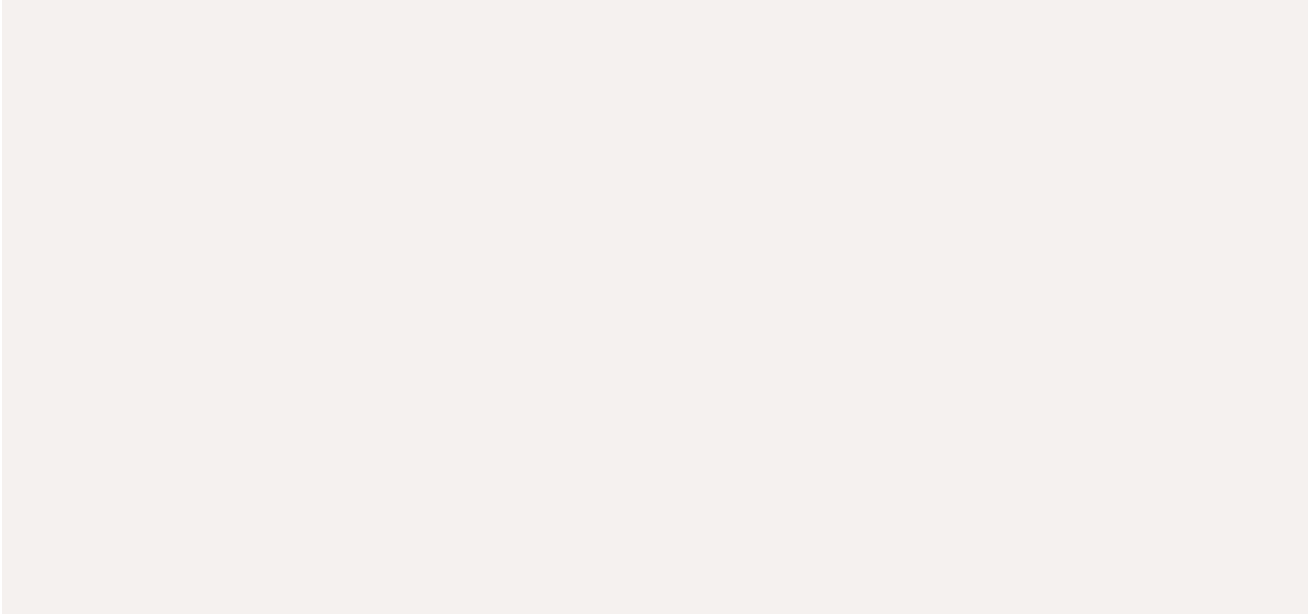
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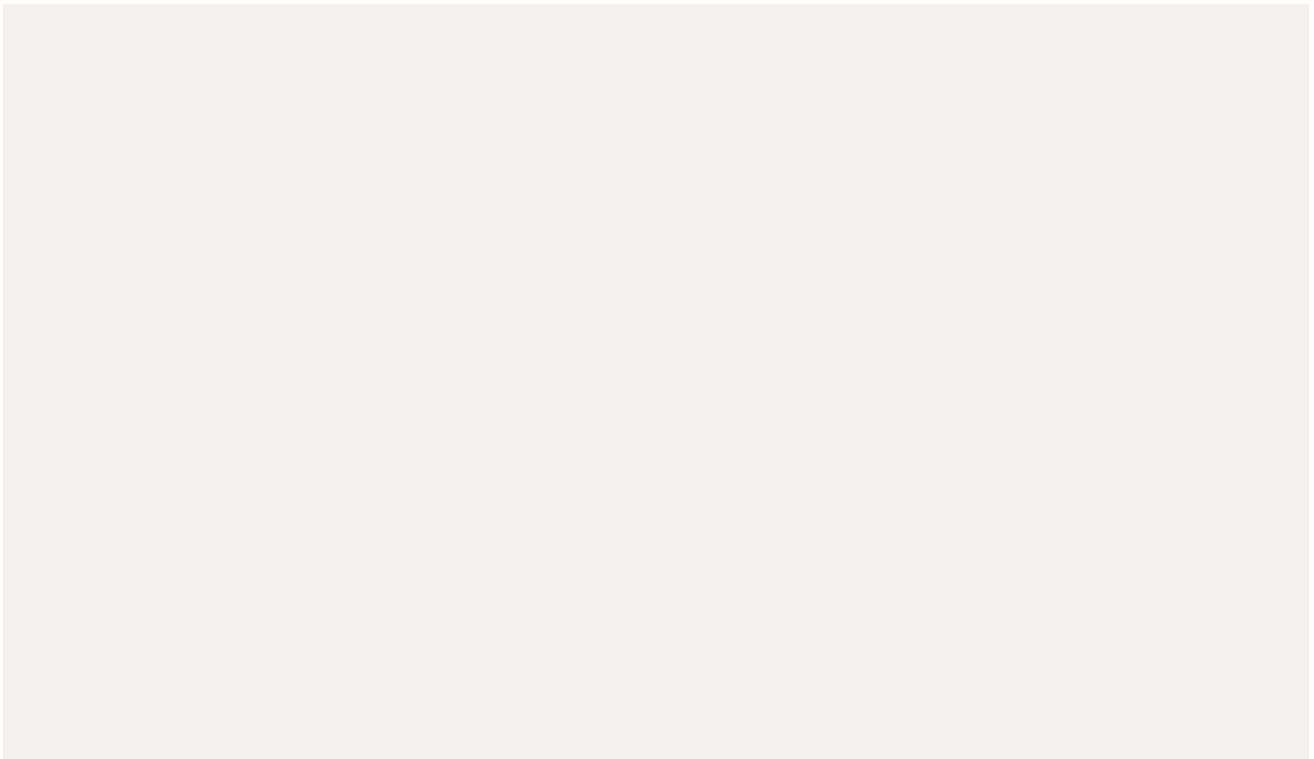
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Date:


- Isaiah 26:3 and Prayer

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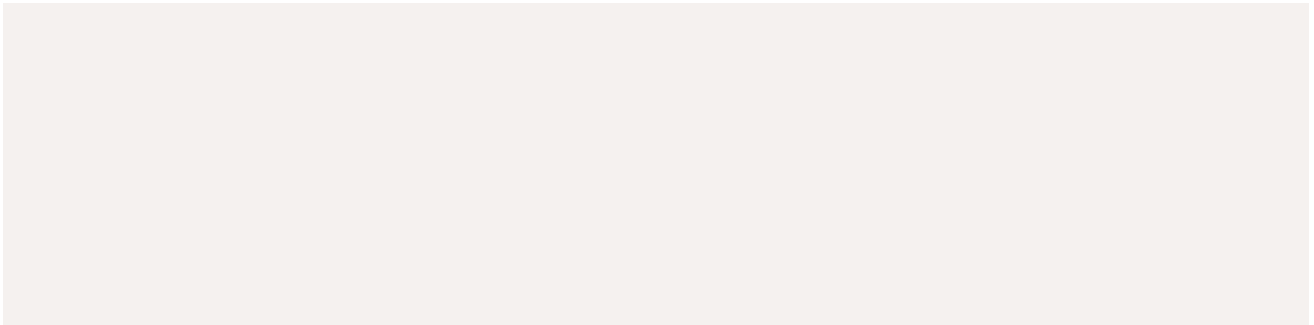
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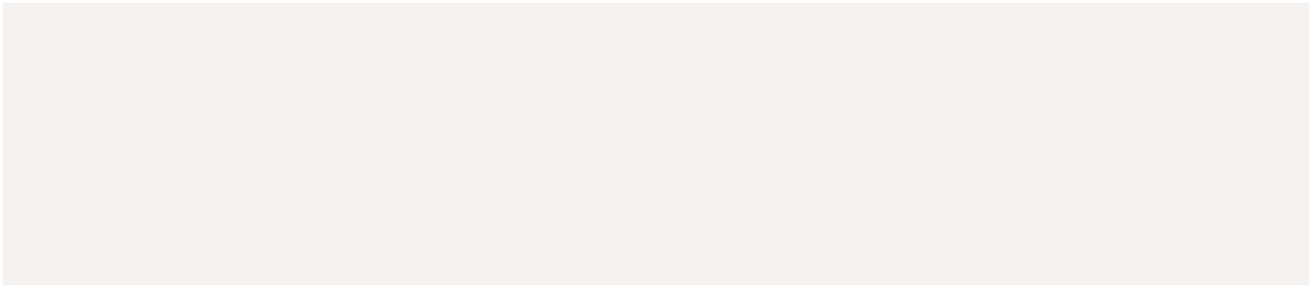
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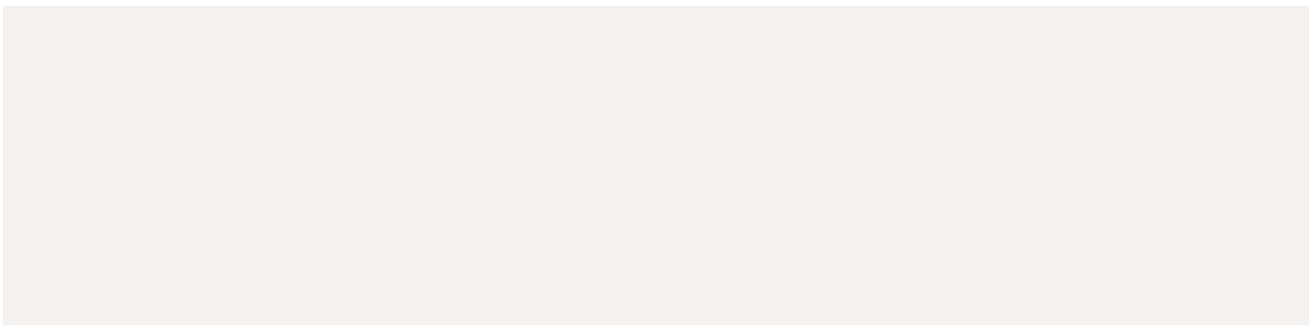
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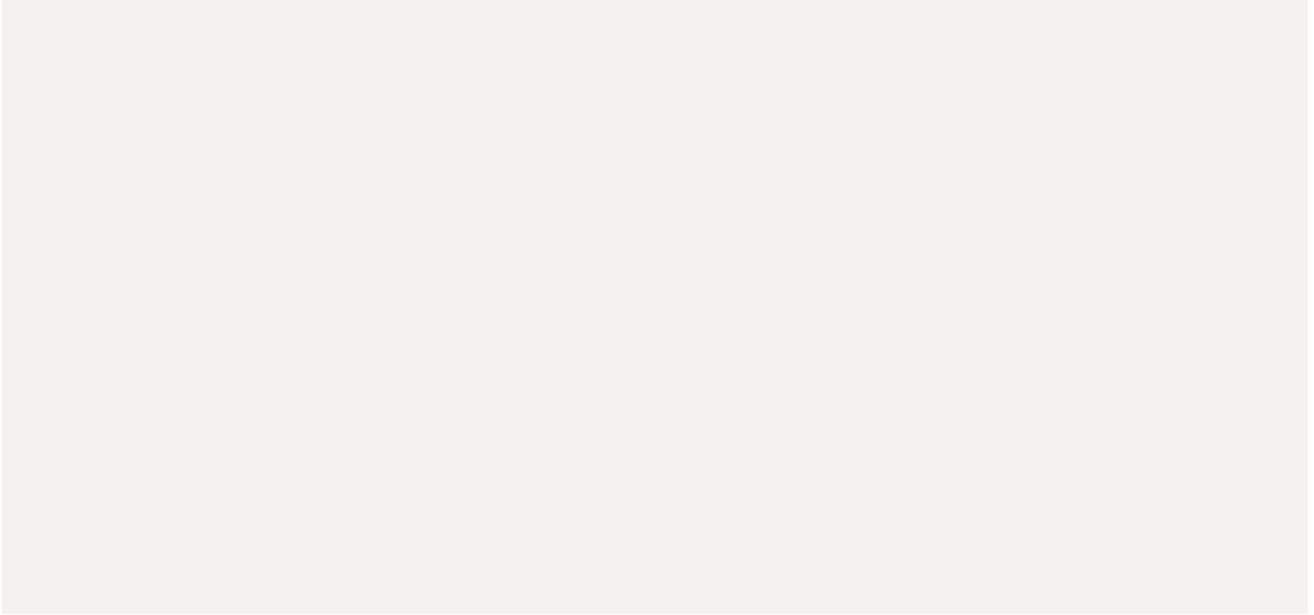
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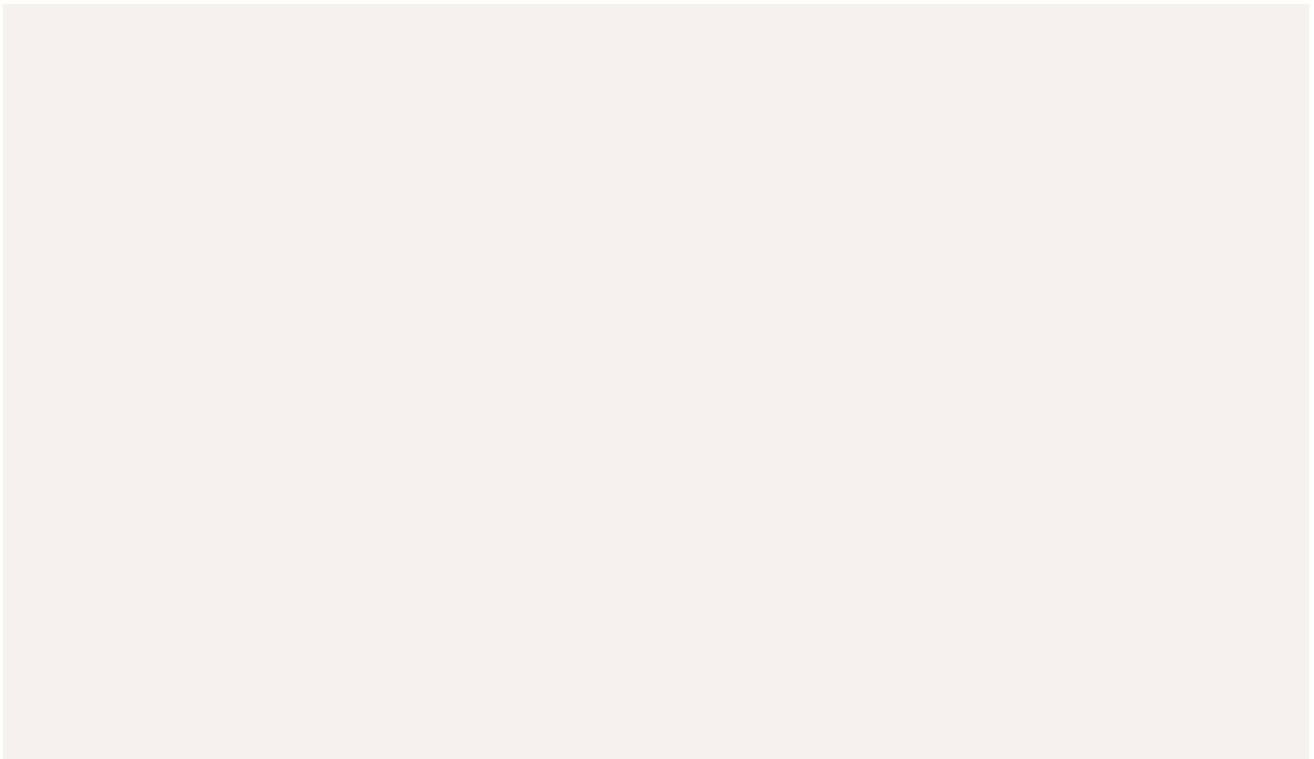
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Reflection for the week

- *What was your biggest breakthrough this week?*

- *What did you find most challenging?*

- *What changes are you already noticing in your thoughts, actions, reactions?*
- *What will be the benefit of these changed beliefs?*



03 *Renewing our minds and sitting in the hard questions*

At this point in our journey, you have been able to recognize some toxic belief patterns. Are you taking the time to really "sit in the hard" and allow the Lord to take you deep into the root of the thought?

Week Three

Some of the most difficult work to do is to allow yourself to dig into the root of a thought pattern. We can be standing, looking at this door, knowing that when we open it all kinds of things could fall out (like the movie 27 dresses!) and it's scary. This is where TRUST comes in. You must know, in your heart, that the Lord is leading you to these places because he is more concerned with your freedom from bondage than your comfort in what is familiar.

Trust him in this process. Trust him to lead you in a way that is best. Trust that he will help you to make sense of it, clean it up, and bring the freedom that you've always wanted but have never known until now.

Prayer for the week

- *Ask the Lord to lead you on this journey.*
- *Give the Lord access to the areas in which you have denied him in the past. Repent for not trusting him and ask him to help you as you walk into this new area.*
- *Ask Holy Spirit to come and shed light on every lie of the enemy that is holding you back. Ask that TRUTH be revealed.*

Intentions for the week

- *Instead of goals this week, select a time that you will get alone with the Lord to do some of this thought work. It can be an hour alone at the park or you may take a drive. Write your INTENTIONAL ALONE date/time with him below. How you will you make that happen? What plan do you have to overcome resistance or obstacles that may pop up to keep you from taking this time? Remember, the enemy doesn't want you to do this and your flesh will try to cooperate with avoidance too. You must be determined and keep FREEDOM in your sites!*

- *How do you handle resistance when it appears?*
- *How would you like to handle resistance?*

Notes for Zoom Call

- *Come prepared with your camera on and ready to take notes!*
- *Engage in the chat and encourage one another - we are all growing together*
- *If you asked to be considered for coaching: come prepared with a particular thought pattern you are wanting coaching on and be vulnerable. ("I don't know" isn't allowed 😊)*

Date:

- Matthew 27:37 and Prayer

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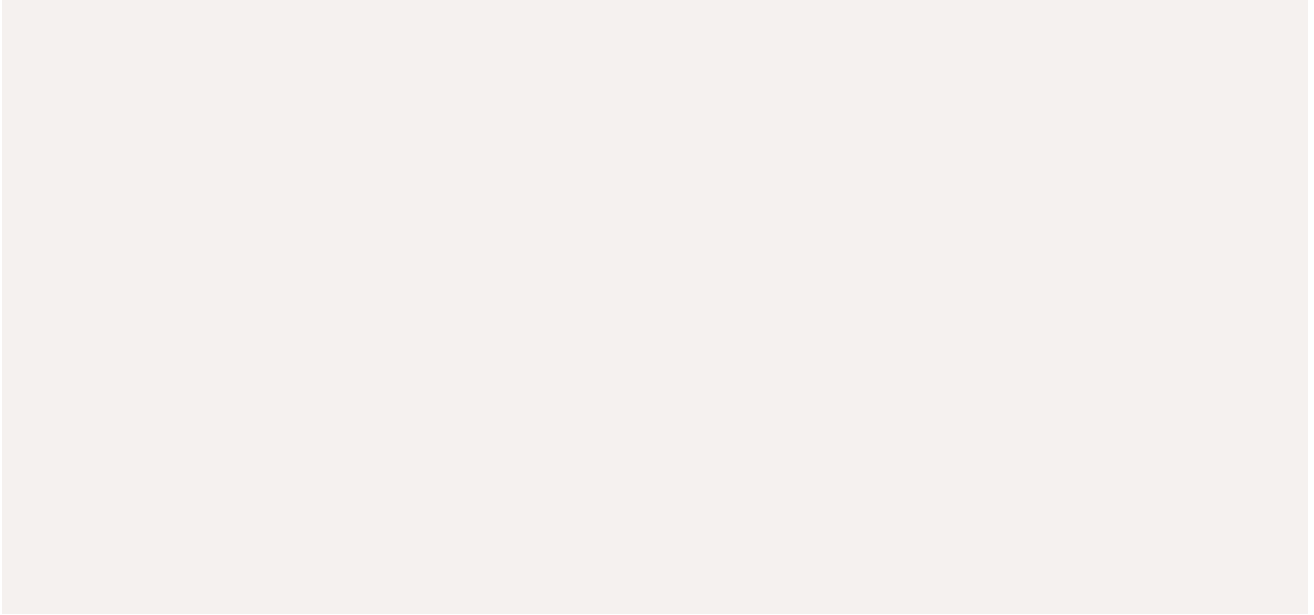
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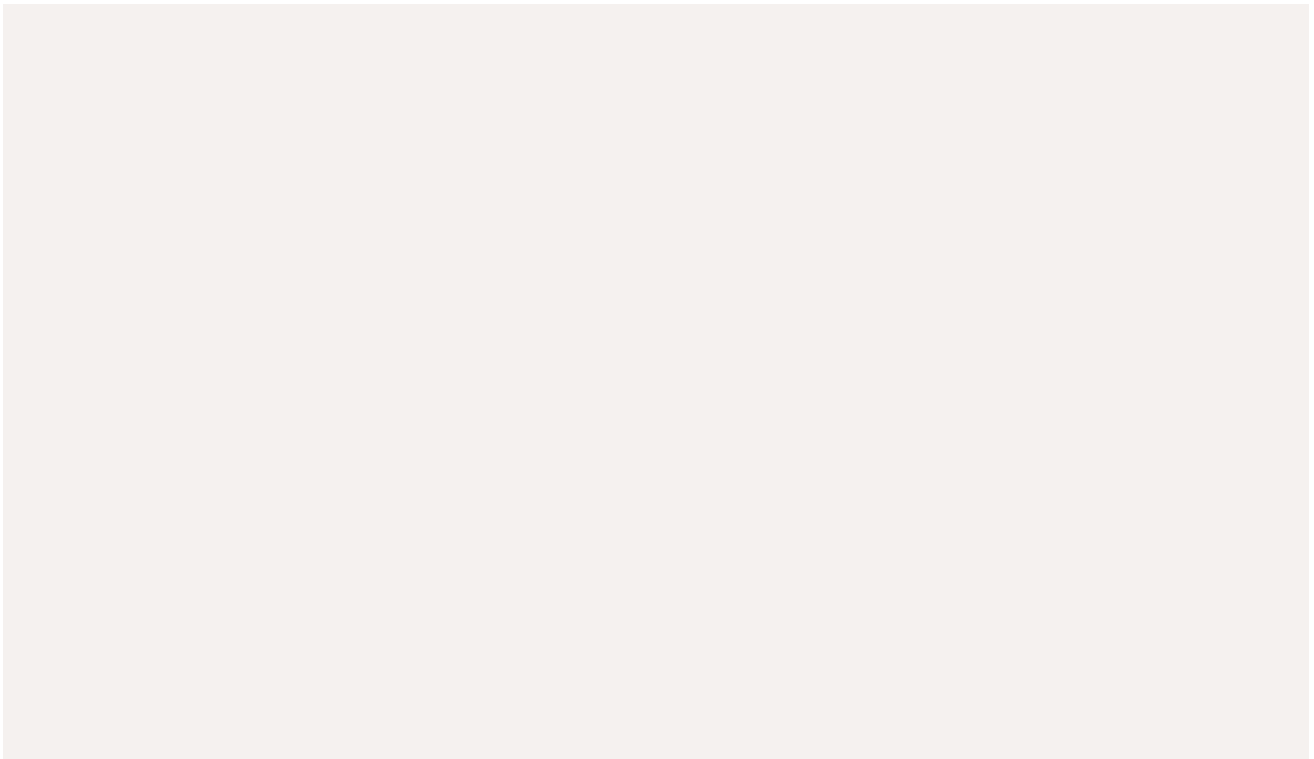
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- *Gratitude, Praise, and Prayer*



Date:

- 2 Cor 2:11 and Prayer

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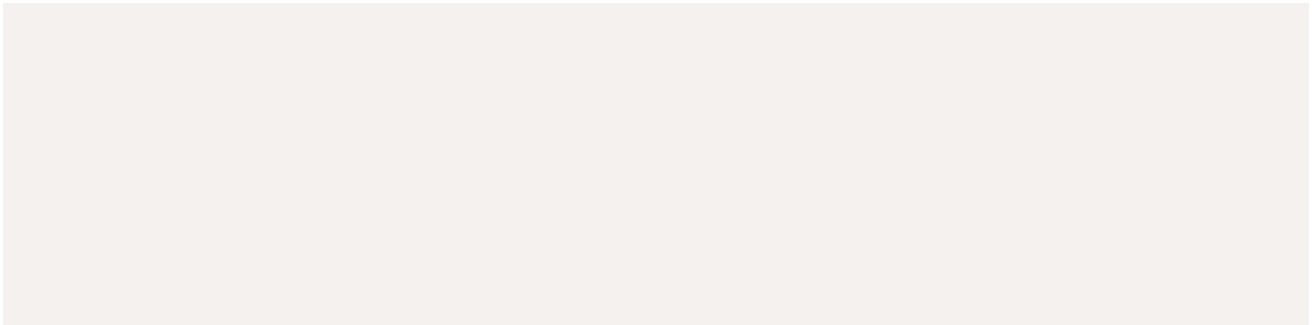
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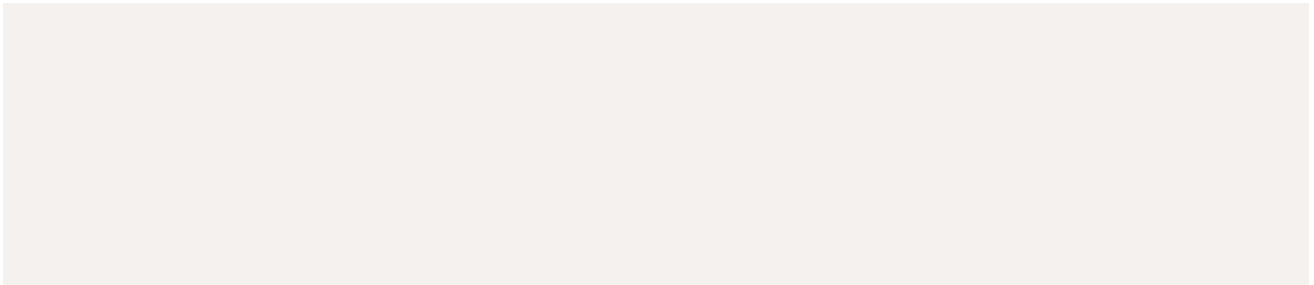
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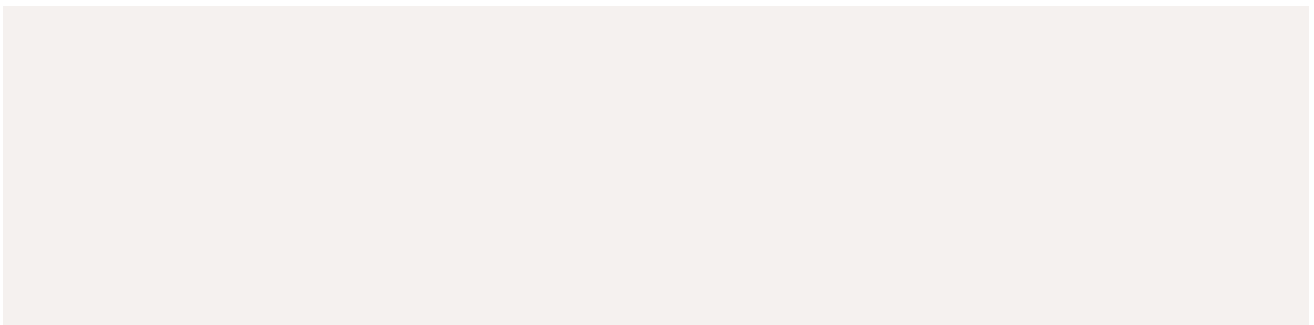
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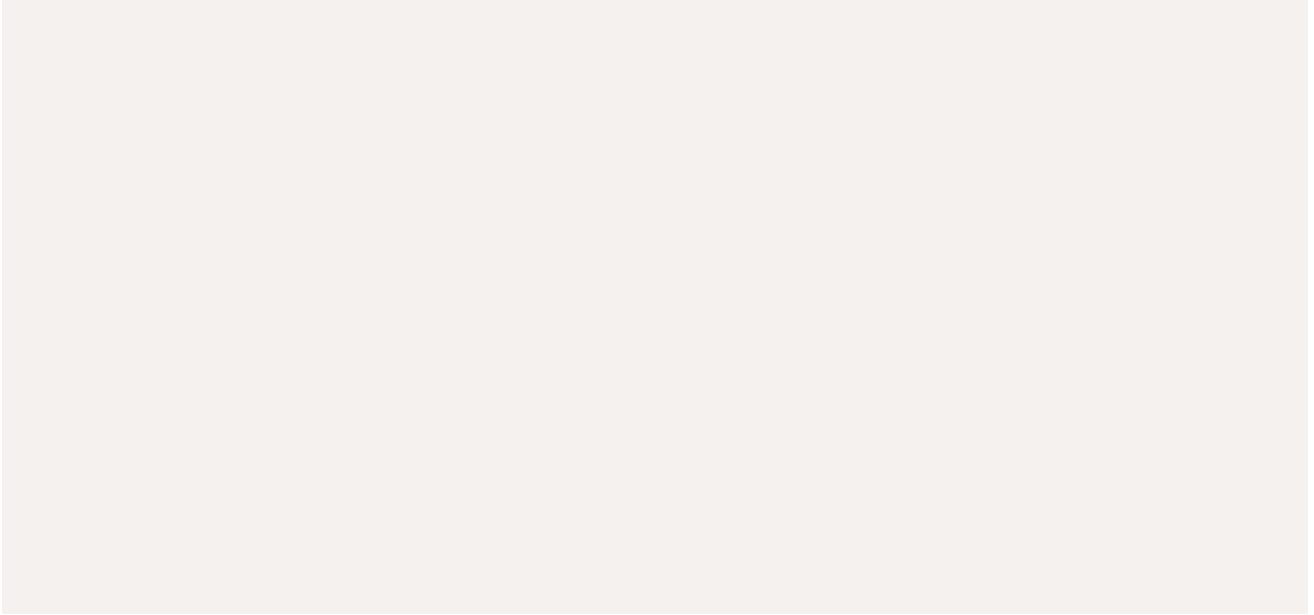
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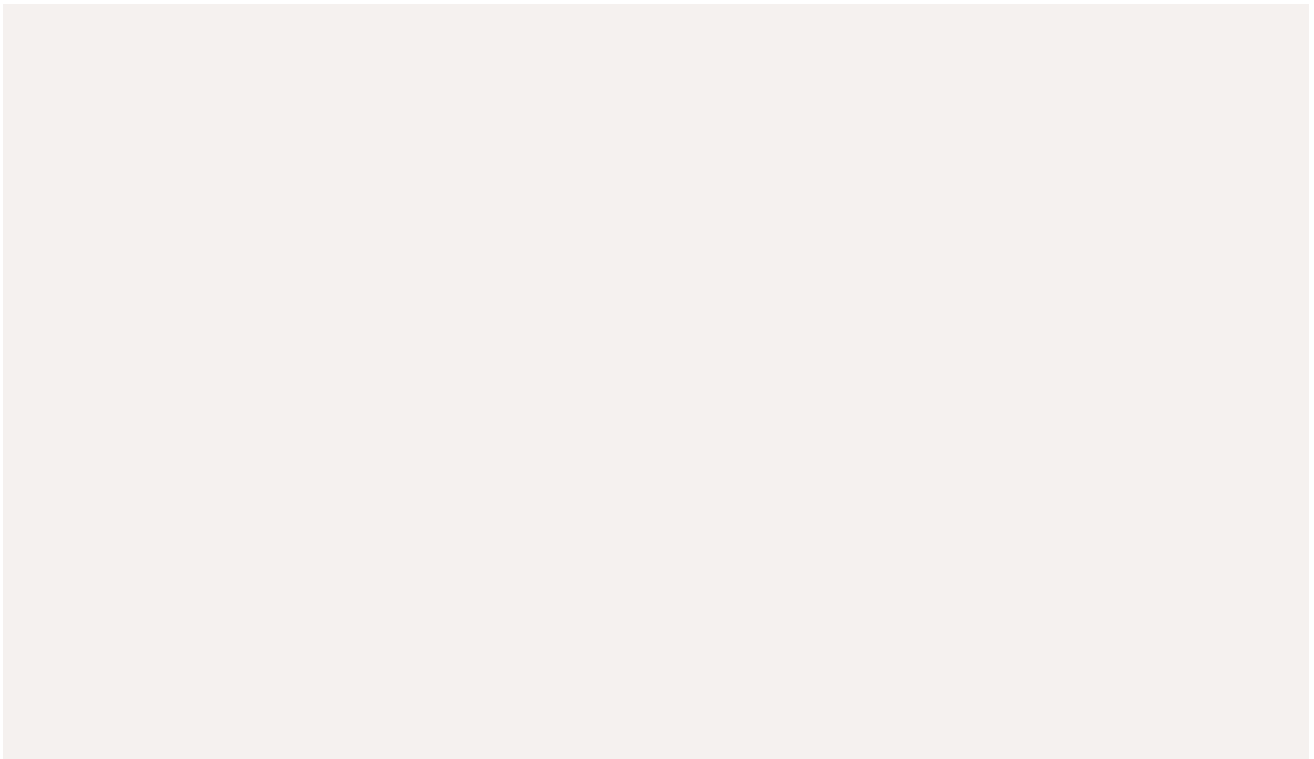
- *How will I respond differently when this thought arises again?*



- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Romans 12:2 and Prayer

- *Today, I choose to be grateful for...*

-
- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

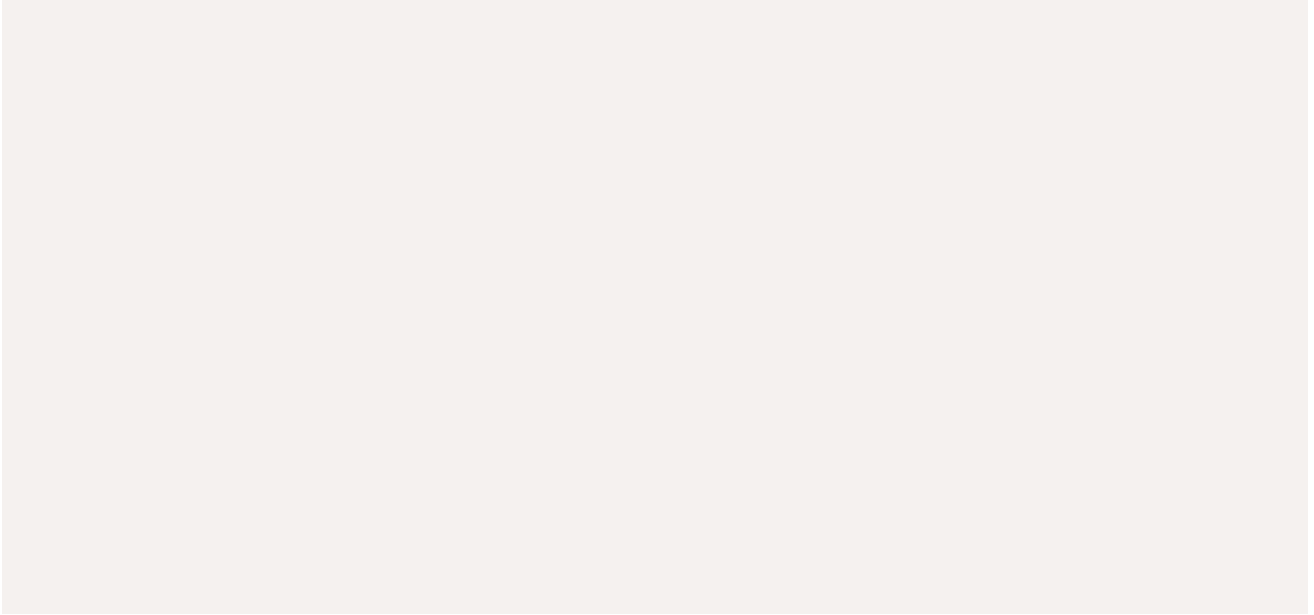
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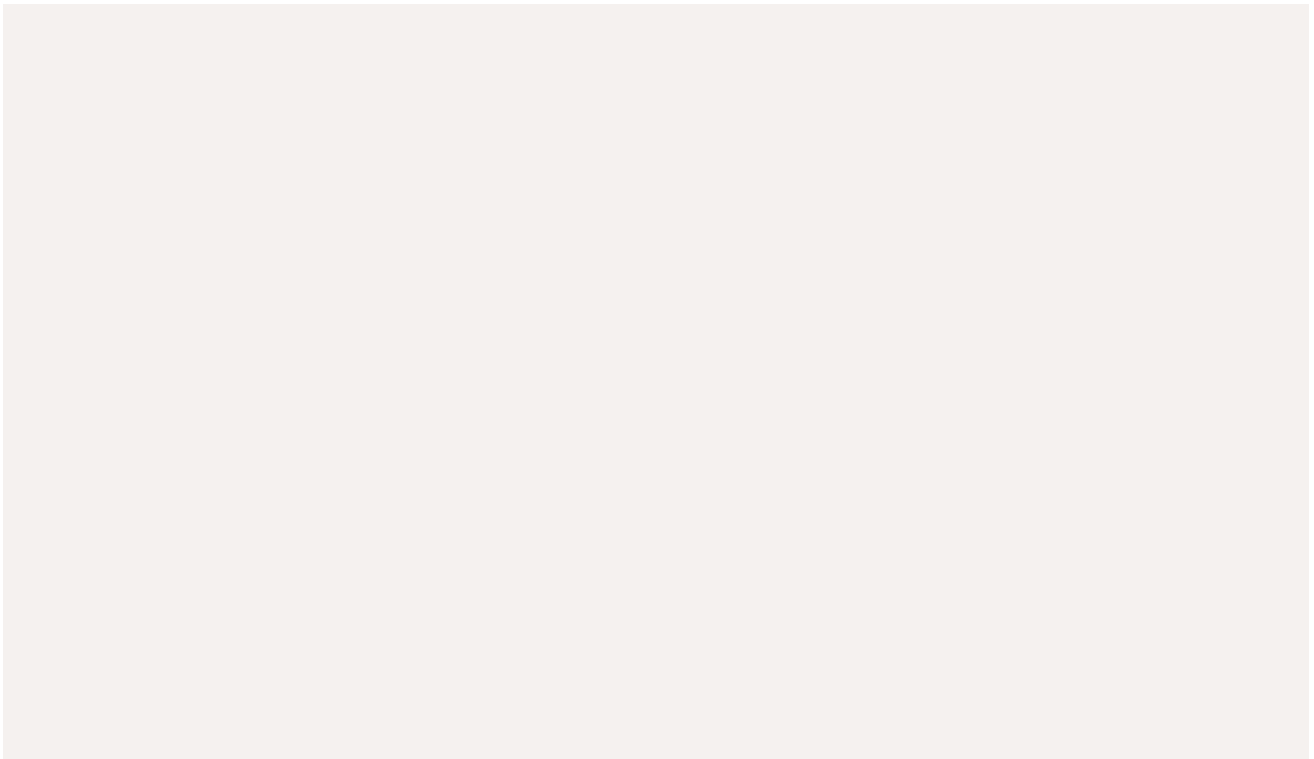
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- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Phil 4:8 and Prayer

- *Today, I choose to be grateful for...*

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- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

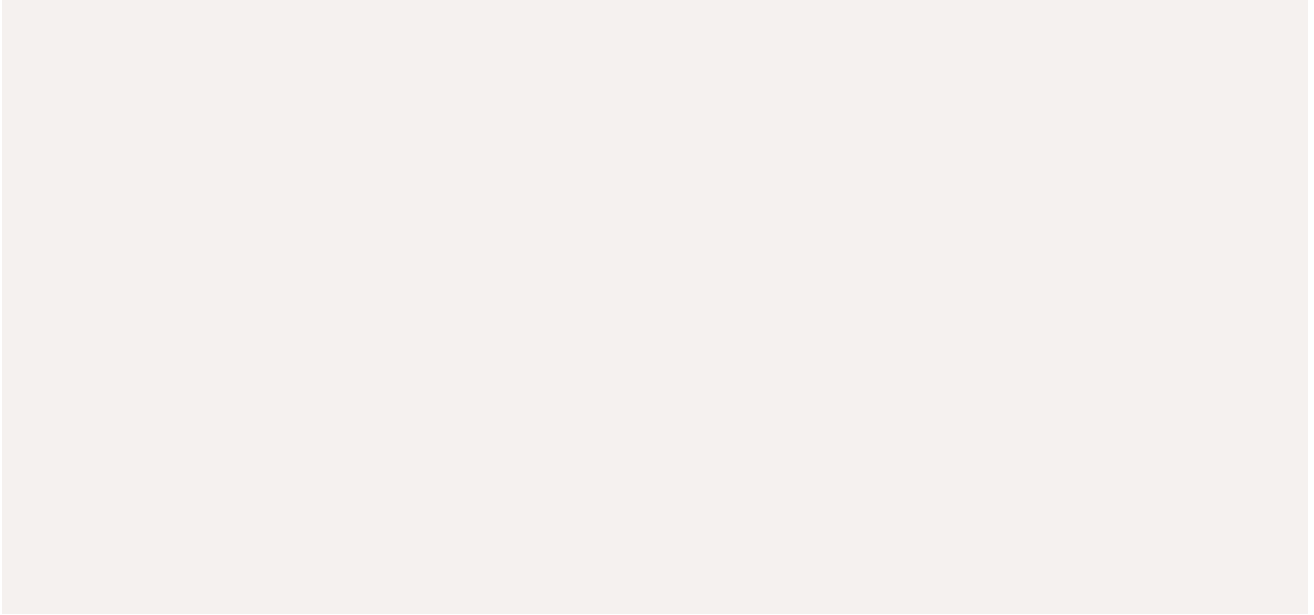
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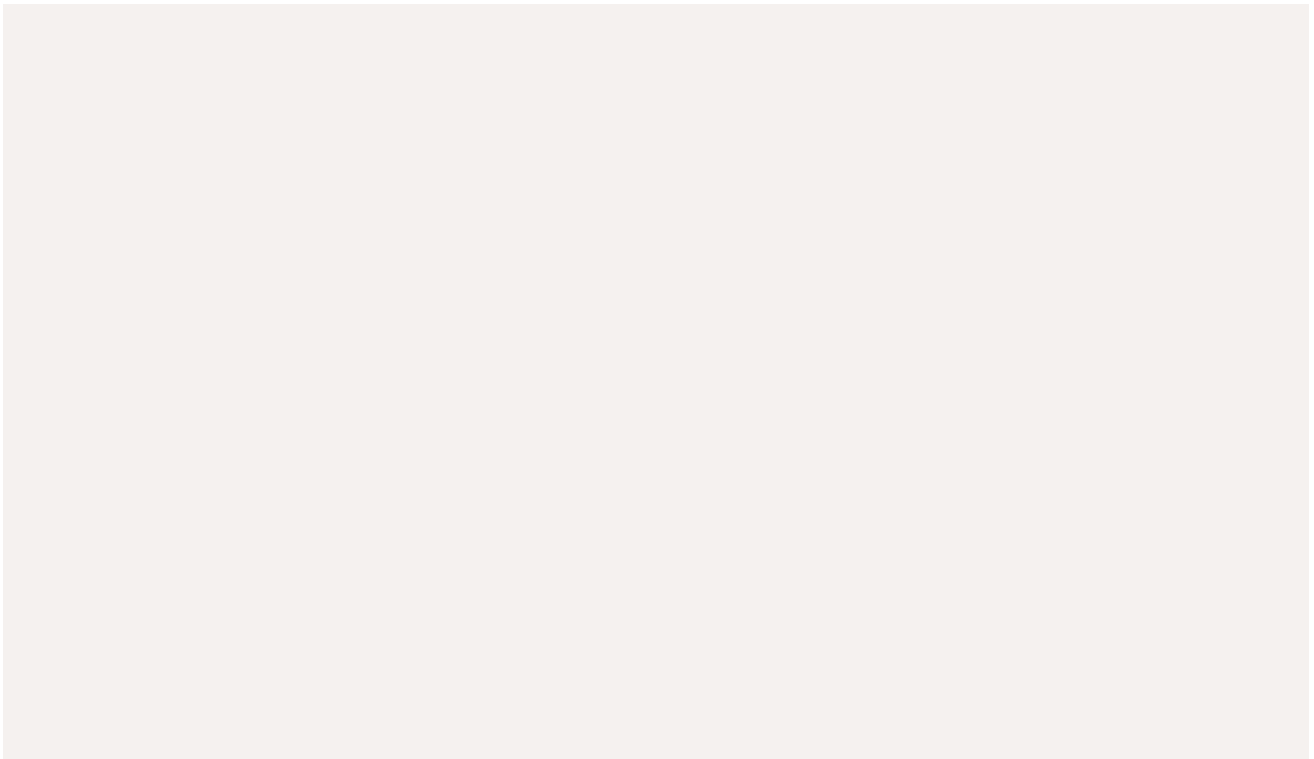
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- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- 2 Tim 1:7 and Prayer

- *Today, I choose to be grateful for...*

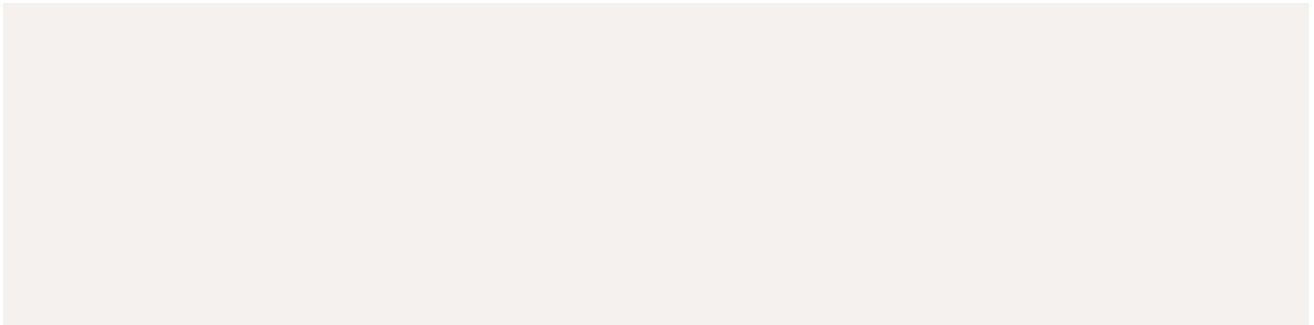
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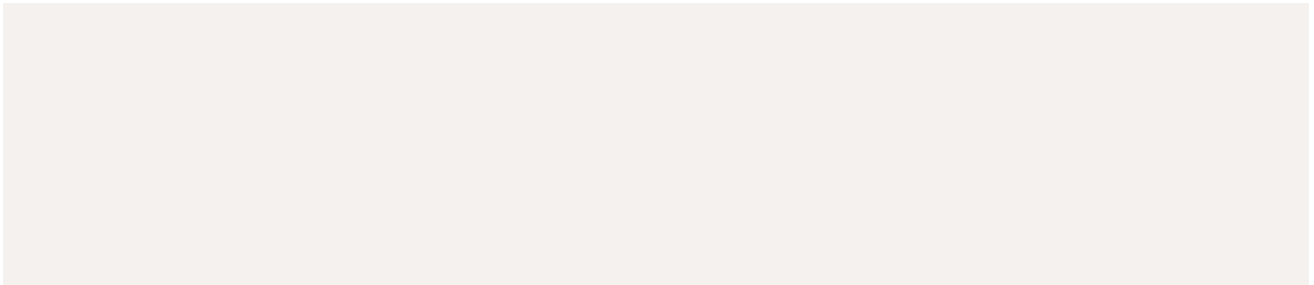
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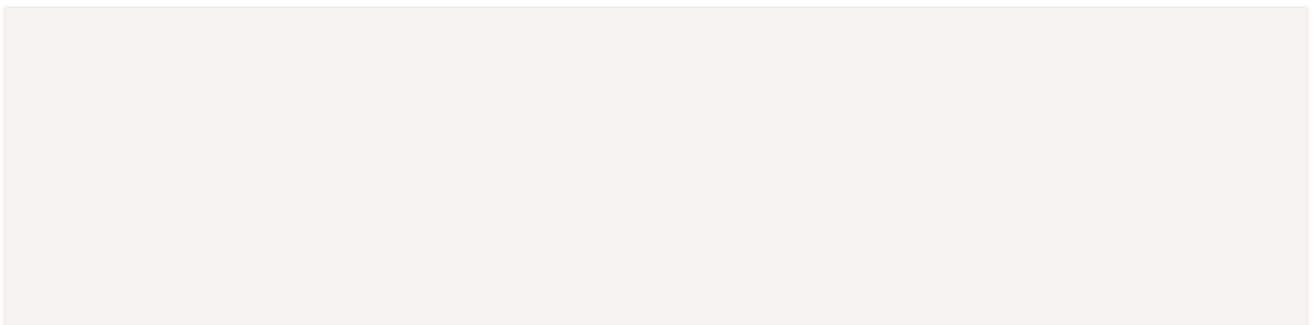
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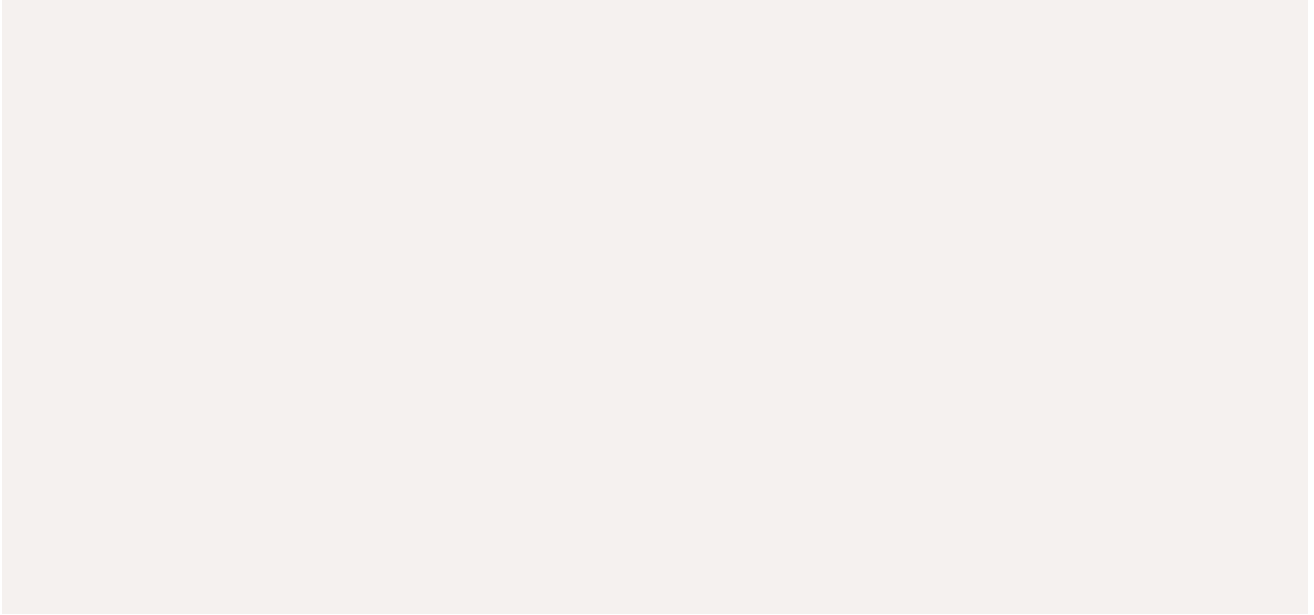
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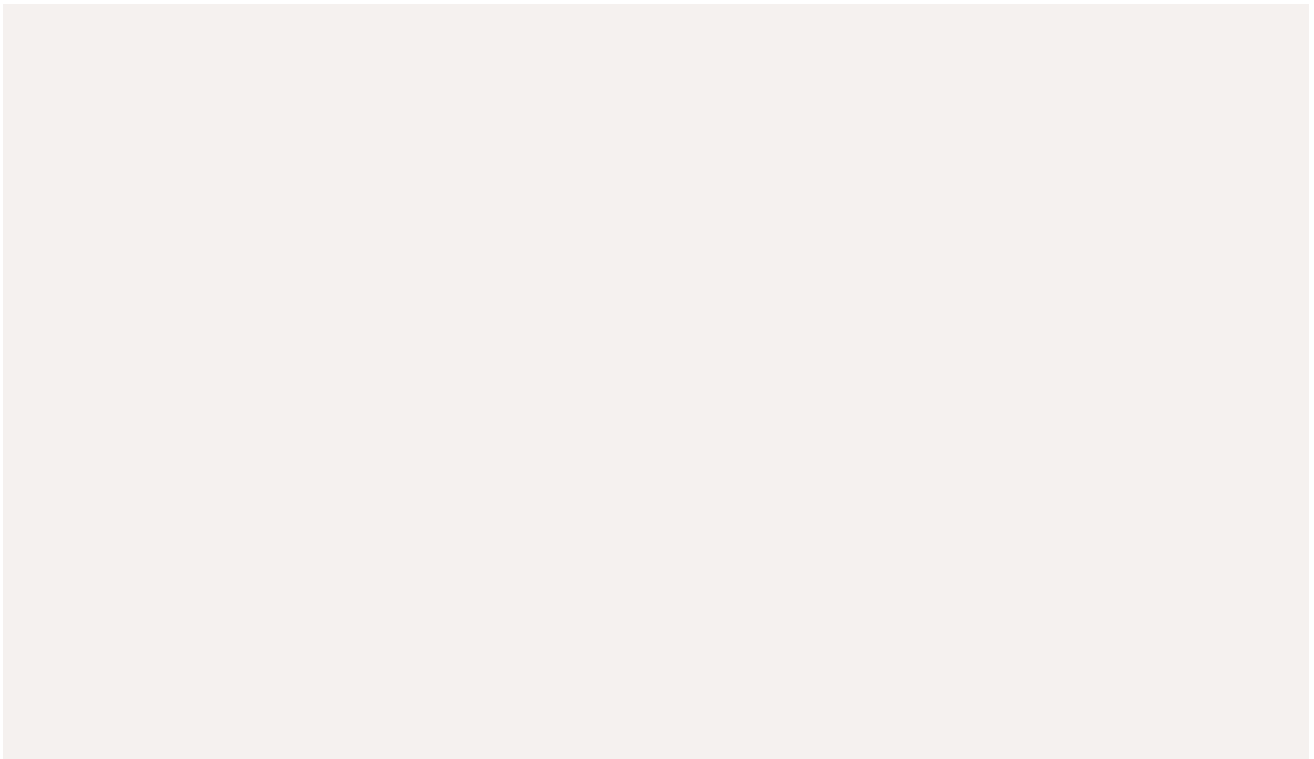
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- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Reflection for the week

- *What was your biggest breakthrough this week?*

- *What did you find most challenging?*

- *What changes are you already noticing in your thoughts, actions, reactions?*
- *What will be the benefit of these changed beliefs?*



04 Great Expectations

Expectation: a strong belief that something will happen

Disappointment: sadness or displeasure caused by the nonfulfillment of one's hopes or expectations

It may sound odd, but our "expectations" of others will often give us a clue into the areas we need to yield to the Lord. God does not want us looking to external sources or people for validation, love, acceptance, wholeness, etc. He wants us to rely solely on him.

Week Four

This week we will look at times of disappointment, frustration, anger, hurt feelings in situations with others and how this can highlight an area that we need to seek our Father. As we move into our teaching this week, have a soft heart. Be open to the Lord showing you some deep things and cleaning out the old wounds that you were never meant to carry. I'm excited for you to walk through this final step in our 4-week journey together. When you discover the root behind some of these emotions, you will begin to see and love others in a whole new way. You will be letting go of pain and begin to see those you love through the eyes of the Father instead of through a lens that the enemy gave you.

Prayer for the week

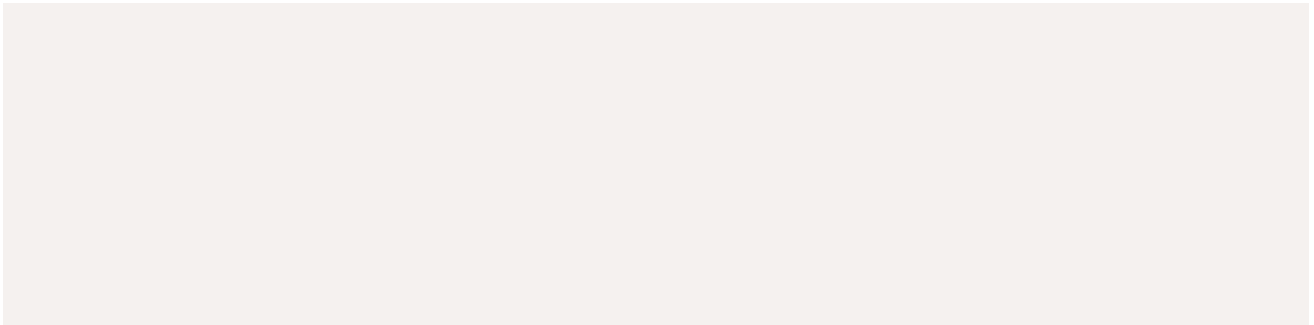
- *Ask the Lord to lead you on this journey.*
- *Think of a time of great disappointment, frustration, anger or hurt from someone you care about or look up to. Take a moment and feel those emotions, allow yourself to go to "that place". Then, ask yourself, "what were my expectations in this situation"?*
- *Write below what you expected of that person that wasn't given and then ask the Lord how you can seek him in fulfilling those unmet needs.*

Intentions for the week

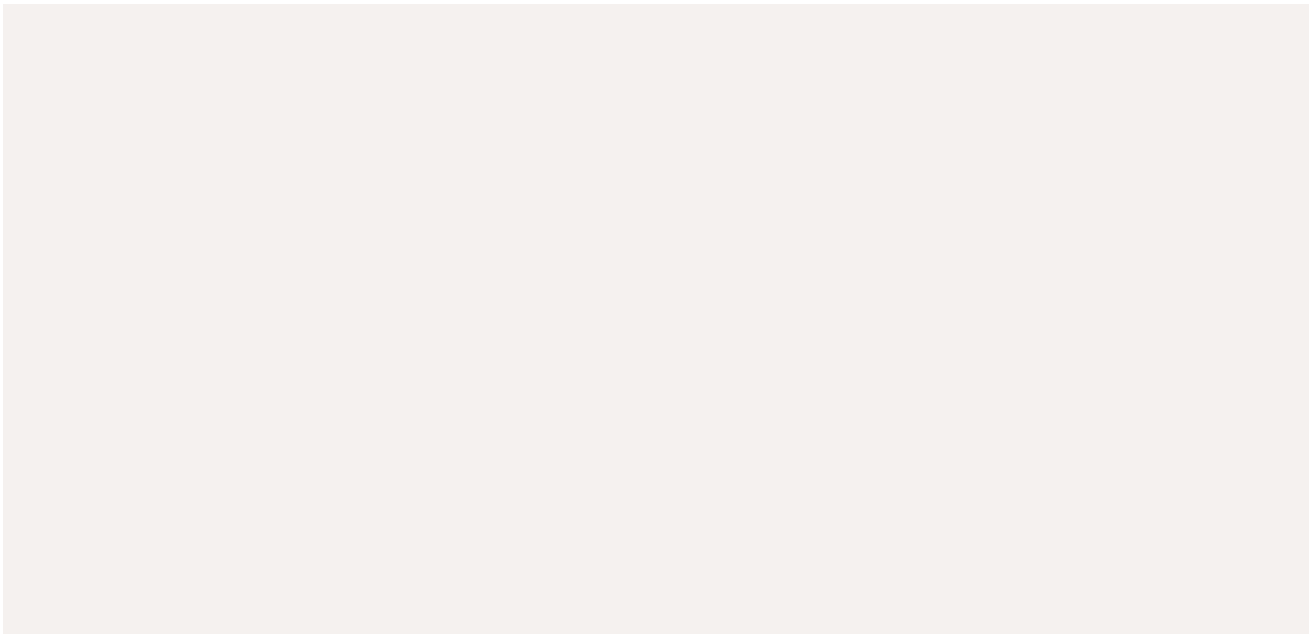
- *What are the expectations you have toward your spouse, kids, parents, friends?*



- *In what ways can you begin to seek God to meet those needs?*



- *If you are no longer "needing" your family and friends to meet those needs, how will this free them? How will it free you? How will it altar your relationships?*
- *What will you be doing differently as a result?*



Notes for Zoom Call

- *Come prepared with your camera on and ready to take notes!*
- *Engage in the chat and encourage one another - we are all growing together*
- *If you asked to be considered for coaching: come prepared with a particular thought pattern you are wanting coaching on and be vulnerable. ("I don't know" isn't allowed 😊)*

Date:

- Proverbs 4:23 and Prayer

- *Today, I choose to be grateful for...*

-
- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

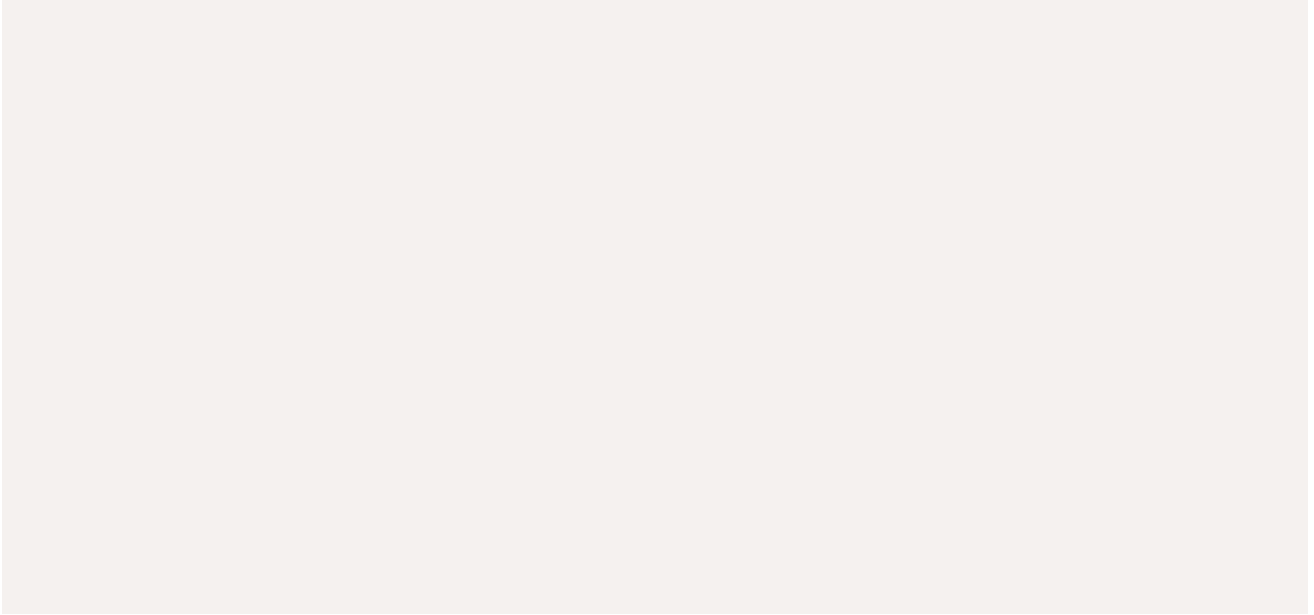
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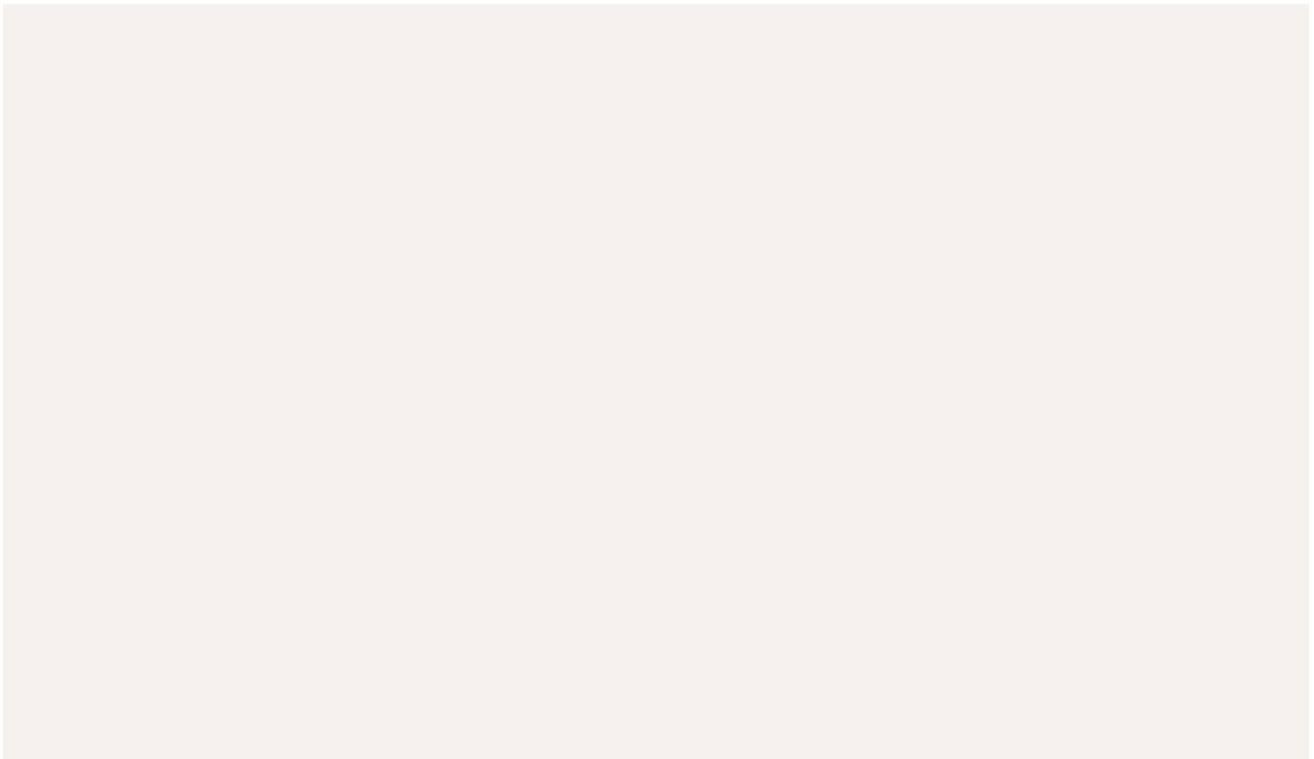
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- *How will I respond differently when this thought arises again?*

- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:


- Eph 4:22-23 and Prayer

- *Today, I choose to be grateful for...*

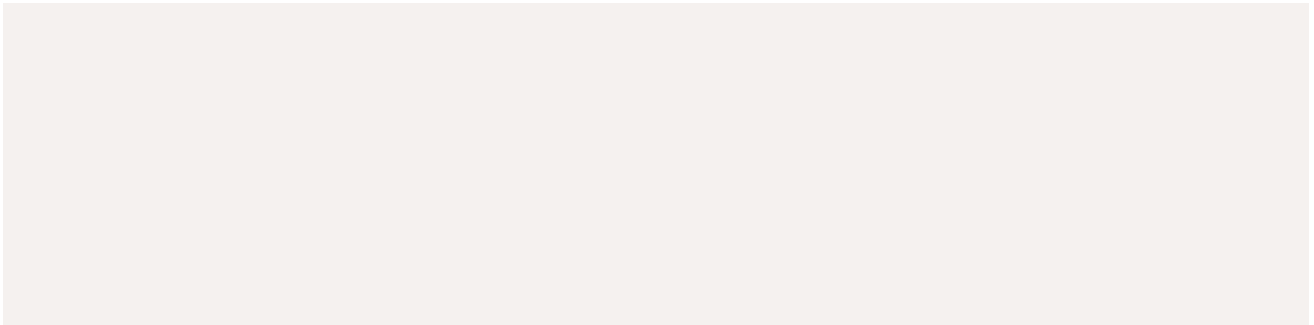
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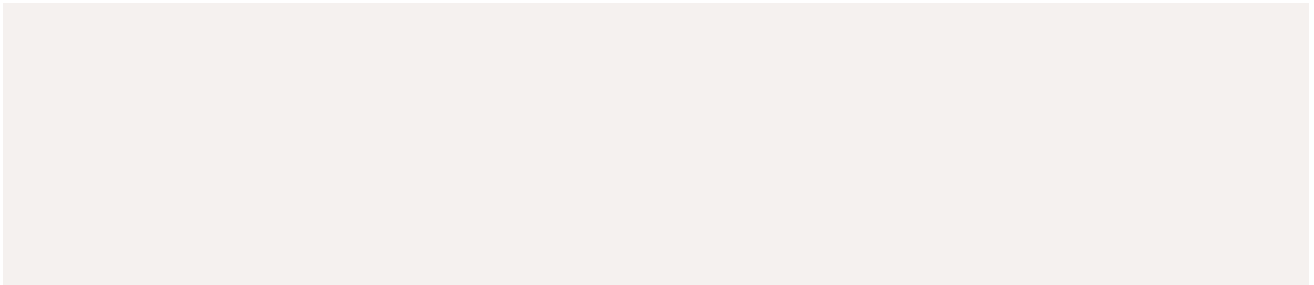
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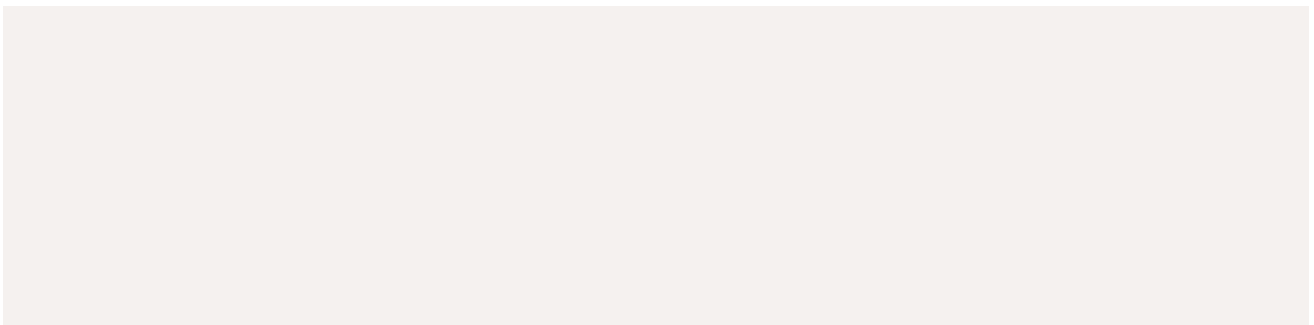
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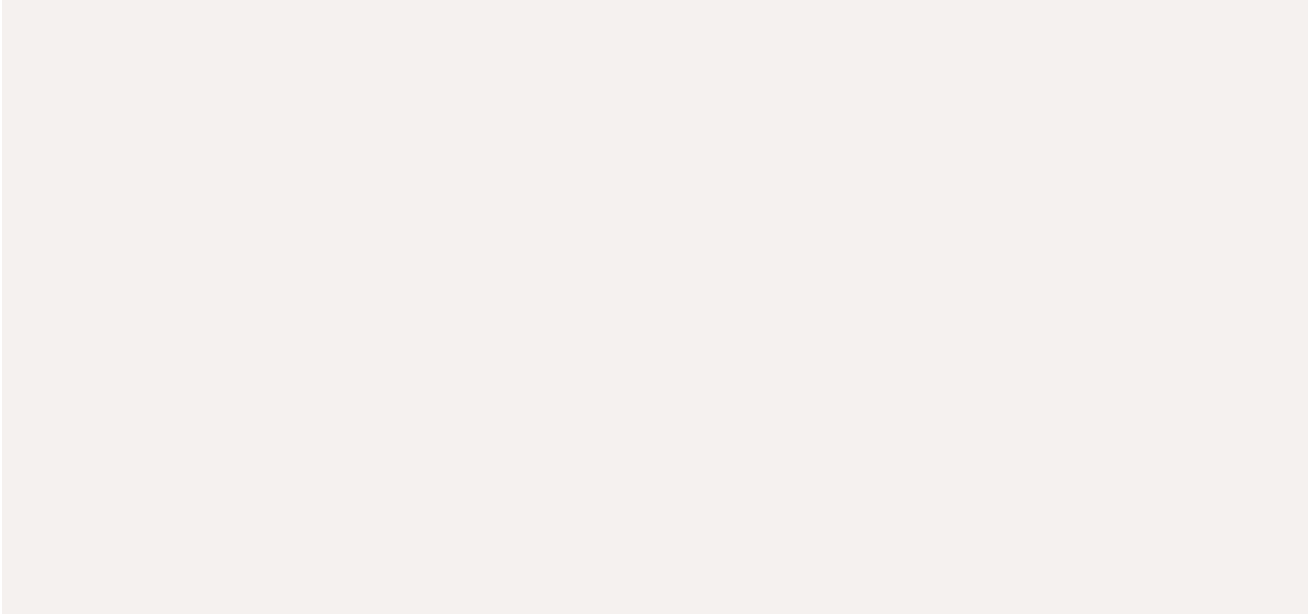
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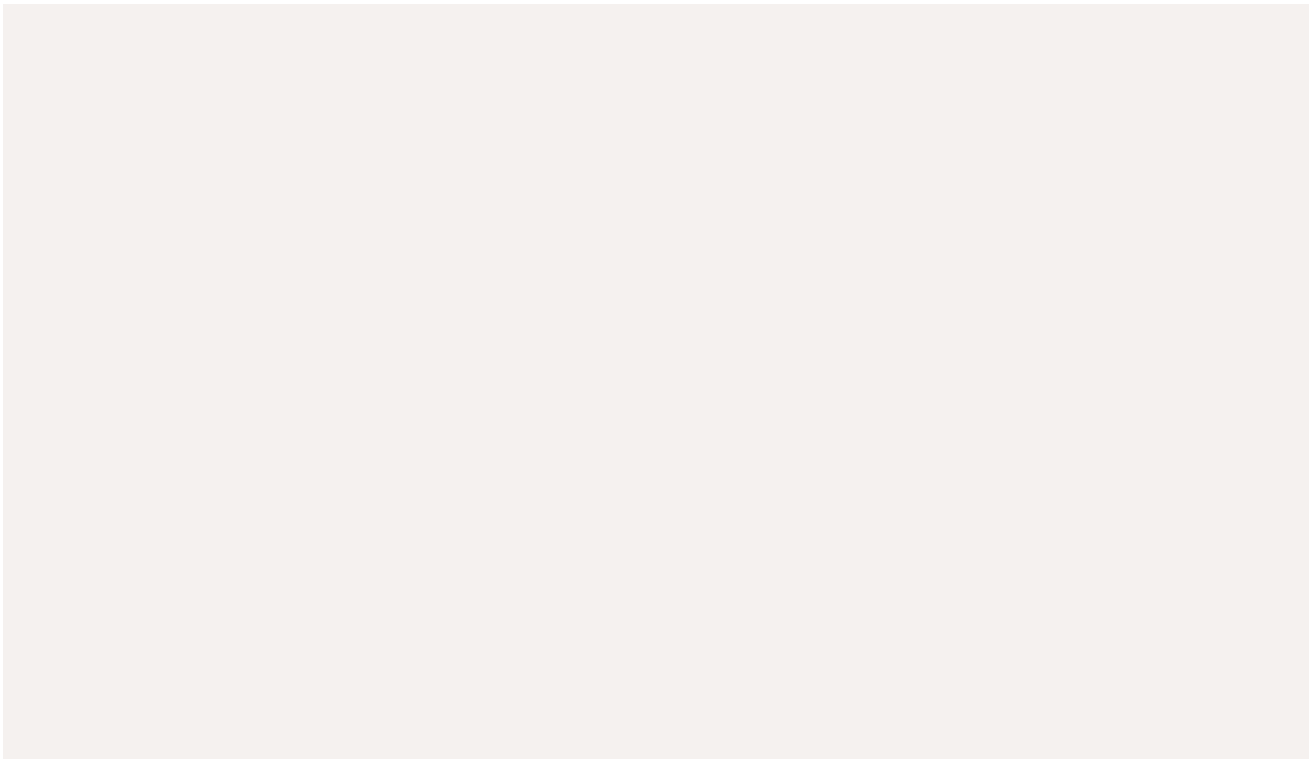
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- *Thoughts and actions that served you well today*



- *Gratitude, Praise, and Prayer*



Date:

- Matt 15:11 and Prayer

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-
- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

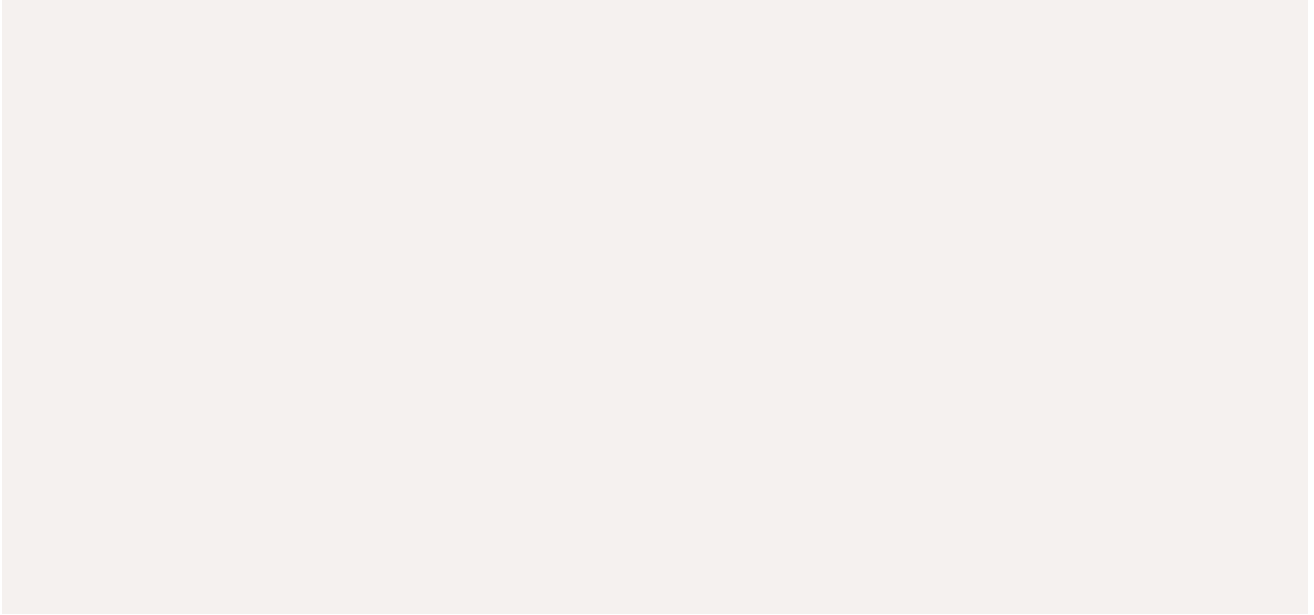
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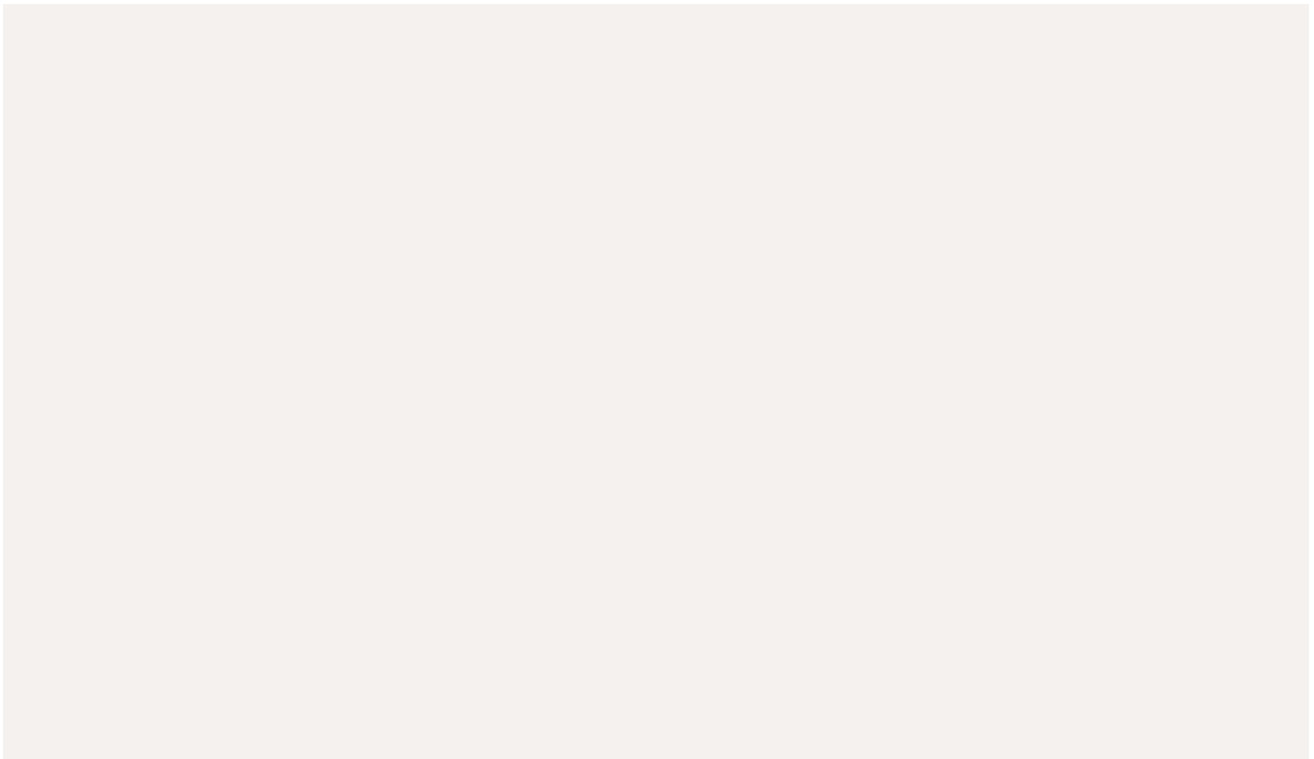
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- *Gratitude, Praise, and Prayer*



Date:

- 2 Cor 10:5 and Prayer

- *Today, I choose to be grateful for...*

-
- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

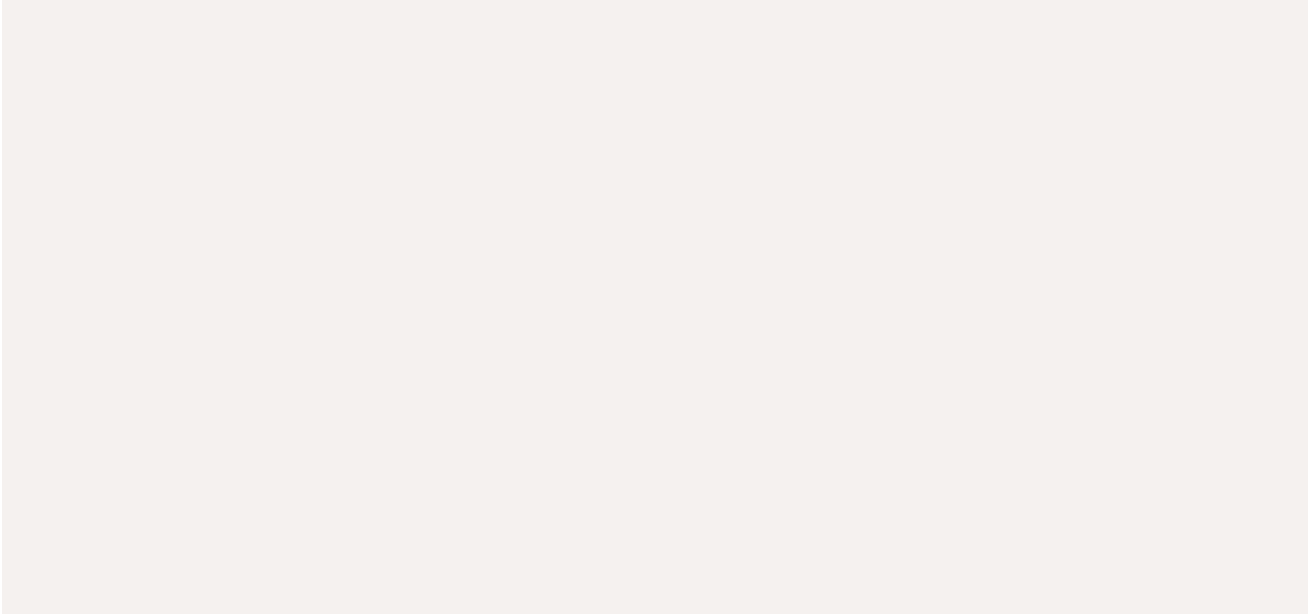
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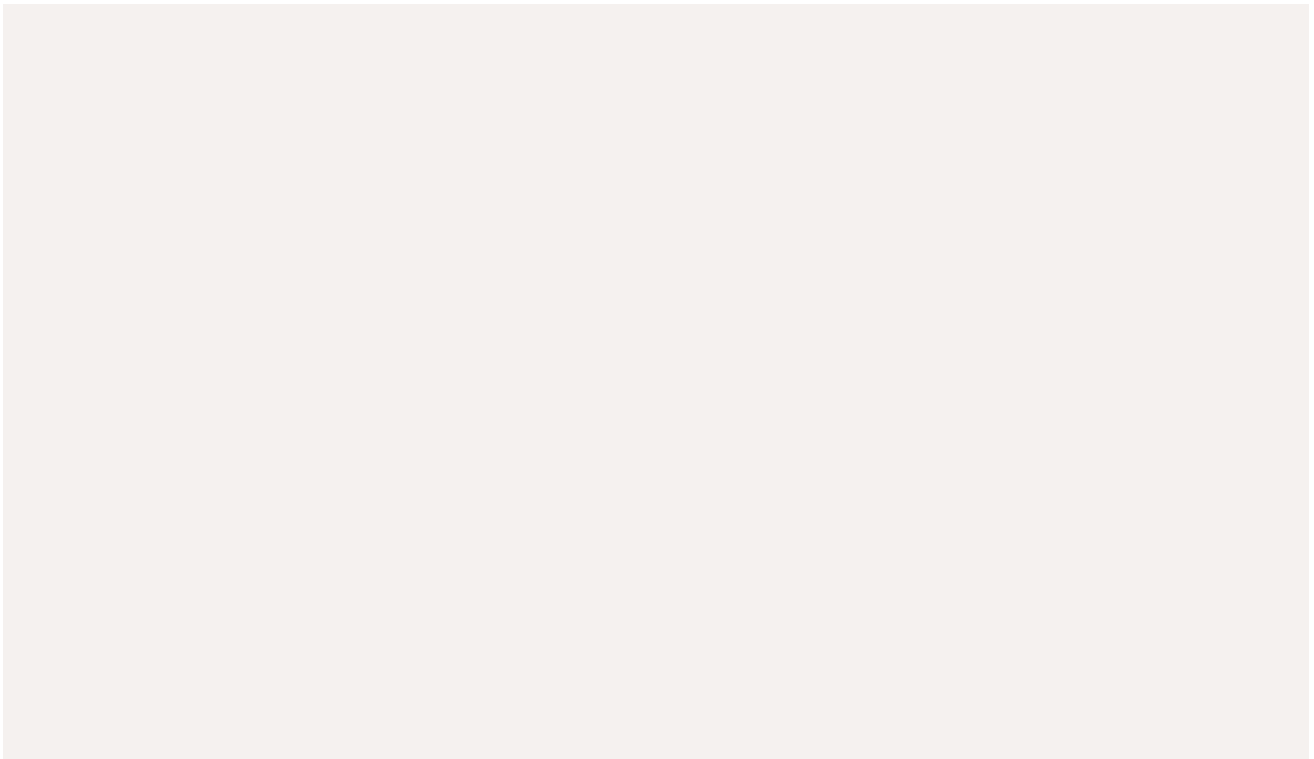
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- *Gratitude, Praise, and Prayer*



Date:

- Proverbs 3:5 and Prayer

- *Today, I choose to be grateful for...*

-
- *Thoughts I have realized today that are NOT serving me or my goals.*

- *How did I feel when having these thoughts? What action, reaction, or inaction was the result?*

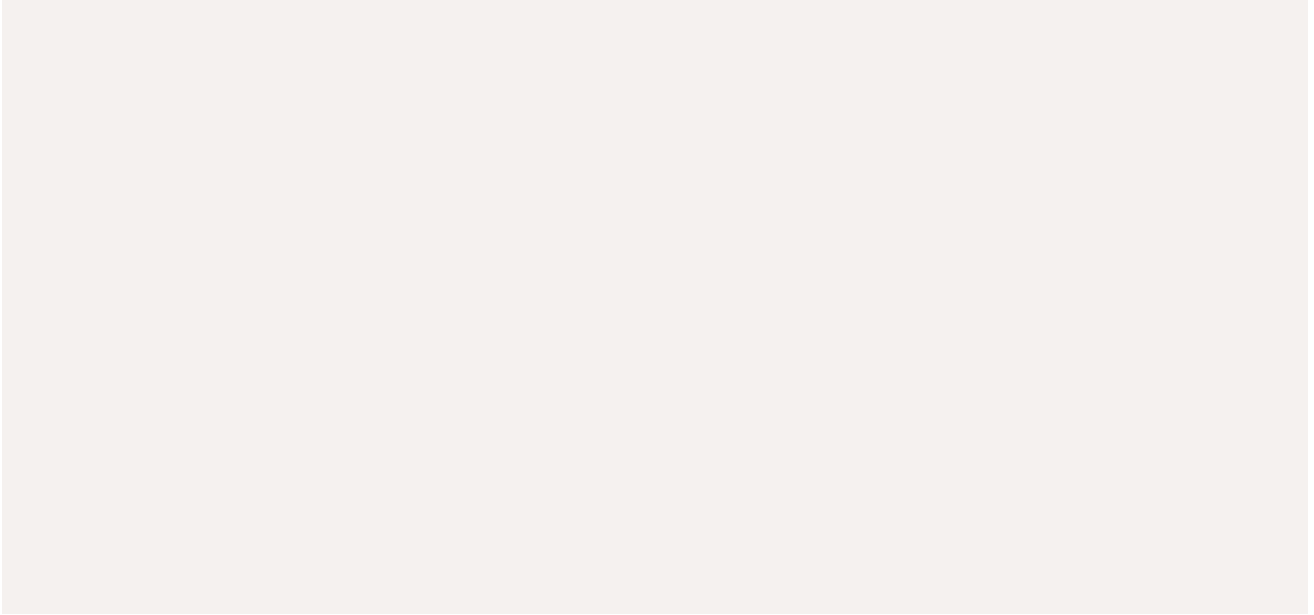
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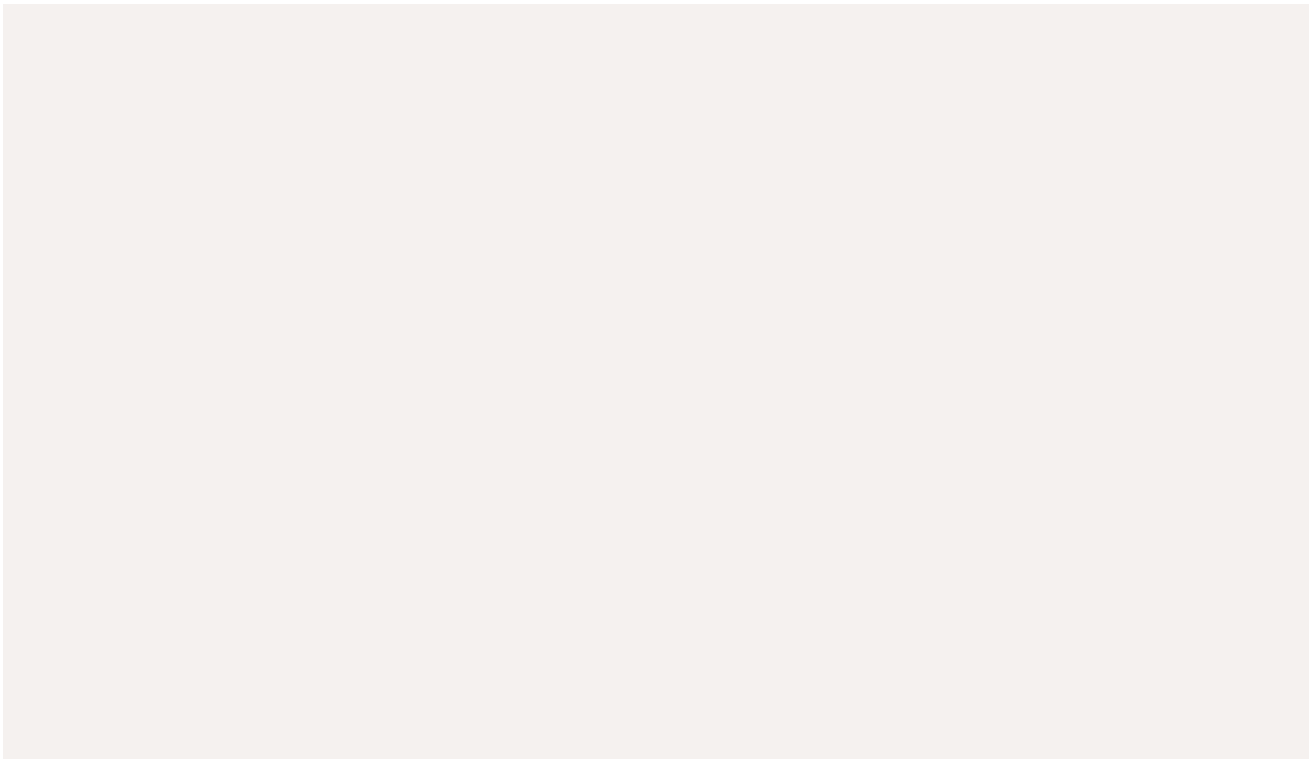
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Reflection for the week

- *What was your biggest breakthrough this week?*

- *What did you find most challenging?*

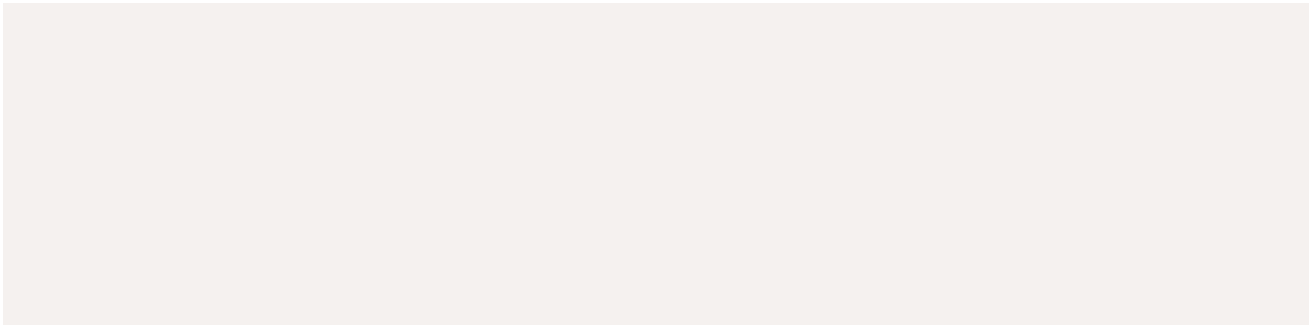
- *What changes are you already noticing in your thoughts, actions, reactions?*
- *What will be the benefit of these changed beliefs?*

Reflection for the 4-week course

- *What were your biggest breakthroughs during this course?*



- *What did you find most challenging?*



- *What will you do to continue to grow in this area?*

