

Lord, send down the Holy Spirit to guide me through this work. DATE:

WHAT IS ON YOUR HEART? THOUGHT DOWNLOAD

What are some reasons you are losing peace?

USING THE MODEL

Put one unintentional thought into the model and shift it to an intentional one.

UNINTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

INTENTIONAL

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

CELEBRATE YOUR WINS & BLESSINGS

How did you show up like your future self today? What are you grateful for?

NEEDS WORK

What are some ways you didn't show up like her? How can you improve from peace?

NOURISH YOUR BODY

What will you eat to care for your body? How else can you care for your body?

LISTEN TO THE LORD

Sit quietly for a few minutes and ask the Lord what He wants to share with you.

GO FORTH IN PRAYER

Ask for a gift of the Holy Spirit and what to pray about throughout the day.

Made For Greatness