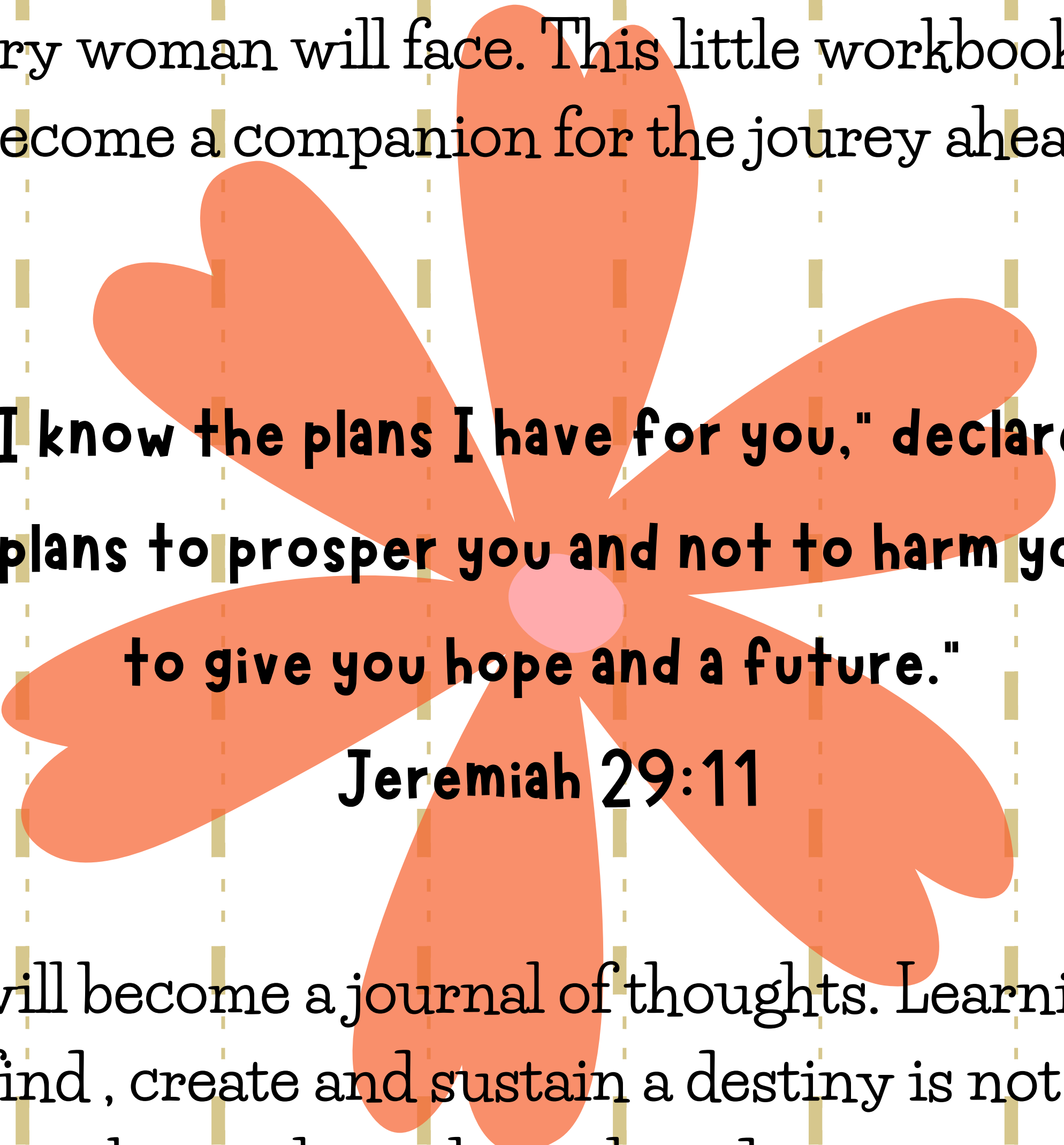


The Journey Ahead

BELIEVING IN OURSELVES

Welcome to this journey! I pray that during this 30 day adventure you will be lead in many wise directions. God has given us the TRUE Word to help us understand ourselves better!

May you be filled with insight as you explore. Discovery, self knowledge and challenges is something every woman will face. This little workbook will become a companion for the jourey ahead!



"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

This will become a journal of thoughts. Learning to seek, find , create and sustain a destiny is not easy. We have to know the right path and recognize it when it appears. This booklet will guide you through questions and reflections that will help you become more confident in your faith and dreams.

Forming a persons faith lies in their own hands. You have a choice to point your soul in the direction of your spiritual journey!

Blessings, Heather

Personal Path

Isaiah 26:3

You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.



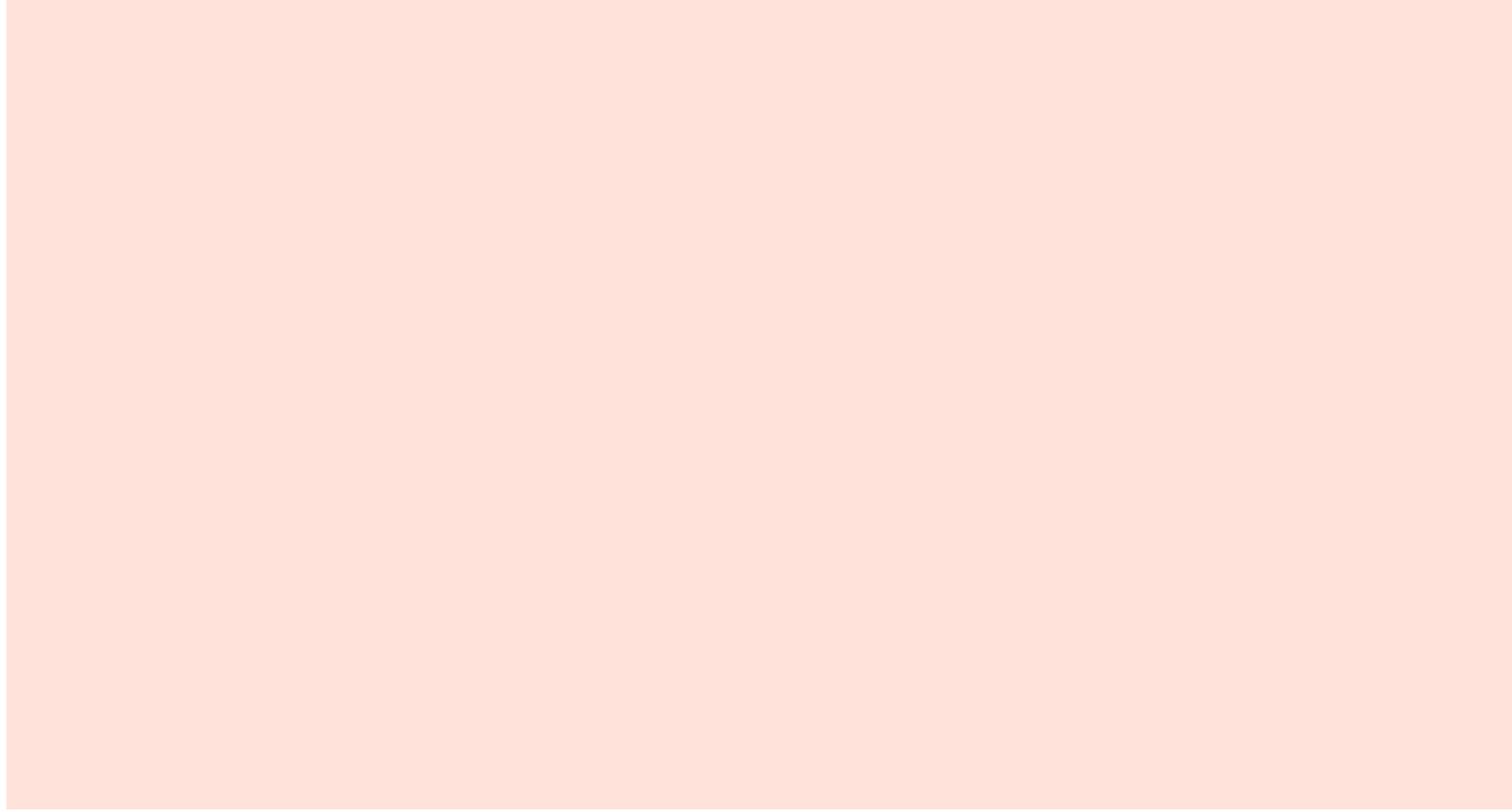
Each of us has a unique path to follow, carved out by God. That is what the bible tells us. That is what we need to BELIEVE....When we see our path as different, less than, or not what we had in mind, we hide ourselves away forcing ourselves into self denial. God didn't create us to hide in disbelief!

 REMEMBER THIS: JEREMIAH 1:4-5

MY REFLECTION



GODS
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GRATITUDE



Prayer:



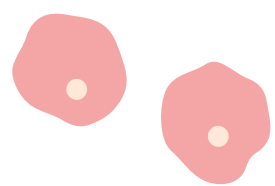
Your Thoughts

Proverbs 4:23

Above all else, guard your heart,
for everything you do flows from it.



Be intentional with your thoughts. Take Every
thought captive. **GUARD YOUR HEART.**
When you need help finding your way back to
Gods center for your life, His best plan for you.
remember this:

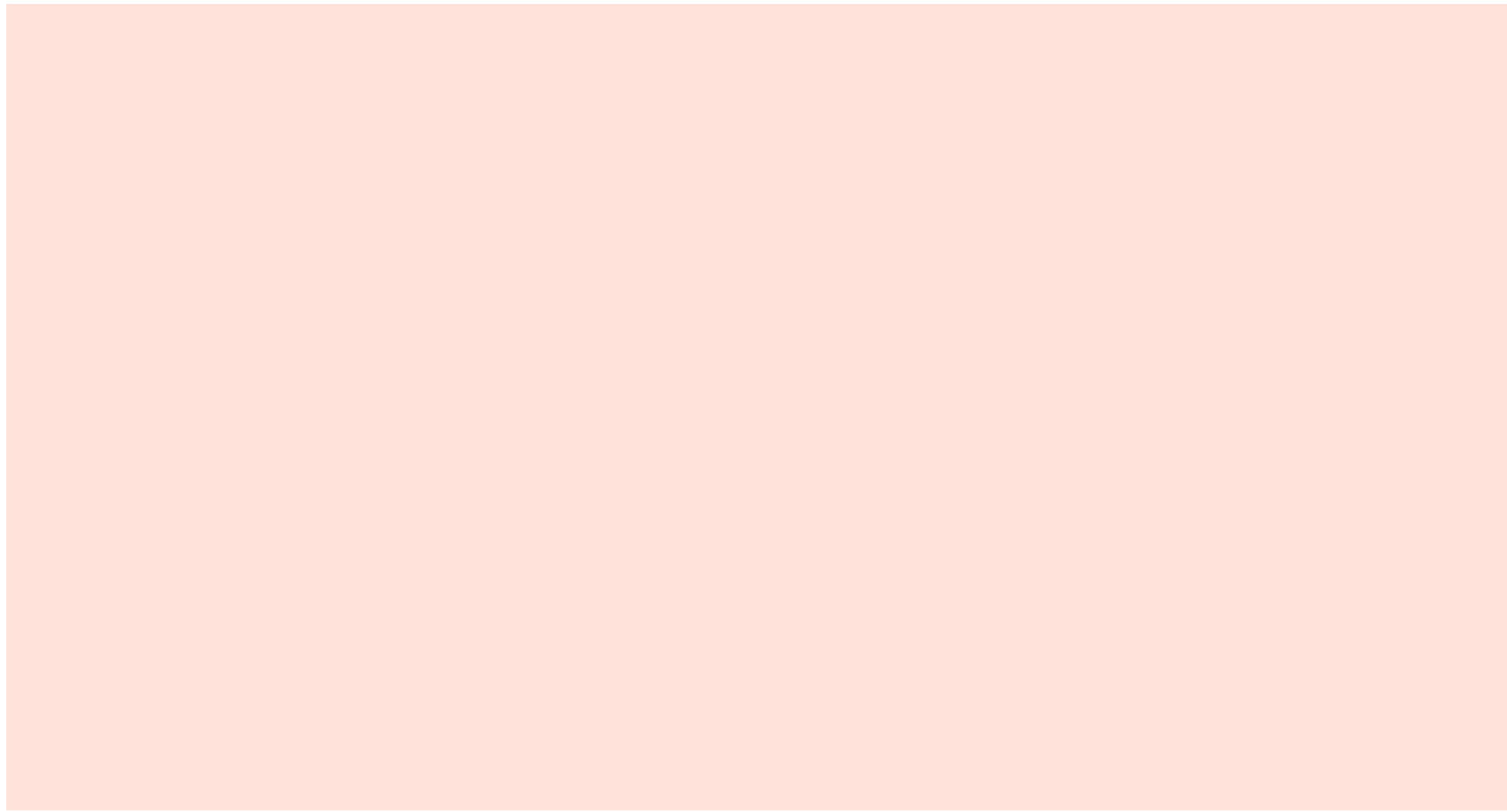


REMEMBER THIS: Psalm 18:28

MY REFLECTION



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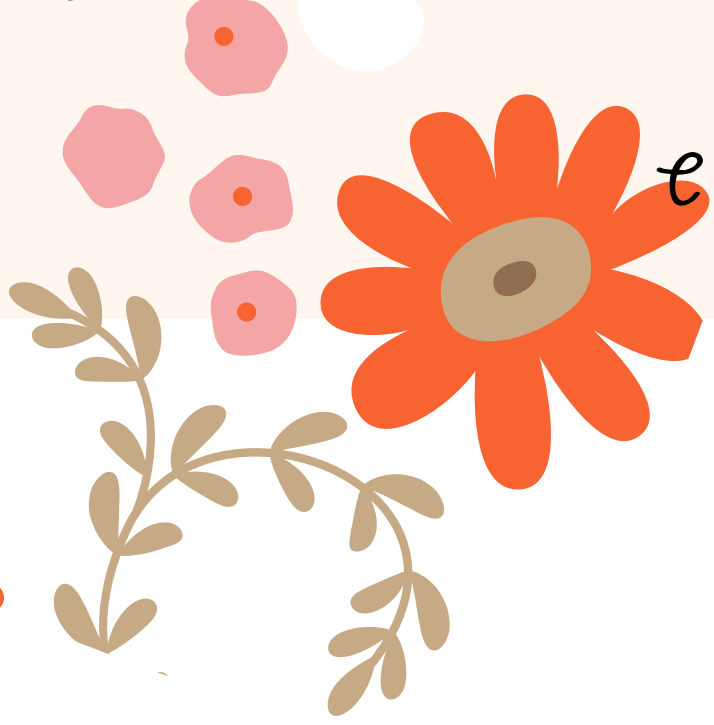
Prayer:



Your Story

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



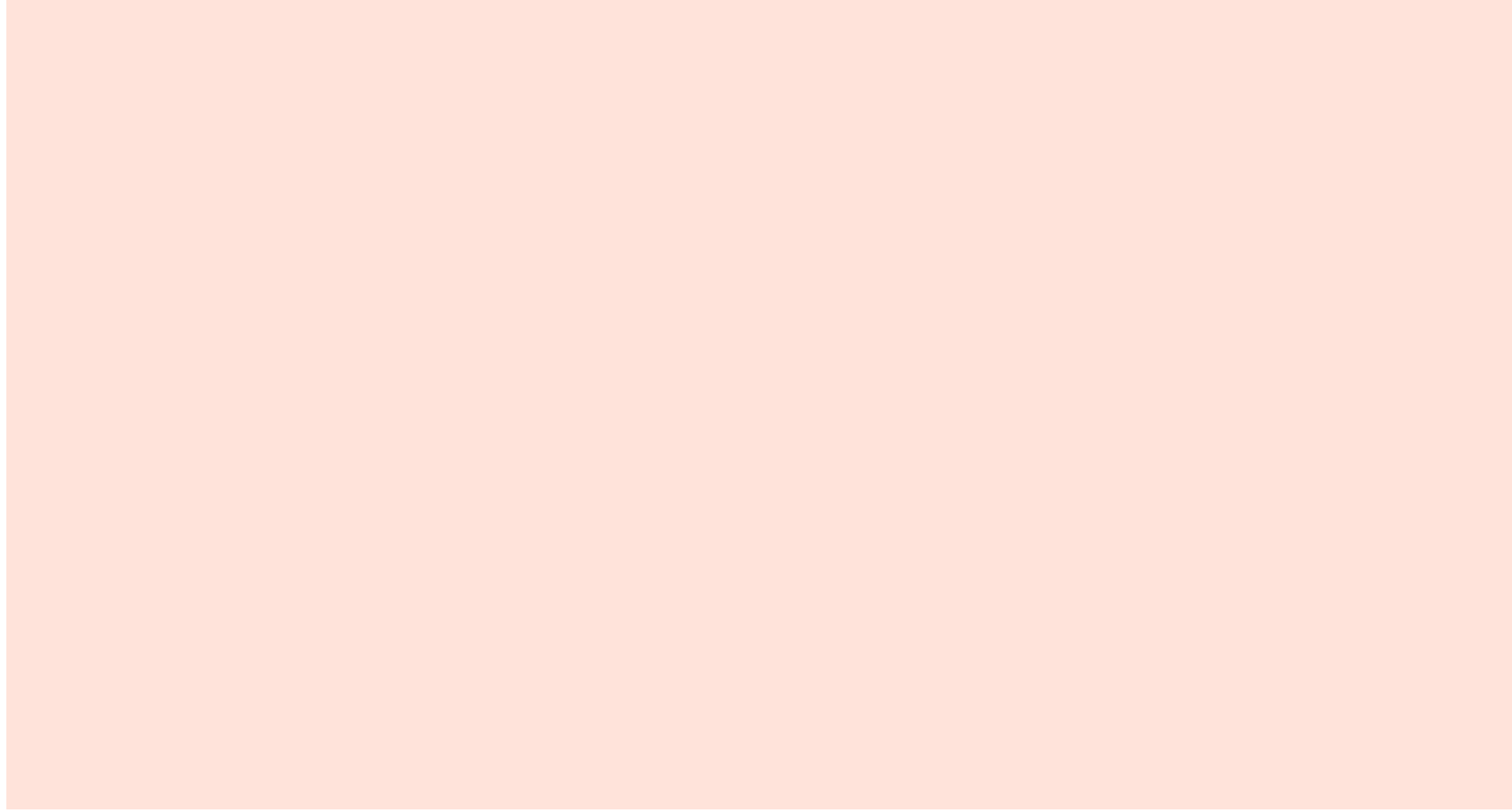
Worries just snowball into more problems. In darkness we struggle to see God's light and faithfulness. We forget that He is writing the story and navigating us in this journey on this side of heaven. Do not let worries scribble out the anointed details that God will use to work through troubled times. Remember this sister:

 REMEMBER THIS: Psalm 37:23-24

MY REFLECTION



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Prayer:



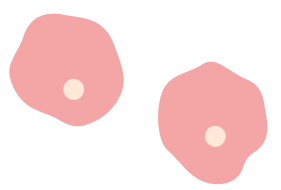
Know Your Worth

1 Peter 2:9

But you are a chosen group of people. You are the King's religious leaders. You are a holy nation. You belong to God. He has done this for you so you can tell others how God has called you out of darkness into His great light.



- "God's special possession" You have value and an intimate connection with God. This verse encourages believers to live out their faith by proclaiming God's praises, reflecting the transformation from darkness to light. Overall, it affirms their worth, purpose, and calling as part of God's family. God has selected them for a special relationship. The term "royal priesthood" signifies that they have direct access to God and can serve Him in a priestly role, representing Him to the world.

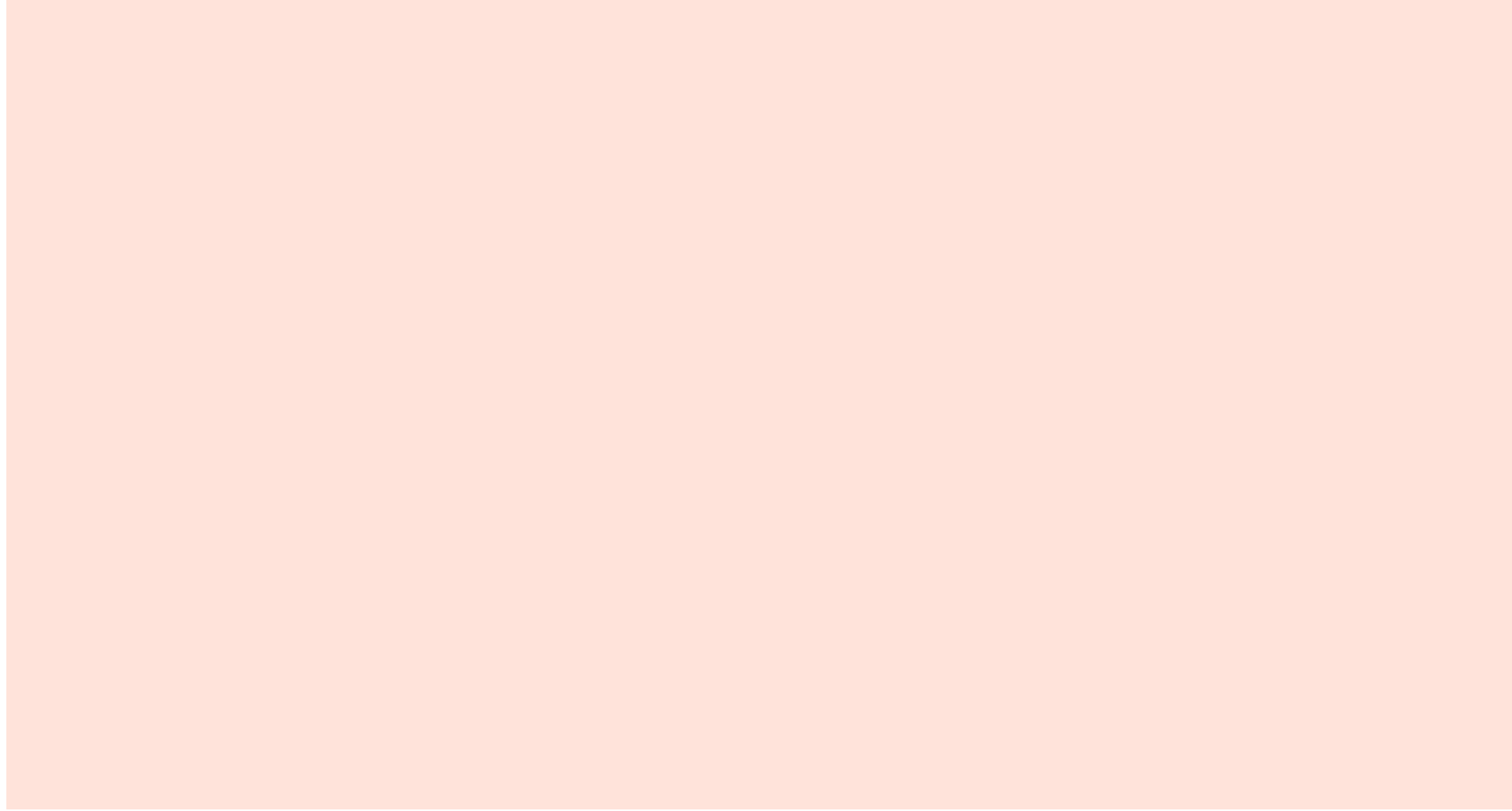


REMEMBER THIS: ISAIAH 43:4

MY REFLECTION



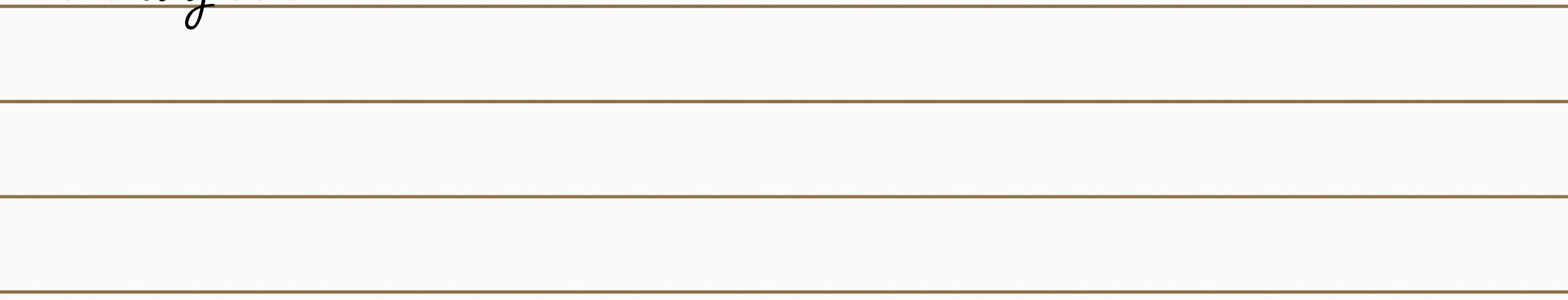
GODS
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Prayer:



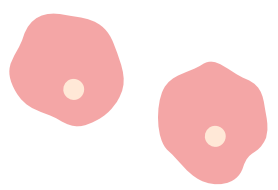
Glow Up

2 Corinthians 5:17

Therefore, if anyone is in Christ, the new creation has come: [a] The old has gone, the new is here!



The old has gone, the new is here!” This verse speaks to transformation and renewal, emphasizing that through Christ, we can experience a fresh start and a renewed identity. It's a powerful reminder of personal growth and becoming who you are meant to be!

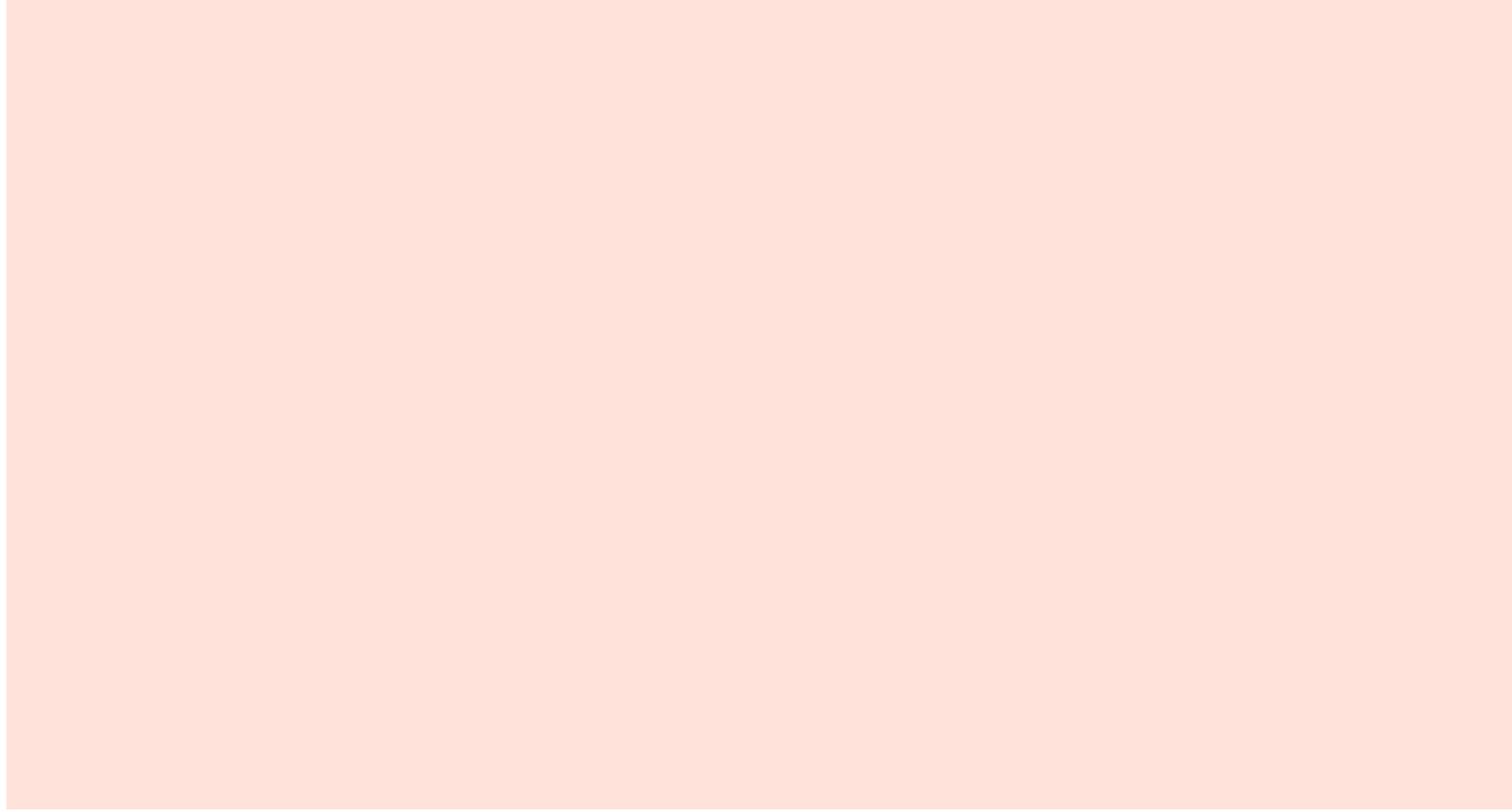


REMEMBER THIS: Romans 12:2

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Prayer:



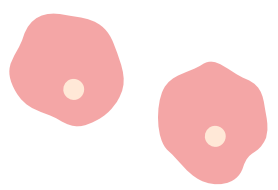
Morning Time

PSALM 5:3

In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.



Starting your morning with God is such a powerful way to set a peaceful, purposeful tone for the day. Prayer & Gratitude, Scripture reading, worship & Reflection quiet meditation and reviewing dreams and goals. This will set the tone for the entire day!

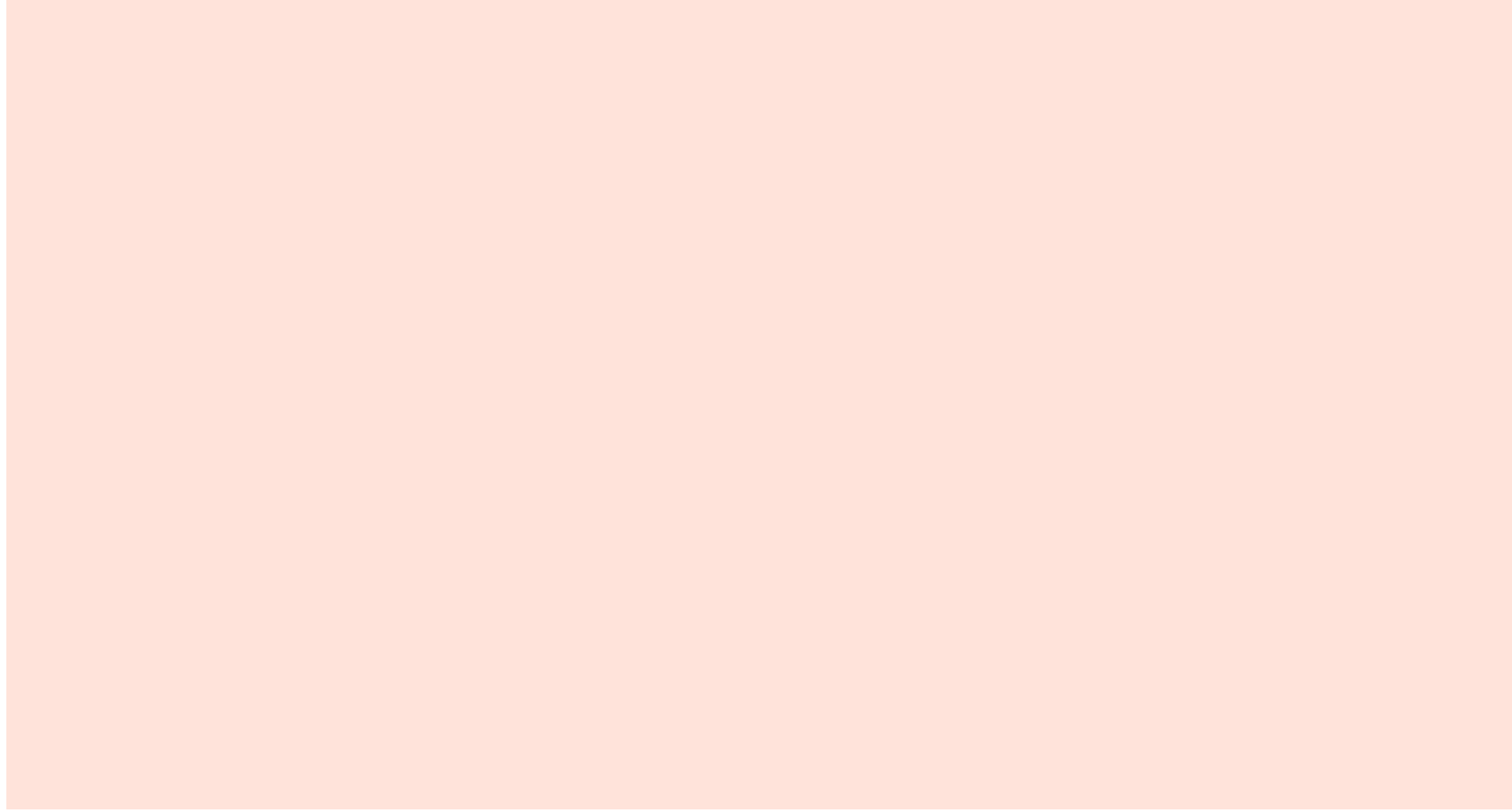


REMEMBER THIS: Psalm 5:3

MY REFLECTION



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Prayer:



Dreams To Reality

PSALM 37:4-5

Take delight in the Lord,
and he will give you your heart's desires.
5 Commit everything you do to the Lord.

Trust him, and he will help you.



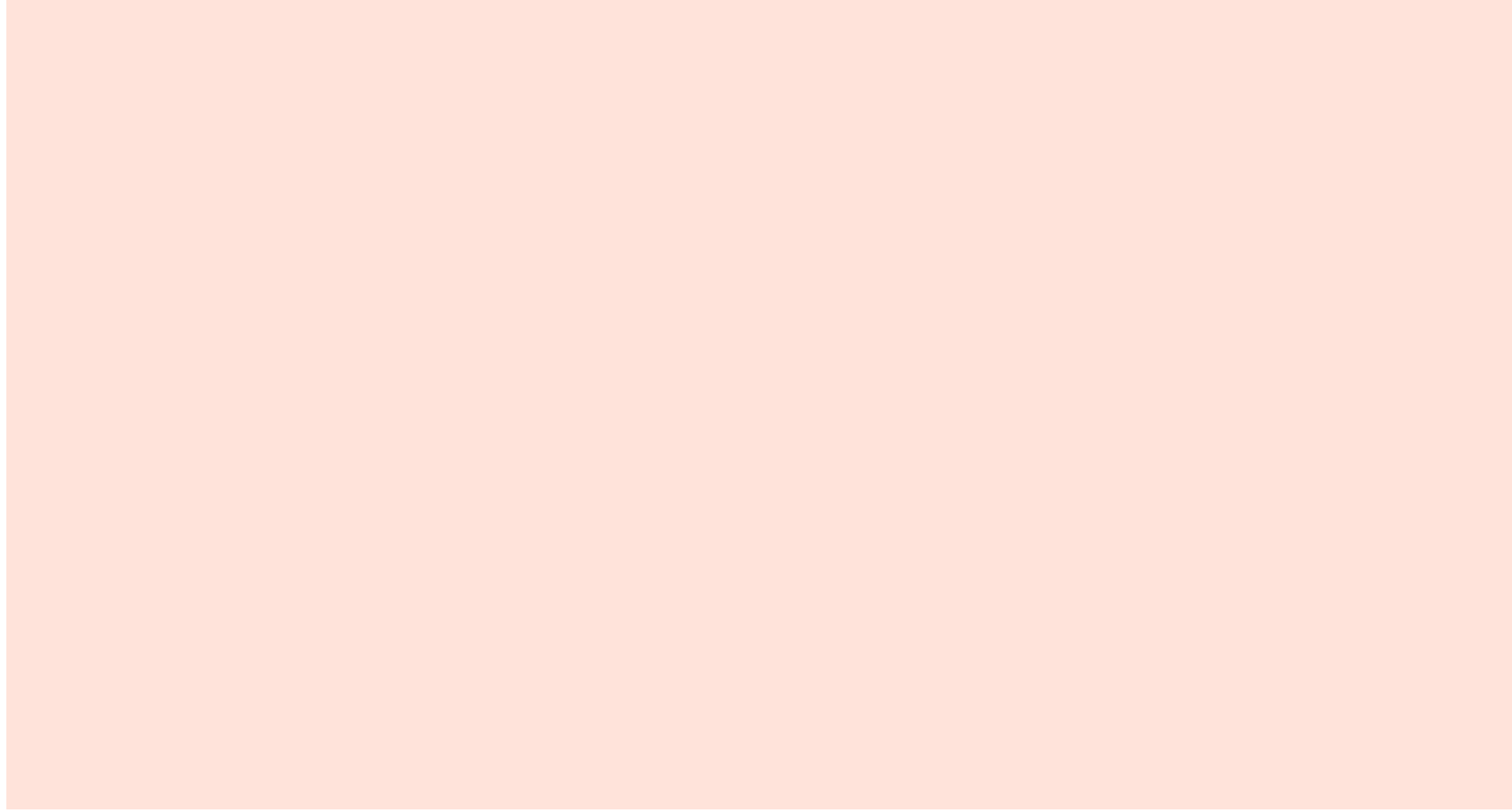
This verse solidifies joy and fulfillment in our relationship with God, making Him our priority and source of delight. When we align our desires with His will and place our trust in Him, He responds by guiding our paths and bringing His purposes to fruition in our lives. It's a reminder that true fulfillment comes from seeking God first and letting Him shape our dreams and actions.

 REMEMBER THIS: EPHESIANS 3:20

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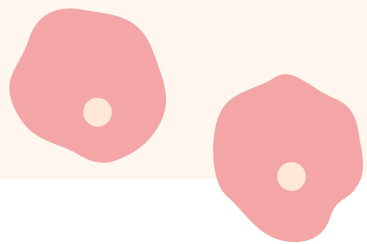
Prayer:



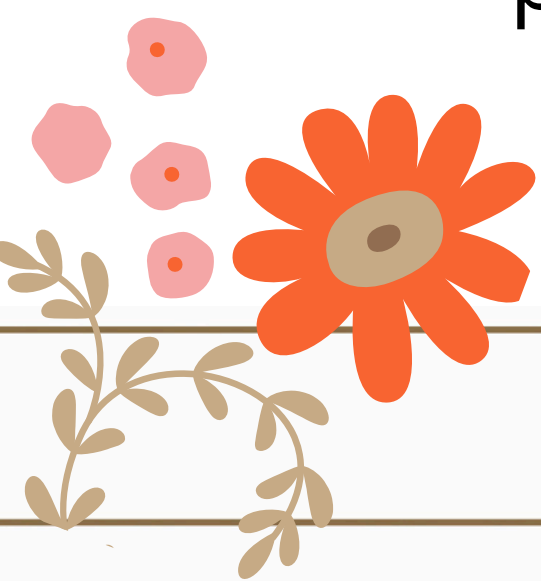
Change Your Life

Ezekiel 36:26

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.



True, lasting change doesn't come solely from our own efforts; it comes from allowing God to work within us. It's about surrendering our old ways and letting Him renew us from the inside out. A changed life, this transformation means moving away from a life that may be self-centered, indifferent, or resistant to positive growth. Instead, with a "new heart" and "new spirit," we become open to God's ways, allowing Him to shape our actions, attitudes, and desires. This new heart enables a life marked by compassion, love, humility, and a deeper connection to God, making it possible to live with purpose and in alignment with His plans.

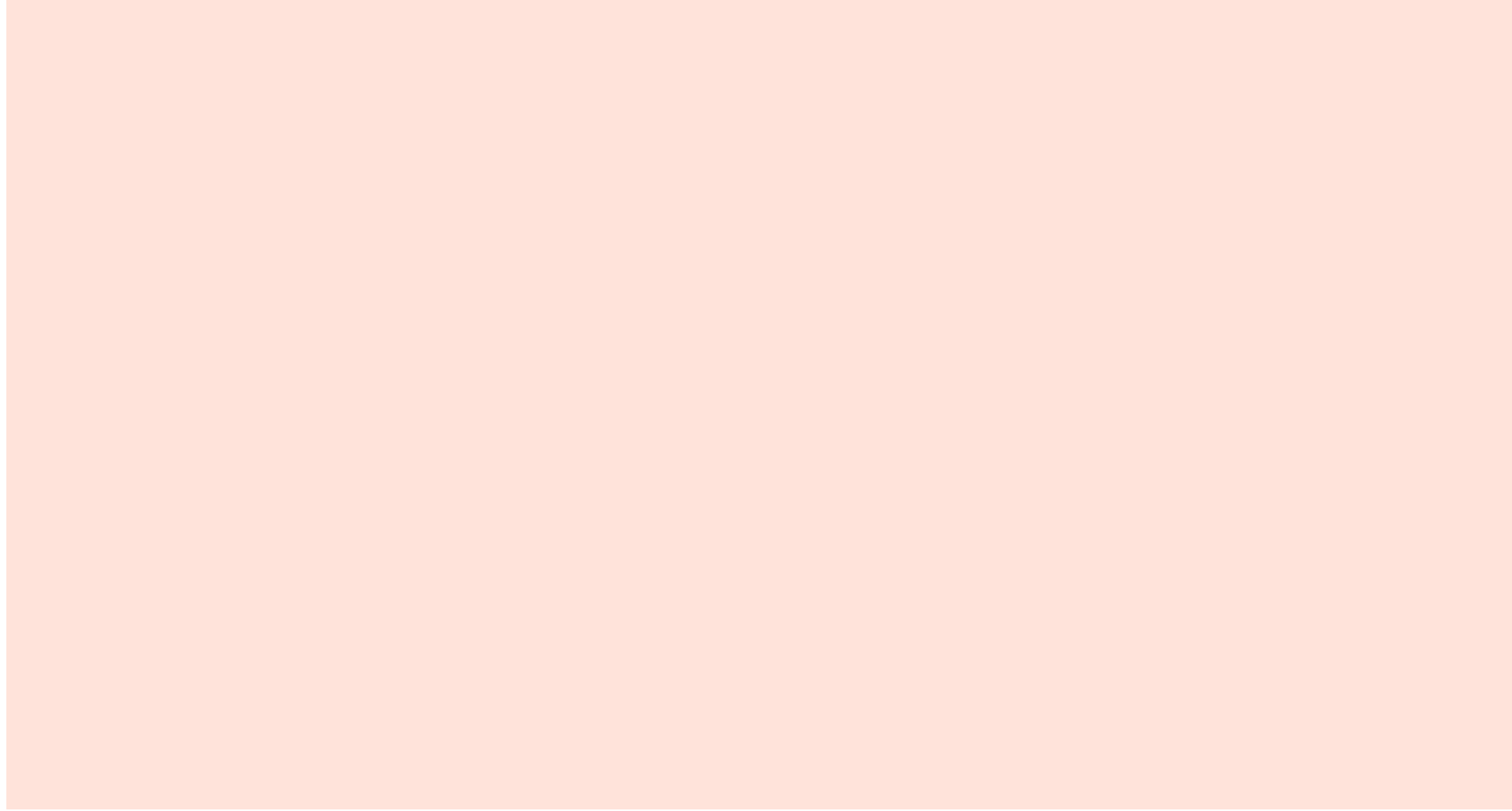


REMEMBER THIS: ISAIAH 43:18-19

MY REFLECTION



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Prayer:



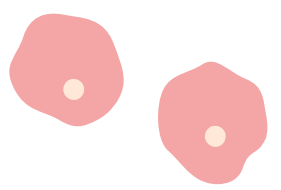
Negative Labels

Romans 8:1

Therefore, there is now no
condemnation for those who are in
Christ Jesus,



In Christ, we are free from condemnation and shame, and we're defined by His grace, not by the negative labels others or even we put on ourselves. When we understand that there's no condemnation in Christ, we gain strength to reject harmful comments or negative labels that don't align with God's truth about us. We're encouraged to focus on His love, forgiveness, and acceptance, which replace any hurtful words or judgments with a sense of peace and confidence in who we truly are.

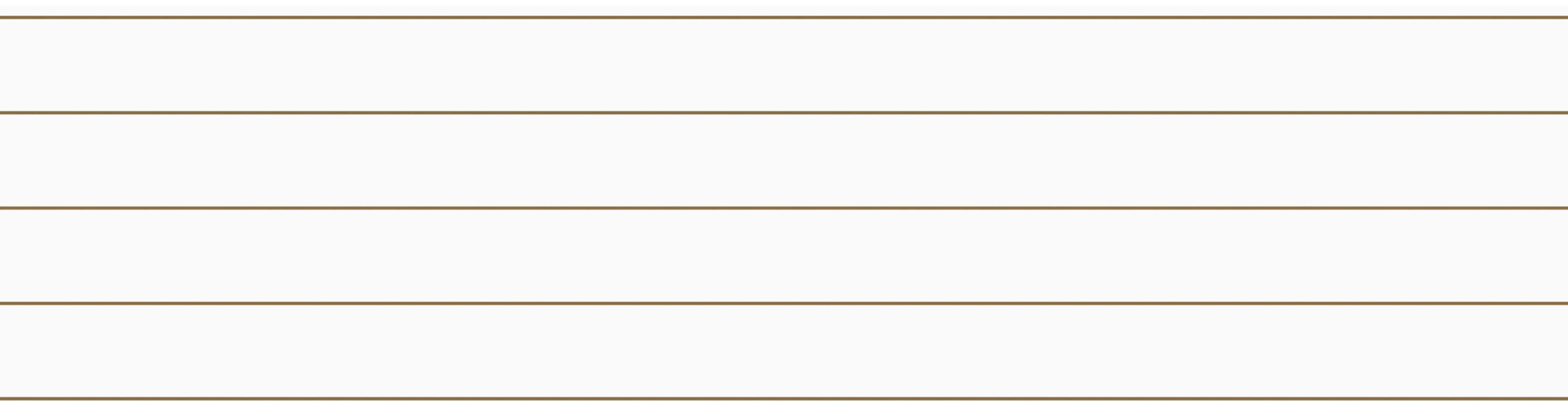
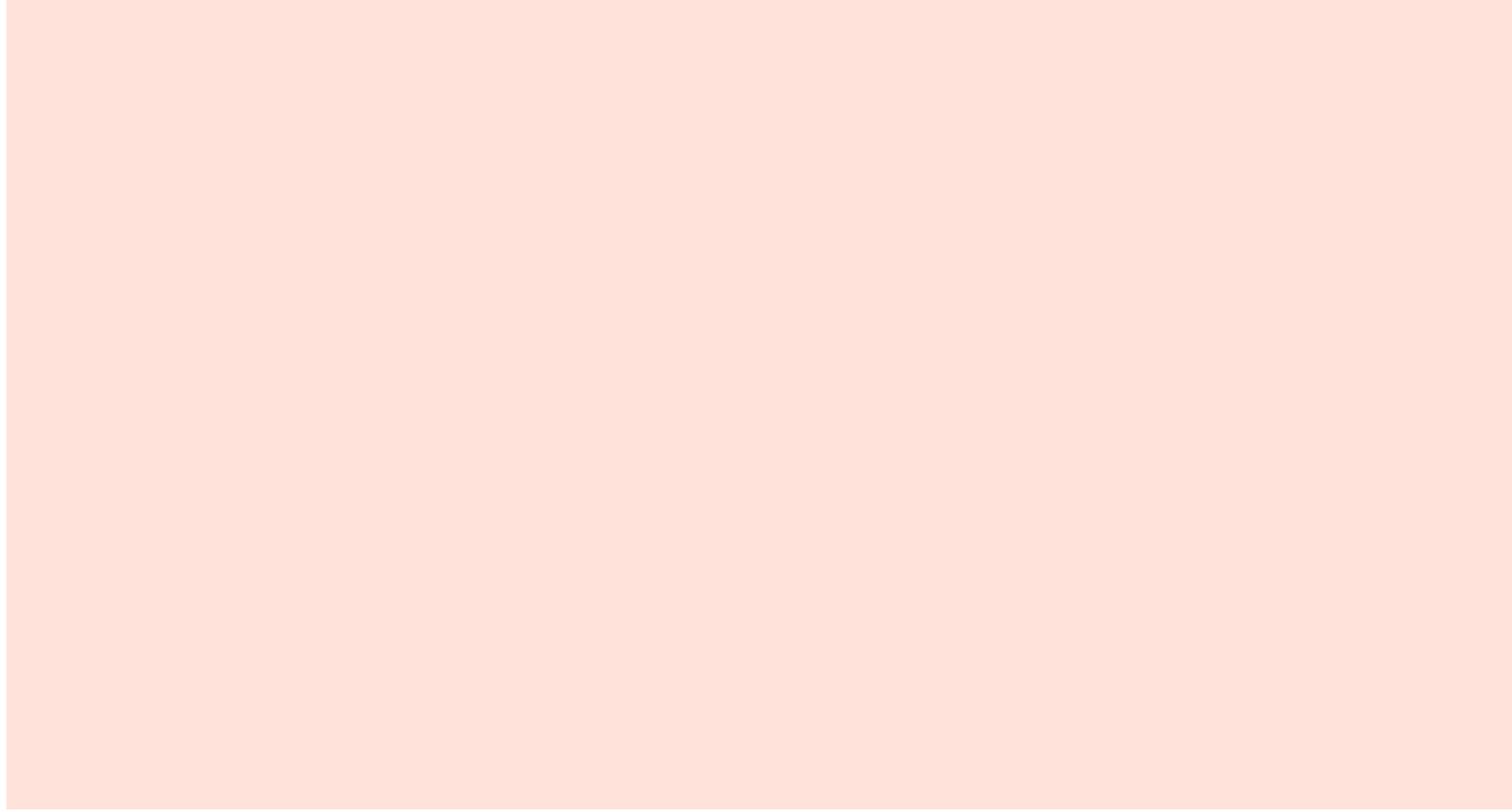


REMEMBER THIS: Galatians 3:26-28

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Prayer:



Productive in Christ

Colossians 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

To be productive in Christ means to live a life that bears spiritual fruit and reflects God's purpose, love, and character in everything we do. It's more than simply achieving goals or completing tasks; it's about aligning our actions, motivations, and purpose with Christ. Being productive in Christ means focusing on both what we accomplish and how we live, rooted in our faith and relationship with Jesus. When we live this way, our productivity becomes meaningful and impactful, contributing to God's purposes in our lives and in the lives of others

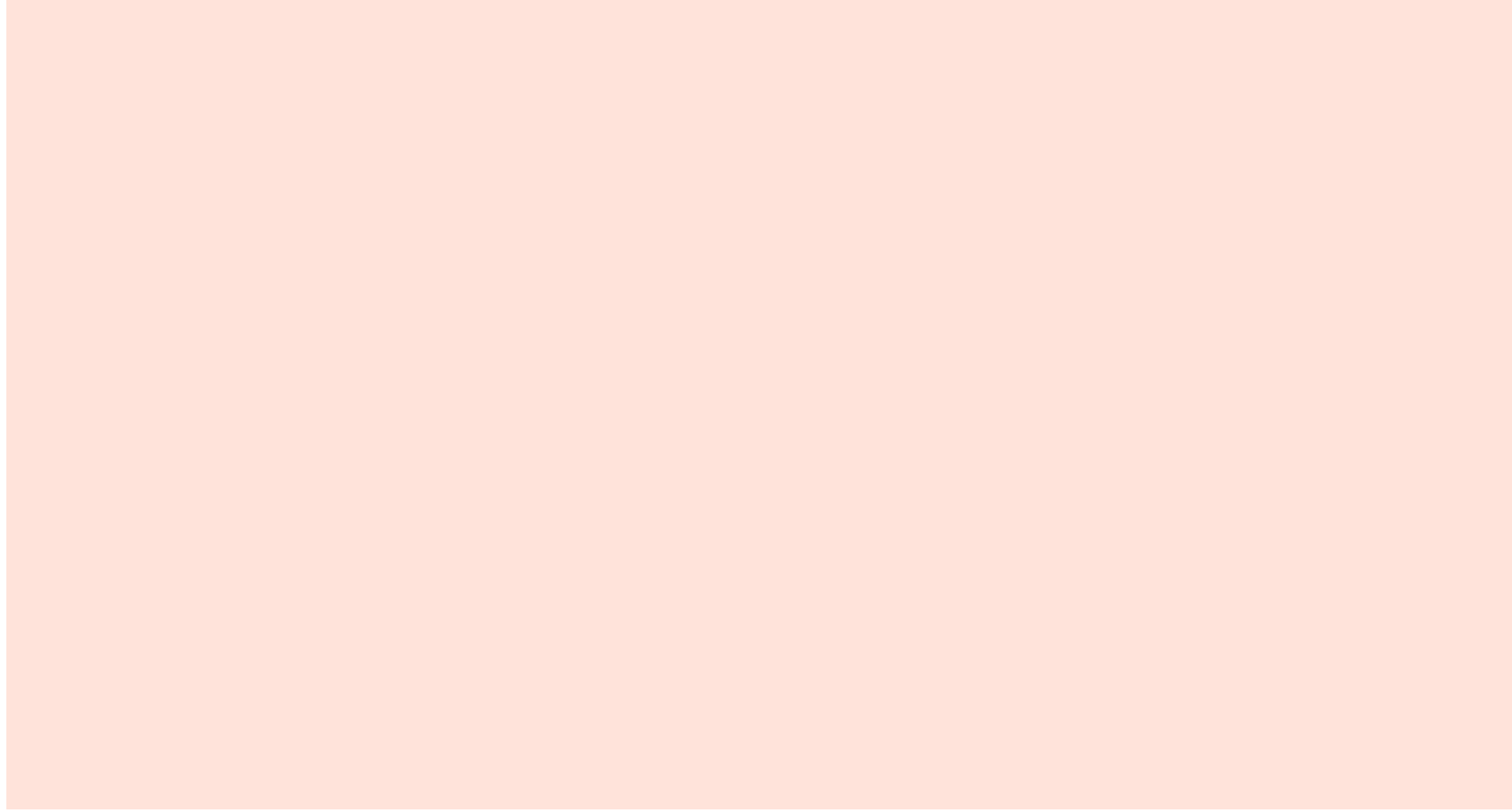
REMEMBER THIS: John 15:5



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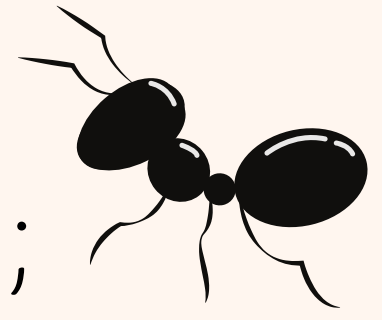
Prayer:



Procrastination

Proverbs 6:6-8

Go to the ant, you sluggard;



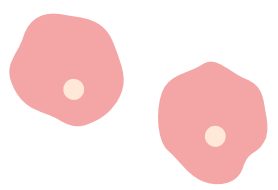
consider its ways and be wise! no overseer or ruler,

8 yet it stores its provisions in summer

and gathers its food at harvest.



Bible doesn't specifically use the word "procrastination," but it does speak to the importance of diligence, wisdom, and making the most of our time. May we be encouraged to approach life with purpose and emphasize the value of diligence, making wise use of our time, and acting on our responsibilities without delay. Procrastination can rob us of opportunities to grow, help others, and fulfill God's purpose for us, so staying focused and proactive helps us live fully for Him.

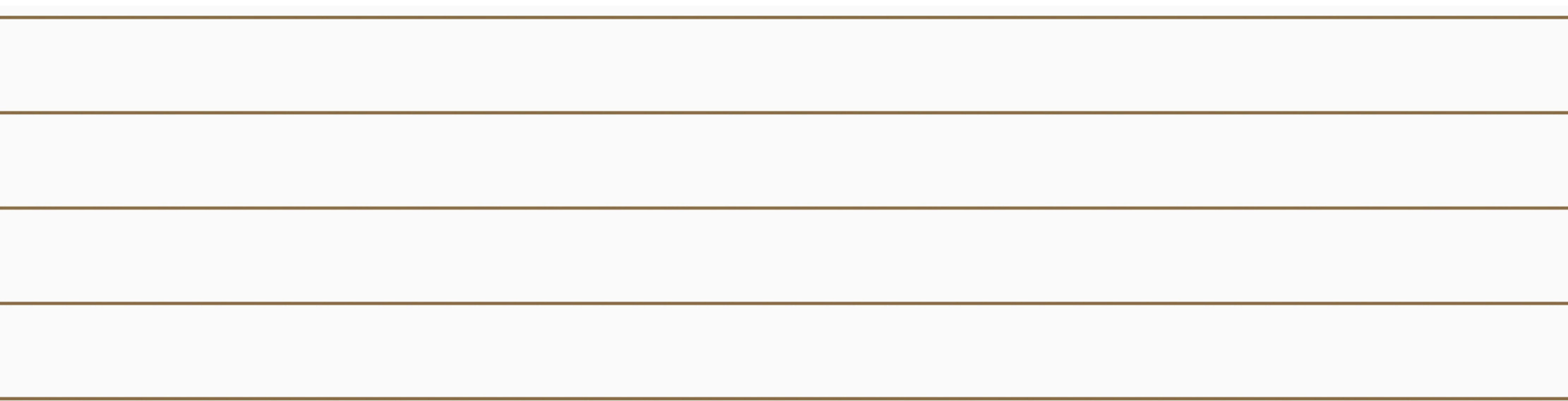
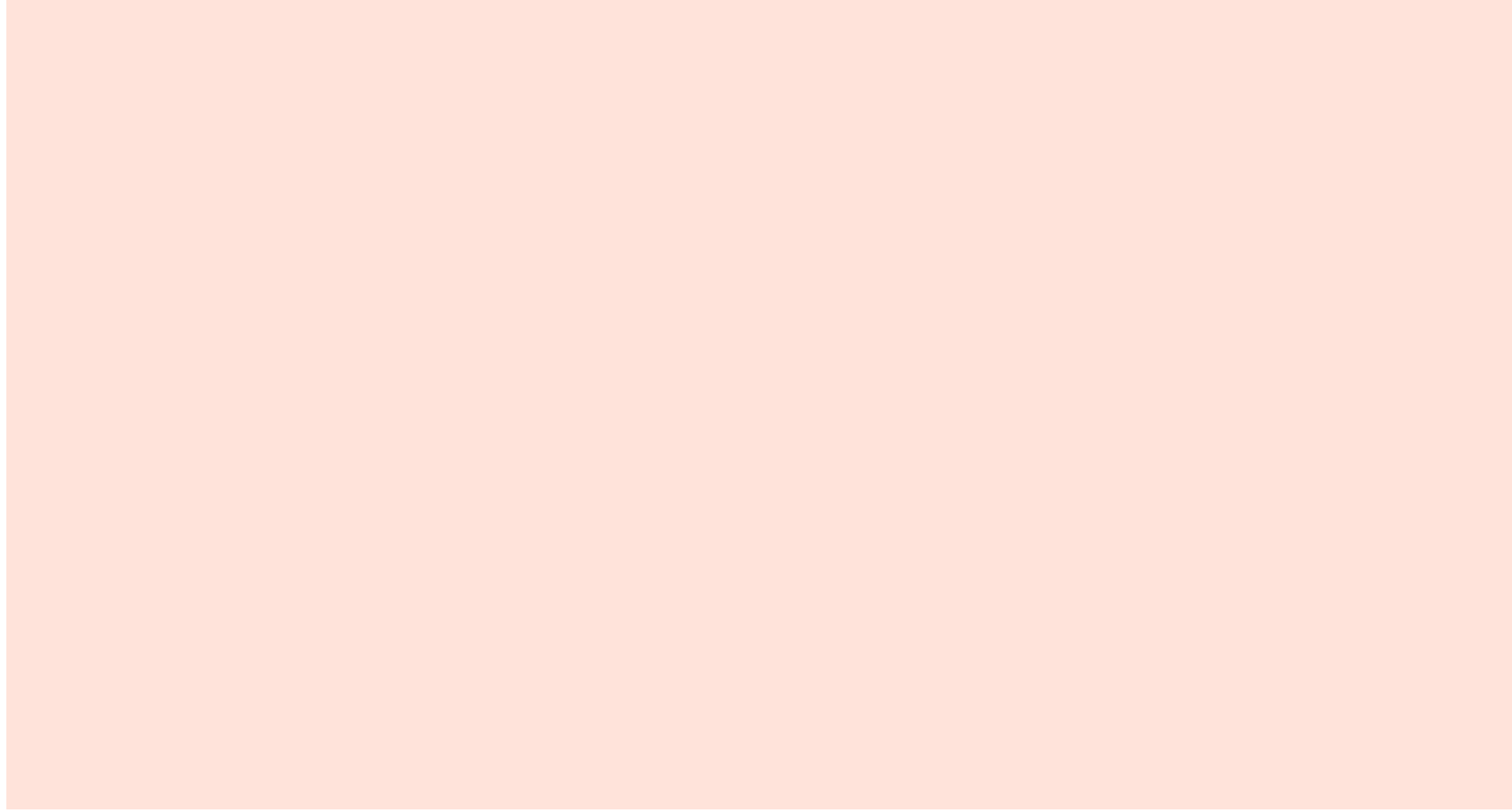


REMEMBER THIS: Proverbs 13:4

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Prayer:



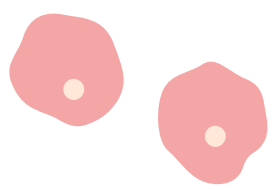
Confidence Booster

Philippians 4:13

I can do all this through him who gives
me strength.



GODFIDENCE is a blend of “God” and “confidence,” referring to a confidence rooted not in oneself, but in faith in God. It means relying on God’s strength, wisdom, and promises rather than relying solely on our own abilities or understanding. With Godfidence, we have courage and peace knowing that God is in control, and we can trust His plan for our lives.

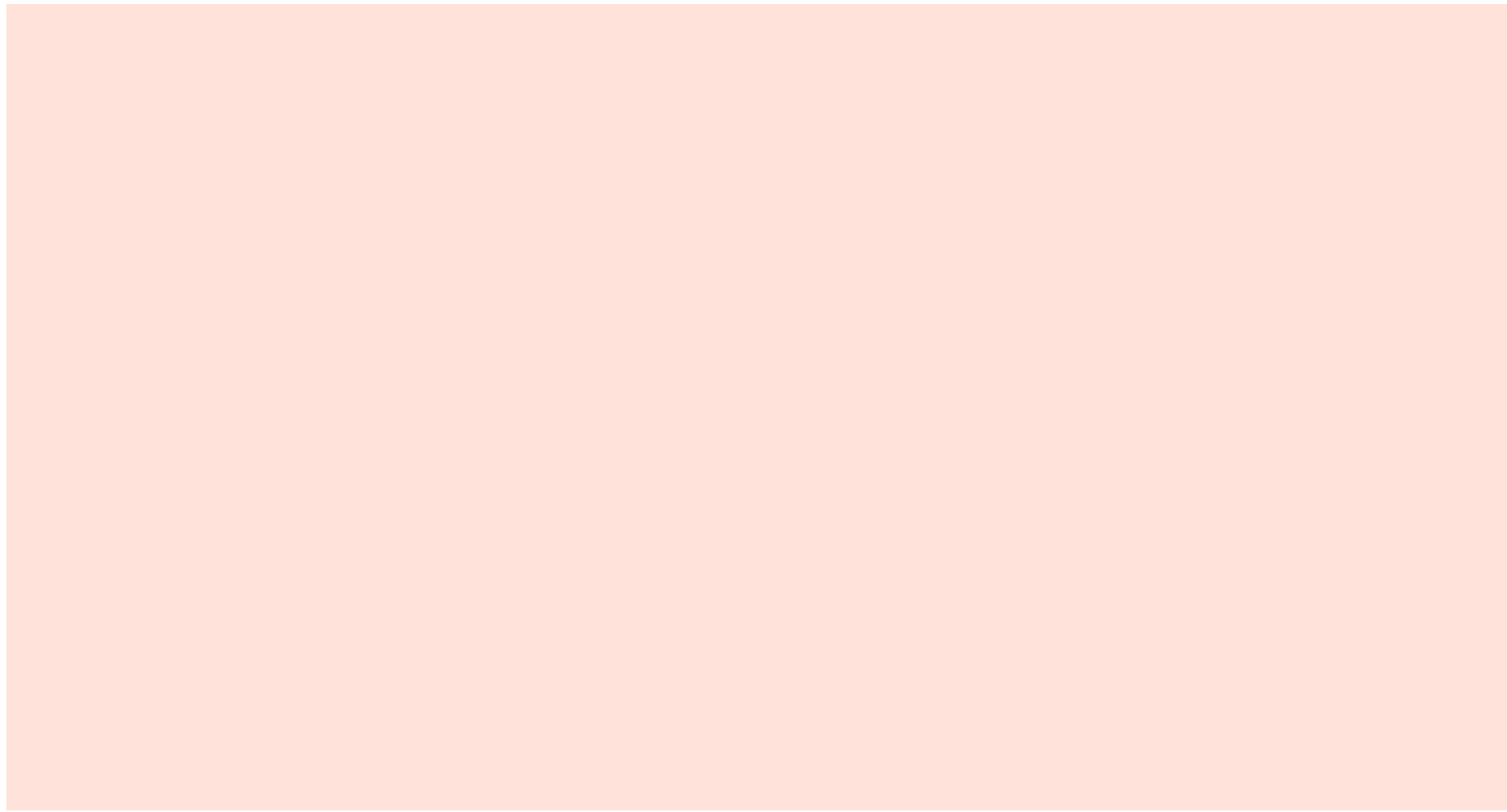


REMEMBER THIS: Hebrews 10:35-36

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Prayer:



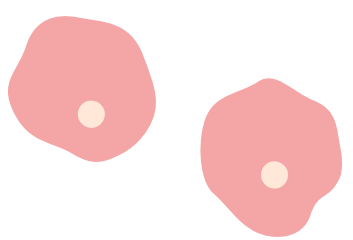
Practice Gratitude

1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks
in all circumstances; for this is God's will for you
in Christ Jesus.



Practicing gratitude is not only about recognizing the blessings we have but also about acknowledging God's faithfulness, love, and presence in our lives. By being intentional in our gratitude, we align our hearts with God's will, foster deeper relationships, and cultivate a more positive outlook on life.

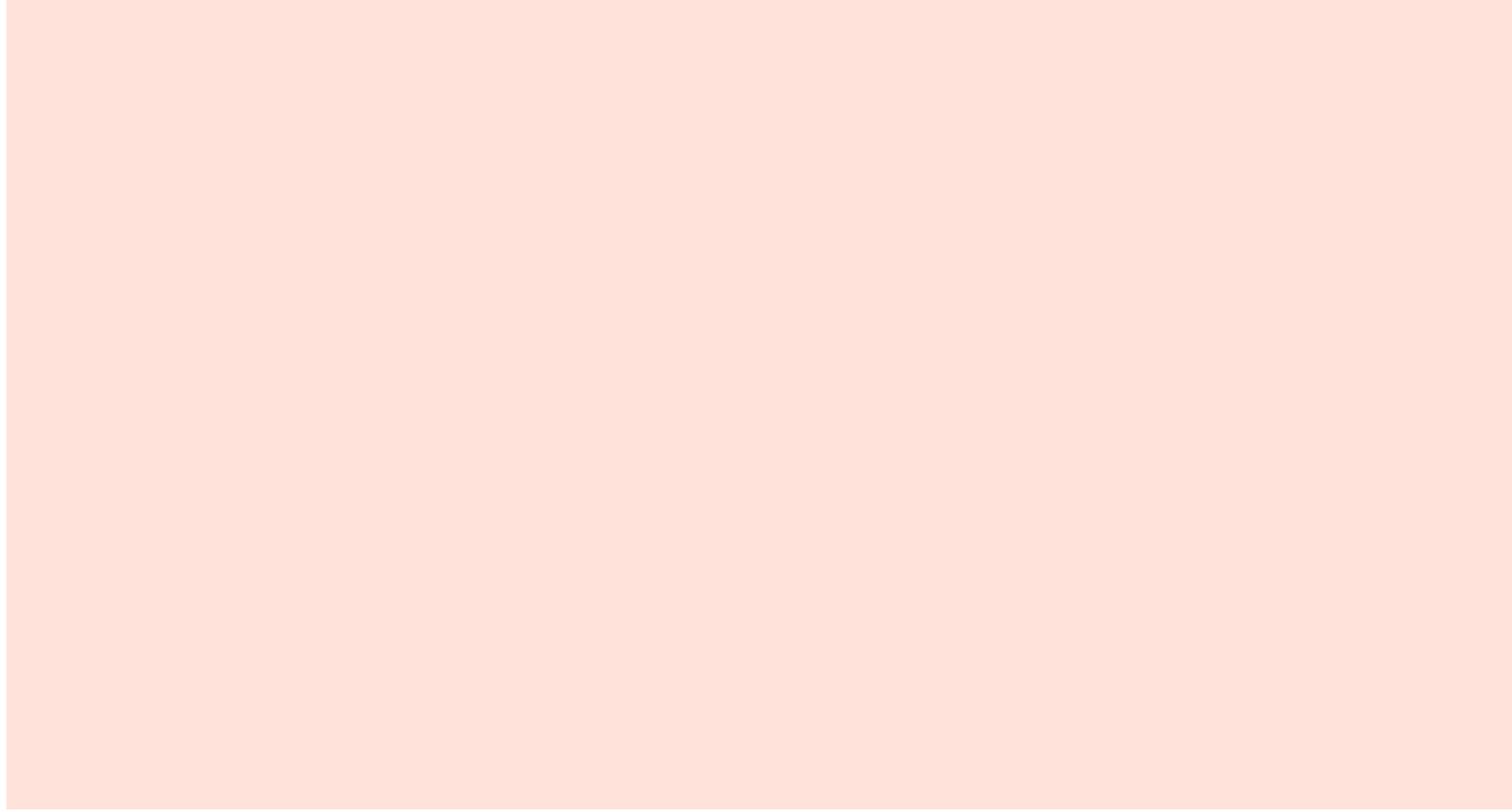


REMEMBER THIS: Psalm 9:1

MY REFLECTION



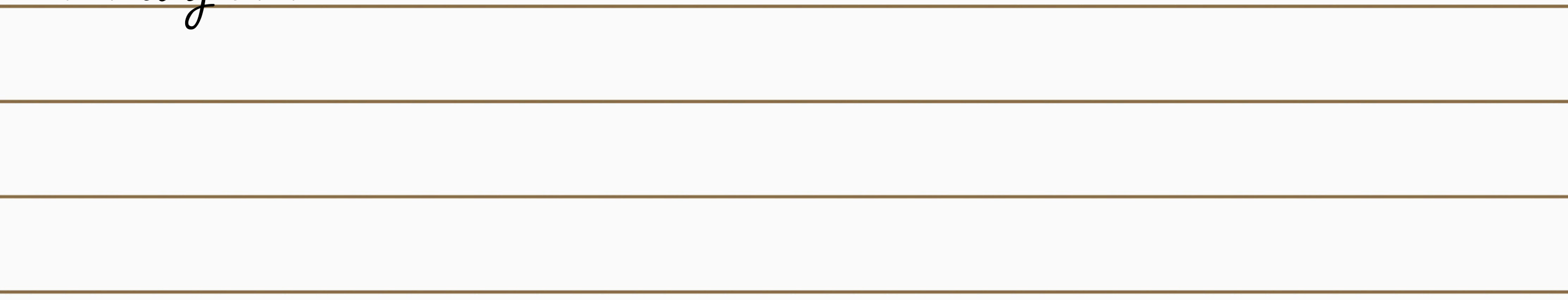
GODS
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Prayer:



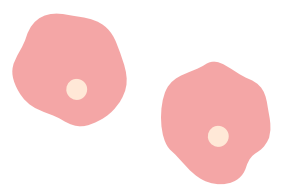
Believe in Yourself

Ephesians 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.



Embrace your identity in Christ and recognize the potential within. By believing in ourselves, supported by our faith, we can navigate challenges and pursue the purpose God has for our lives. Believing in yourself with God involves a combination of faith, understanding your identity in Christ, and actively engaging with God's Word and promises. Here are key principles to help cultivate self-belief grounded in your faith:

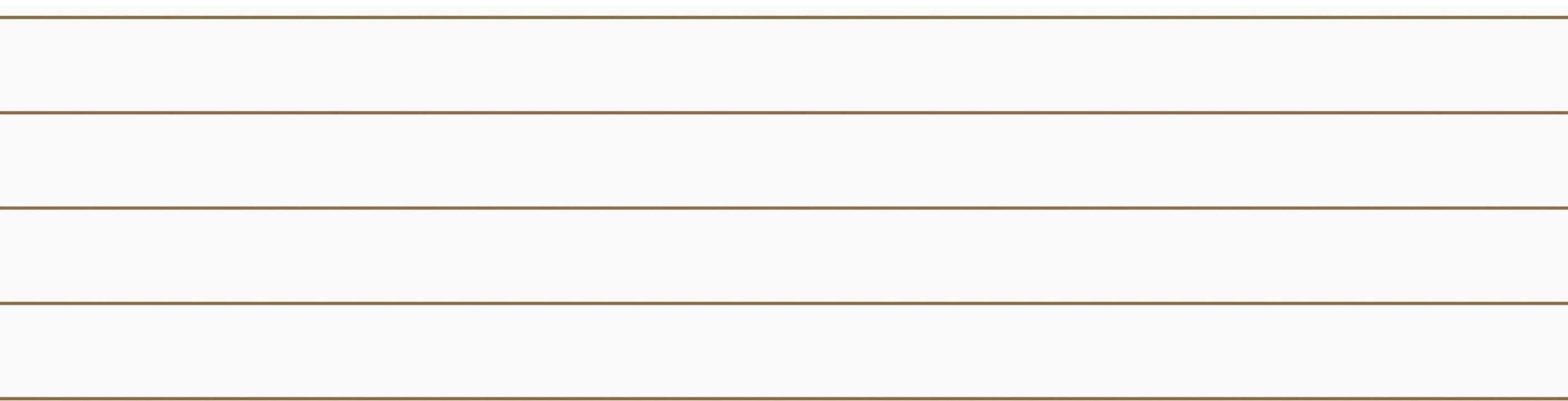
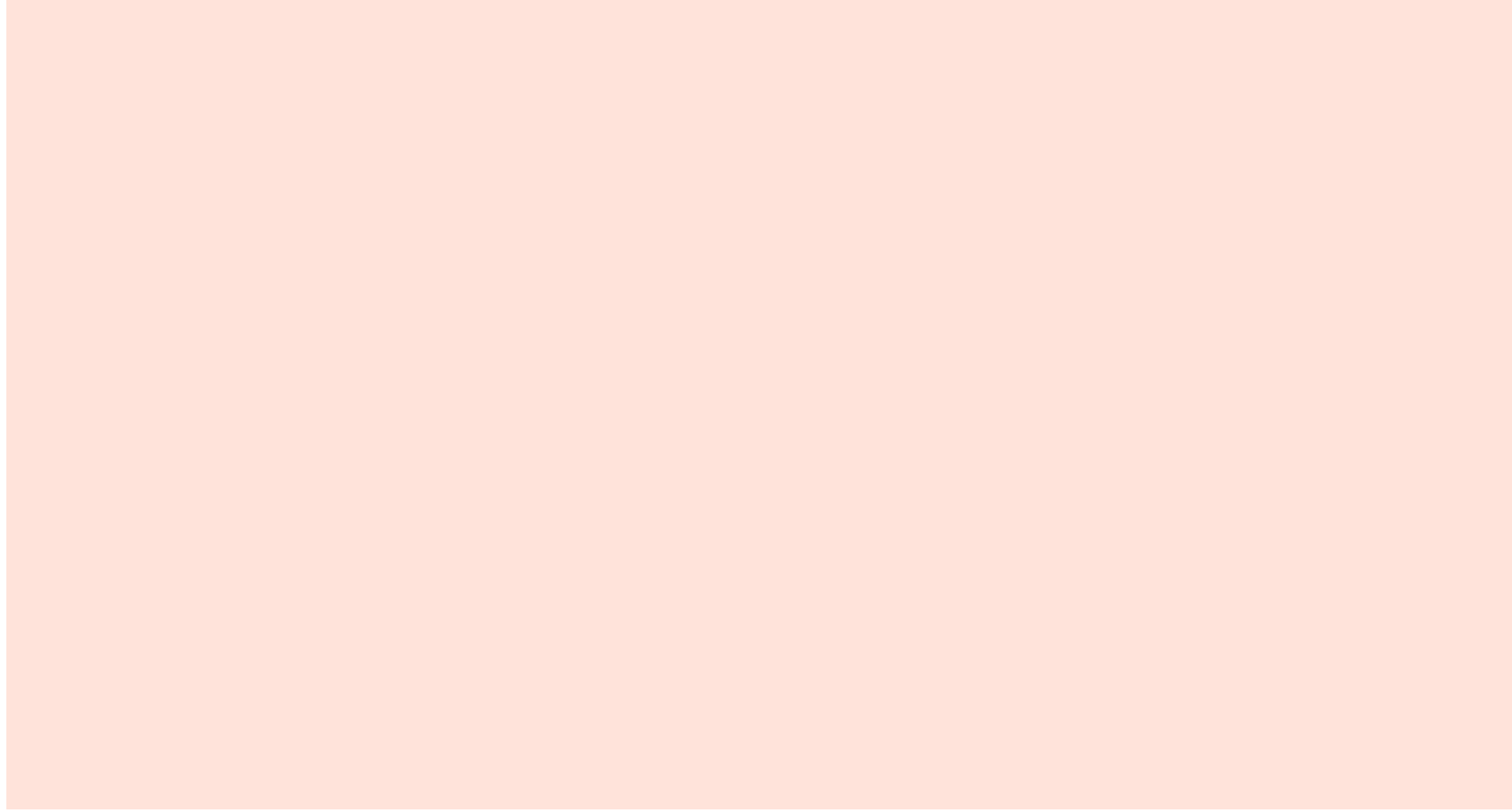


REMEMBER THIS: *Jeremiah 29:11*

MY REFLECTION



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Prayer:



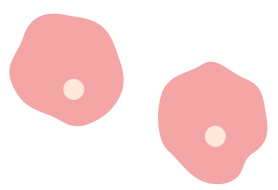
Create Boundaries

Matthew 5:37

All you need to say is simply 'Yes' or
'No'; anything beyond this comes from
the evil one



recognize the importance of setting and maintaining boundaries in various aspects of our lives, including emotional, physical, and spiritual domains. Boundaries help protect our well-being, foster healthy relationships, and enable us to live according to God's purpose for us. Being clear and decisive in your commitments is a vital part of setting boundaries, ensuring that you do not overcommit or become burdened by obligations

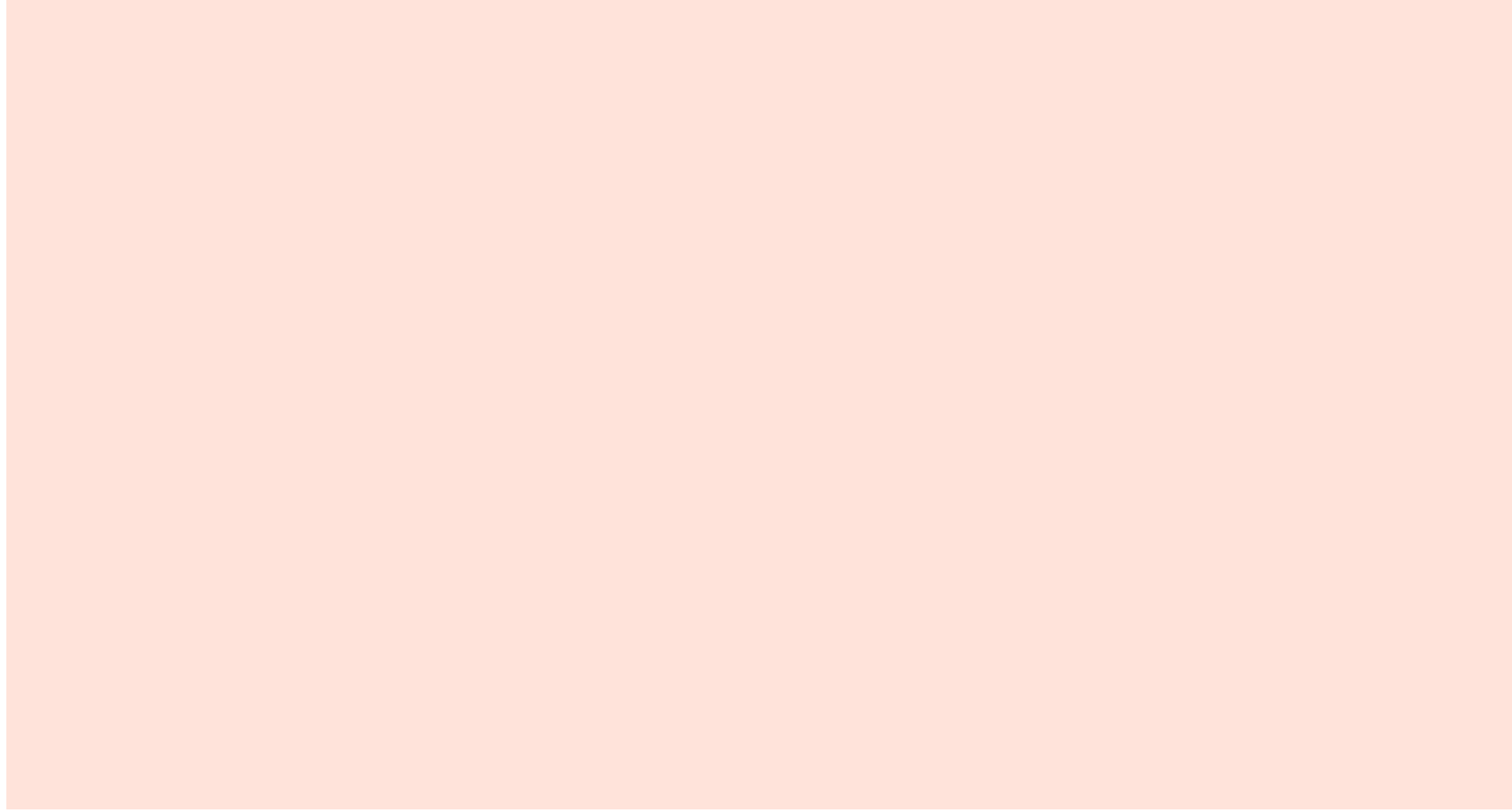


REMEMBER THIS: Psalm 16:6

MY REFLECTION



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Prayer:



Remove Obstacles

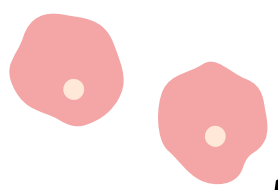
Isaiah 40:4

Every valley shall be raised up,
every mountain and hill made low;

the rough ground shall become level,
the rugged places a plain.



While life's obstacles may stick and seem daunting, we can find comfort and strength in the truth that God is always with us, ready to help us overcome challenges. By trusting in His promises, seeking His guidance through prayer, and leaning on His strength, we can navigate through difficulties and emerge stronger and more resilient.

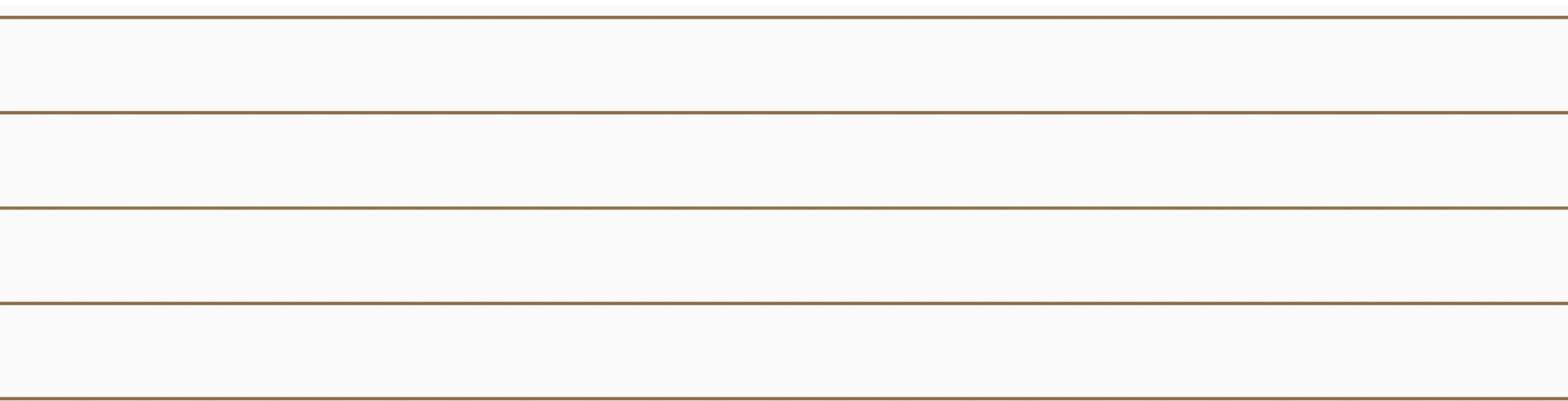
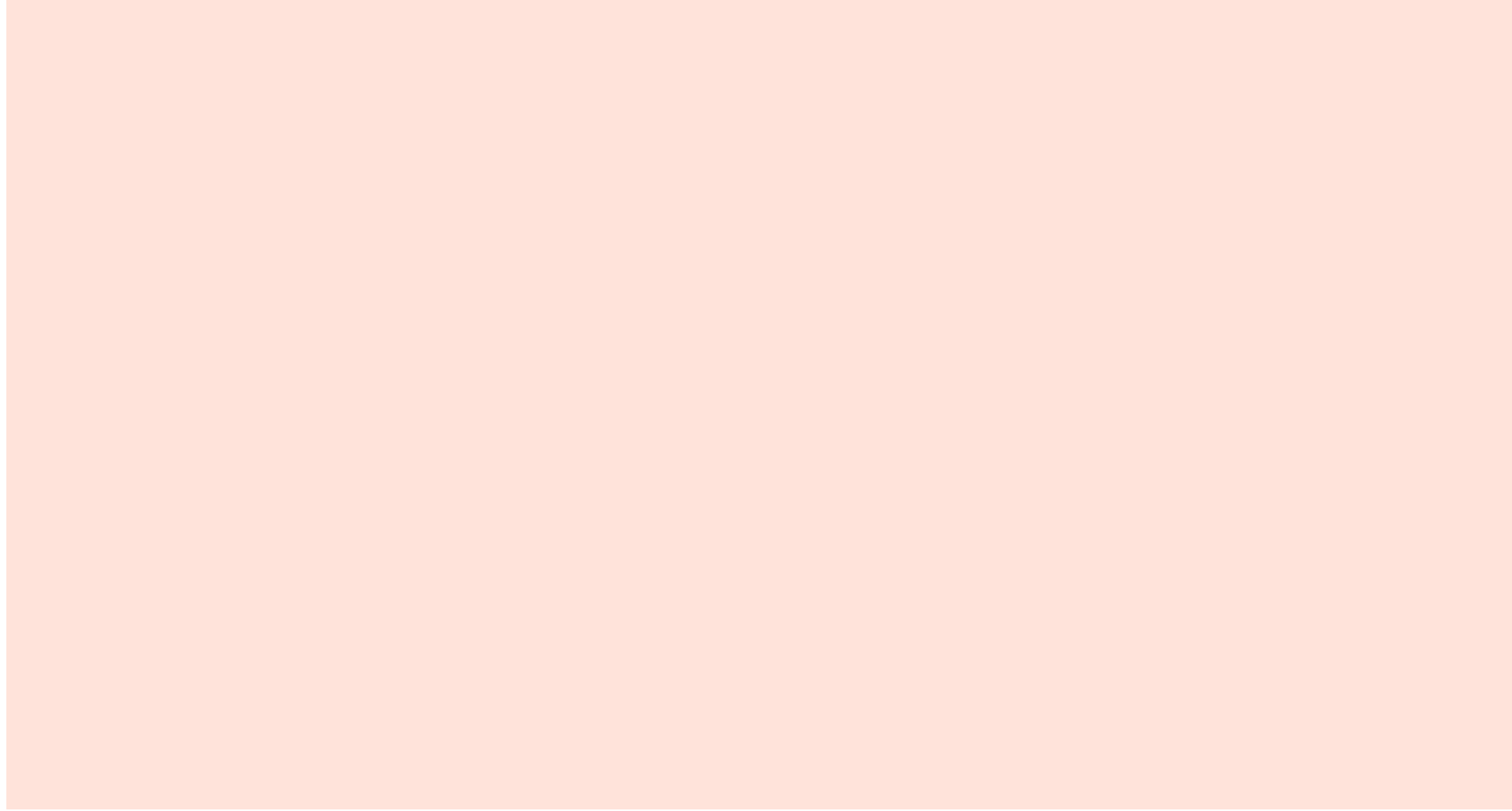


REMEMBER THIS: 2 Corinthians 1:10

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Prayer:



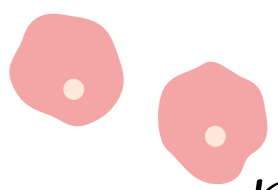
Put God First

Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.



Living with purpose means aligning our daily actions and decisions with God's kingdom and His standards of righteousness. Putting God first reassures us that we devote ourselves to a higher purpose, the rest of life WILL follow suit!

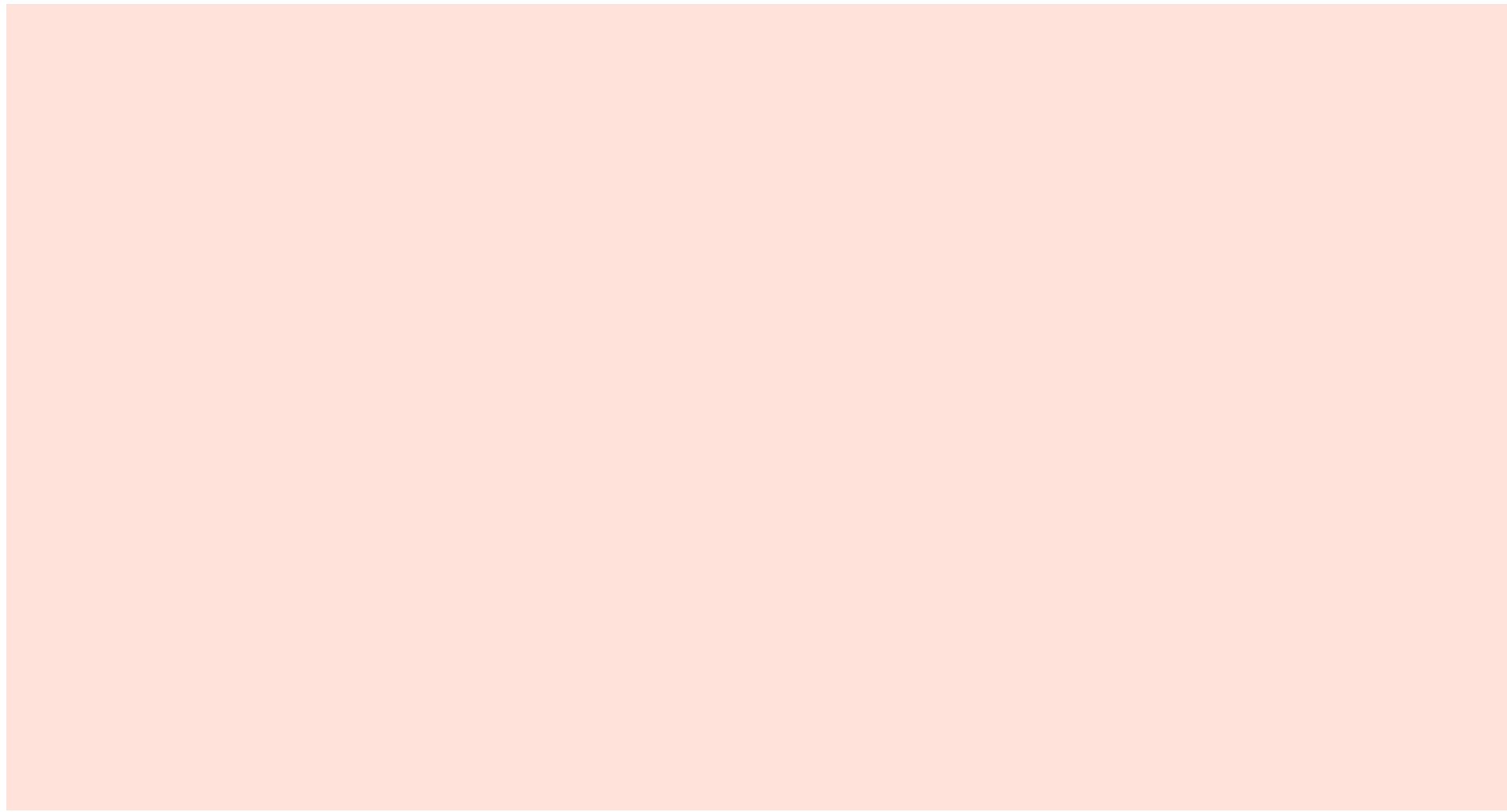


REMEMBER THIS: Matthew 22:37-39

MY REFLECTION



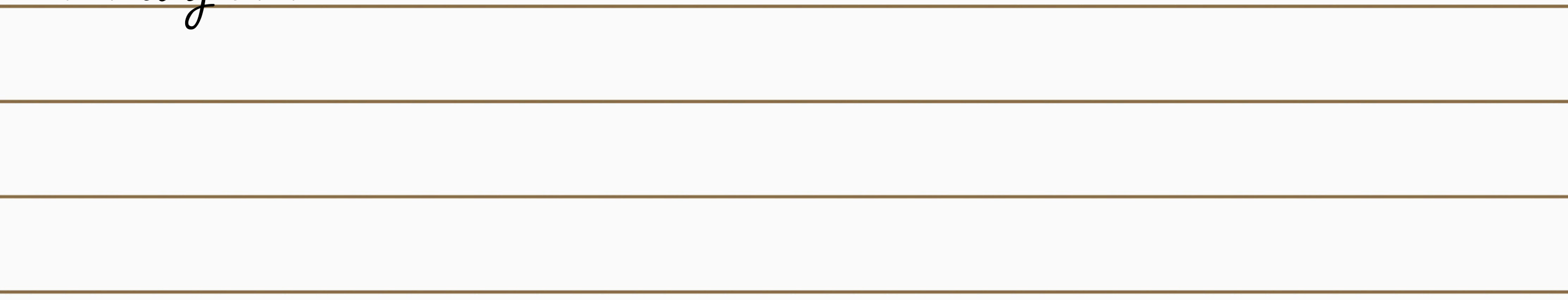
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Prayer:



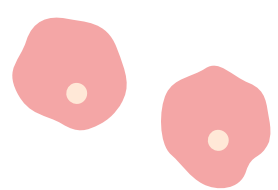
Your Top 10

Phillipians 3:14

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.



This passage encourages believers to focus on their spiritual journey and purpose, striving to fulfill God's calling in their lives. It reflects the importance of perseverance and commitment to one's faith while pursuing goals. What are you pressing towards?

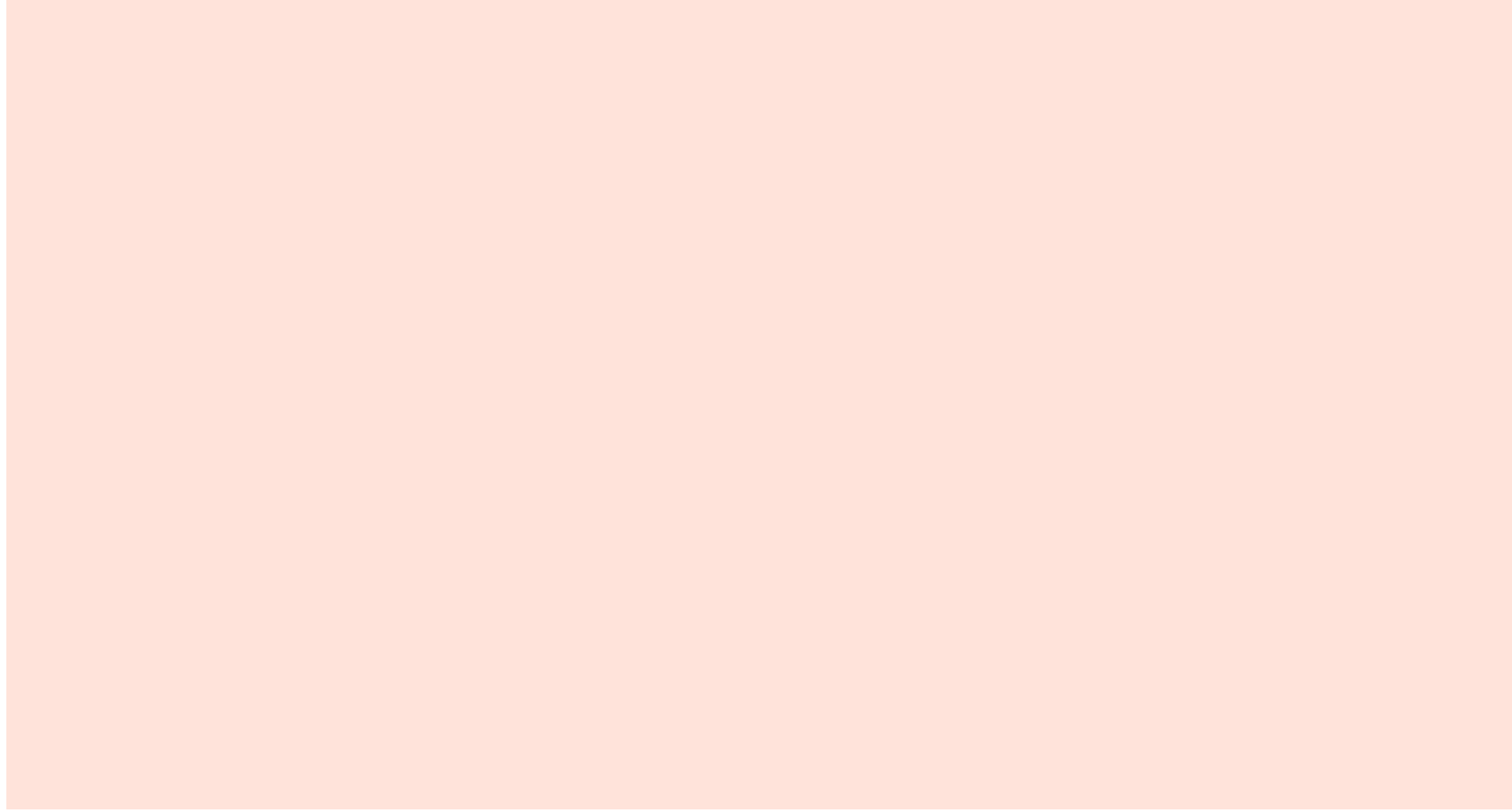


REMEMBER THIS: Proverbs 16:3

MY REFLECTION



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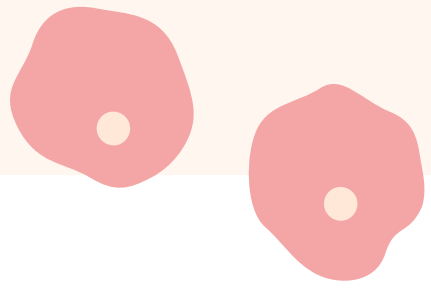
Prayer:



Line In The Sand

Joshua 24:15

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."



"line in the sand" typically refers to a point of no return or a boundary that should not be crossed. It often implies a decision or stance that, once taken, will lead to significant consequences. It can be used in various contexts, from personal relationships to political situations. This idea reflects the struggle between temptation and the commitment to doing what is right which encourages focusing on the path ahead and not swaying from it. It emphasizes the importance of making wise choices and maintaining integrity.

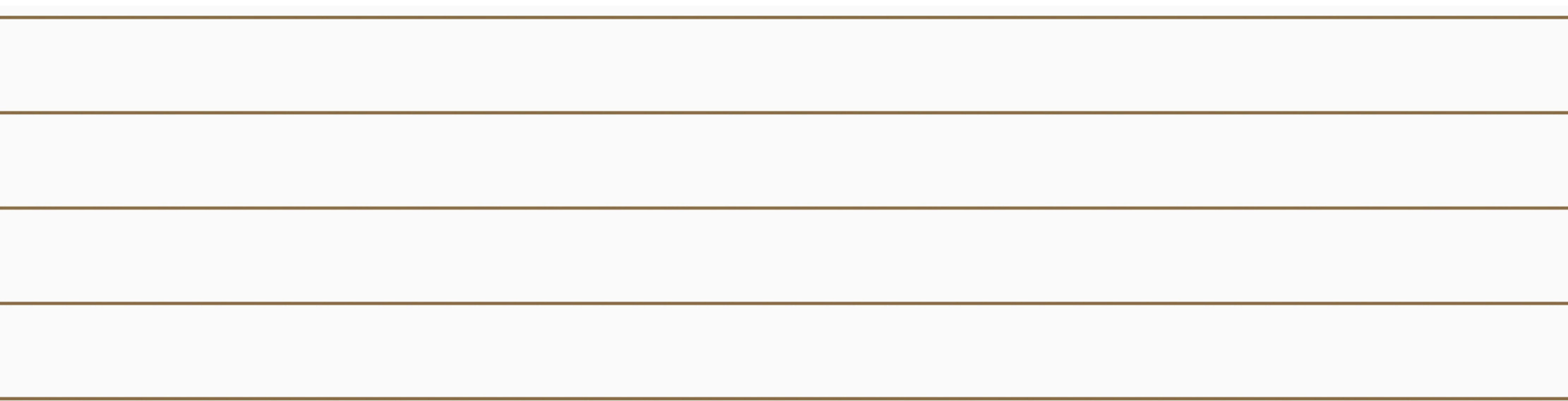
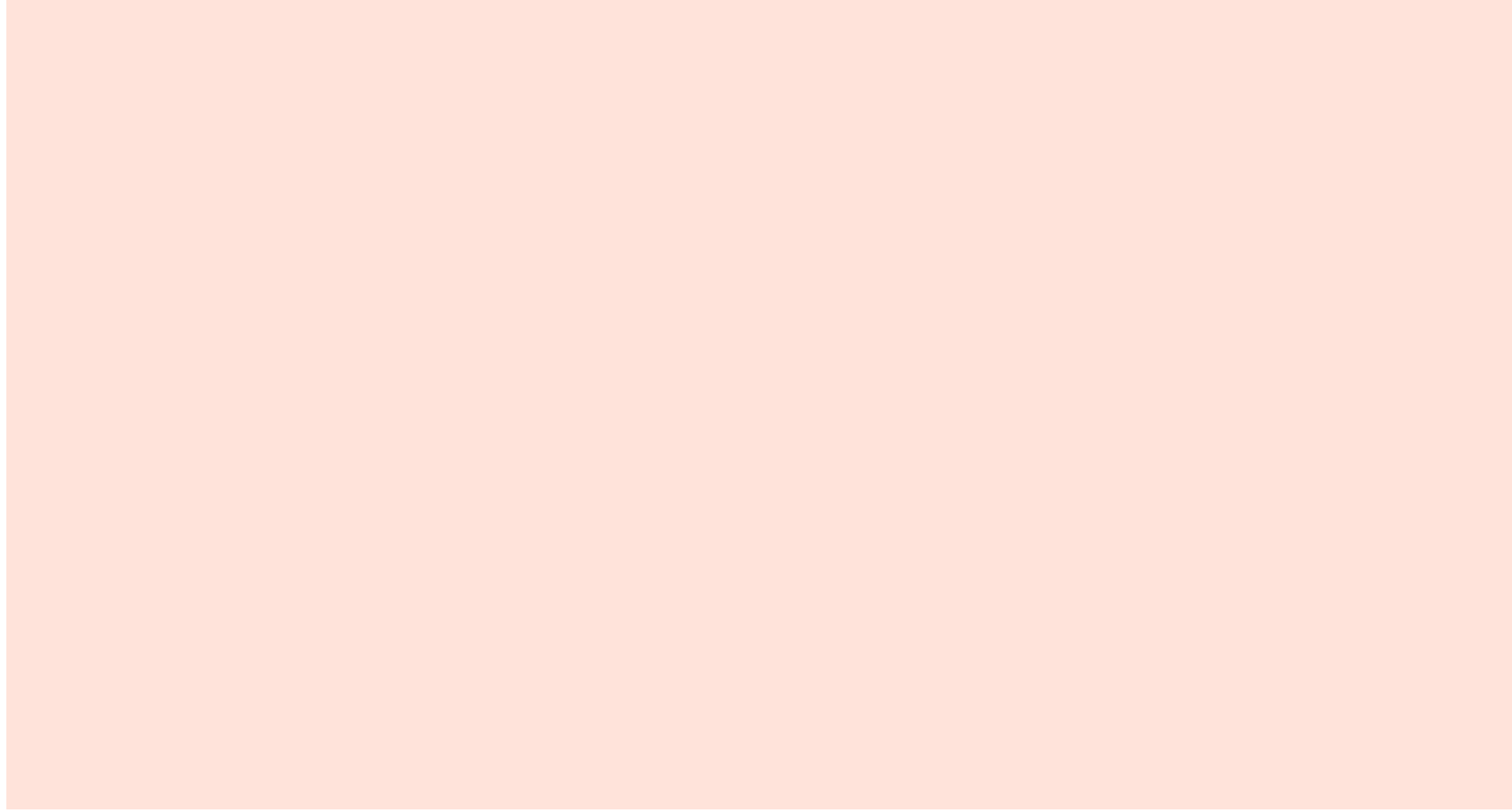


REMEMBER THIS: Proverbs 4:25-27

MY REFLECTION



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Prayer:



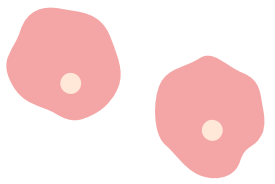
The Foundation

Mathew 7:24-25

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. 25 The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.



A solid foundation—Jesus' teachings—in all that we do, including our goals. When our aspirations are grounded in faith, they can withstand challenges and uncertainties. This verse reminds us daily that a strong faith foundation is essential for navigating life's challenges and pursuing our goals. Write 10 goals and navigate toward them with faith!

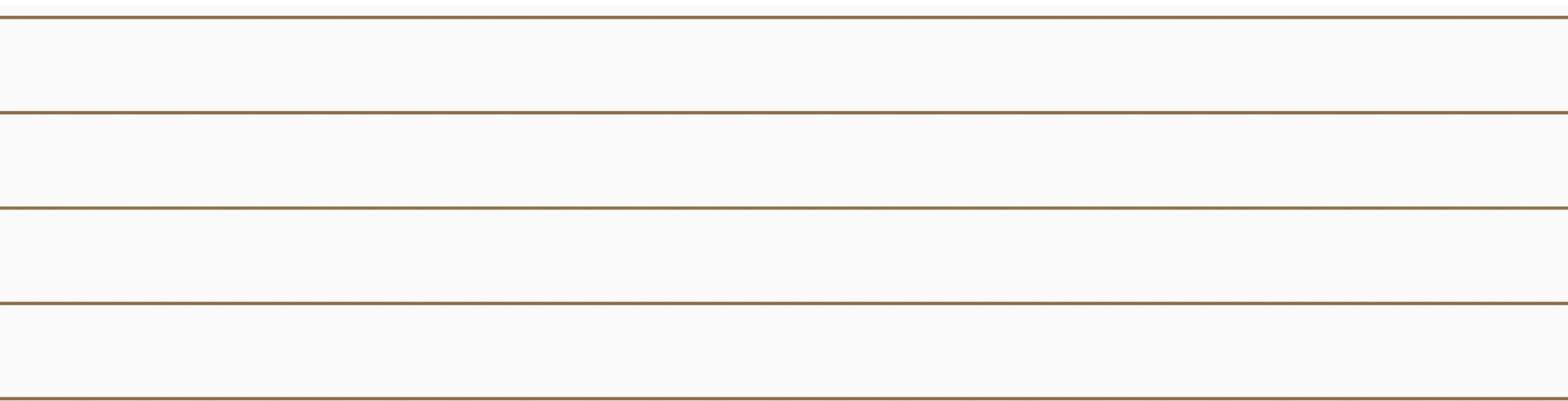
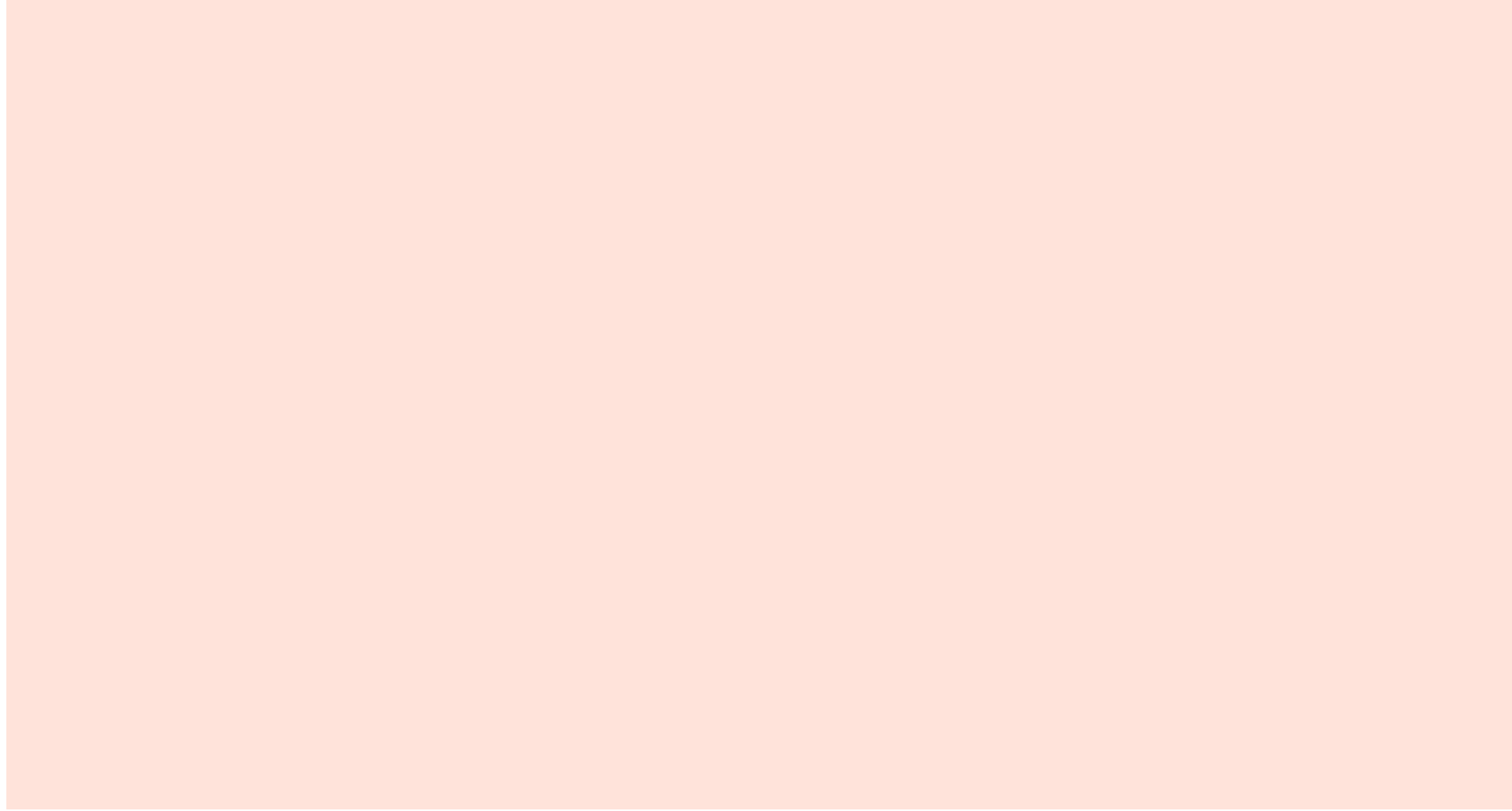


REMEMBER THIS: Hebrews 11:1

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Prayer:



Discover Daily

2 Peter 1:4

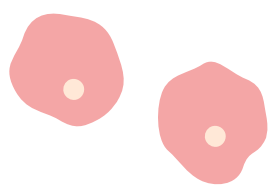
Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.



Discovering a promise daily is a wonderful way to nurture faith and hope.

Incorporating the discovery of God's promises into daily life can transform our **perspective** and help us navigate the ups and downs with faith and resilience.

Encouragement, guidance, peace and motivation will help us navigate through dreams and plans.

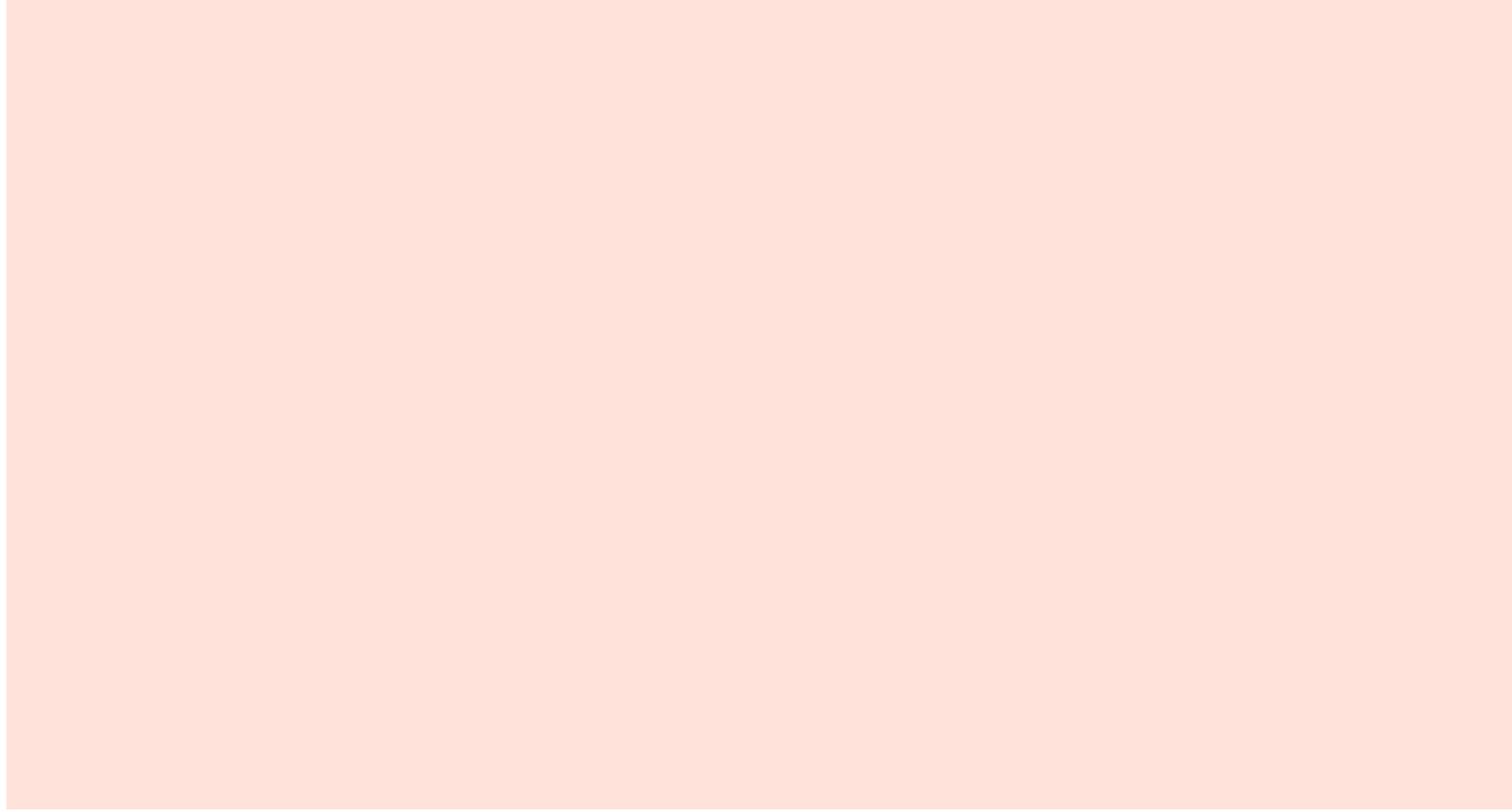


REMEMBER THIS: Lamentations 3:22-23

REFLECTION



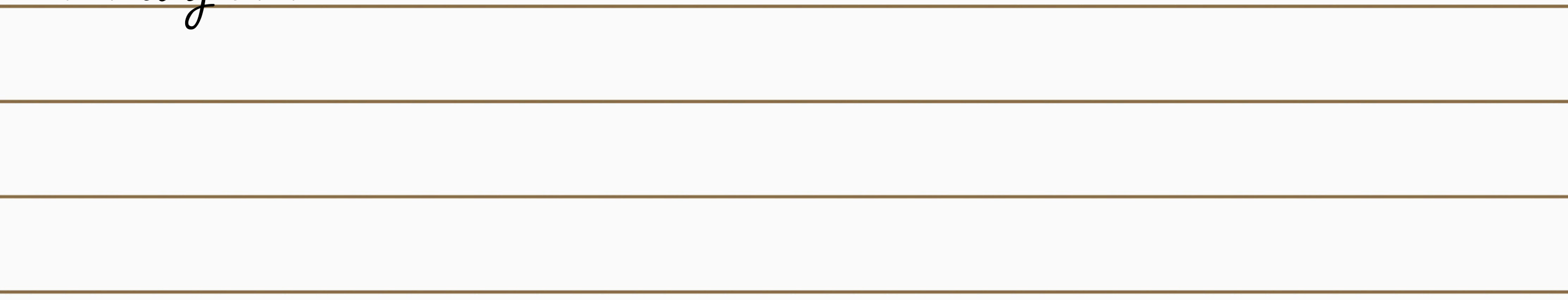
GODS
PROMISE
TO
ME



GRATITUDE



Prayer:



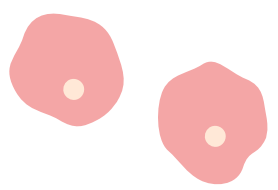
Stay Expectant

Matthew 21:22

Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.



Staying expectant in prayer is a powerful practice that reflects faith and trust in God's ability to respond. Being expectant means believing that God hears our prayers and is actively working in our lives. Expectation in prayer helps us remain open to God's direction and answers, even if they come in unexpected ways.

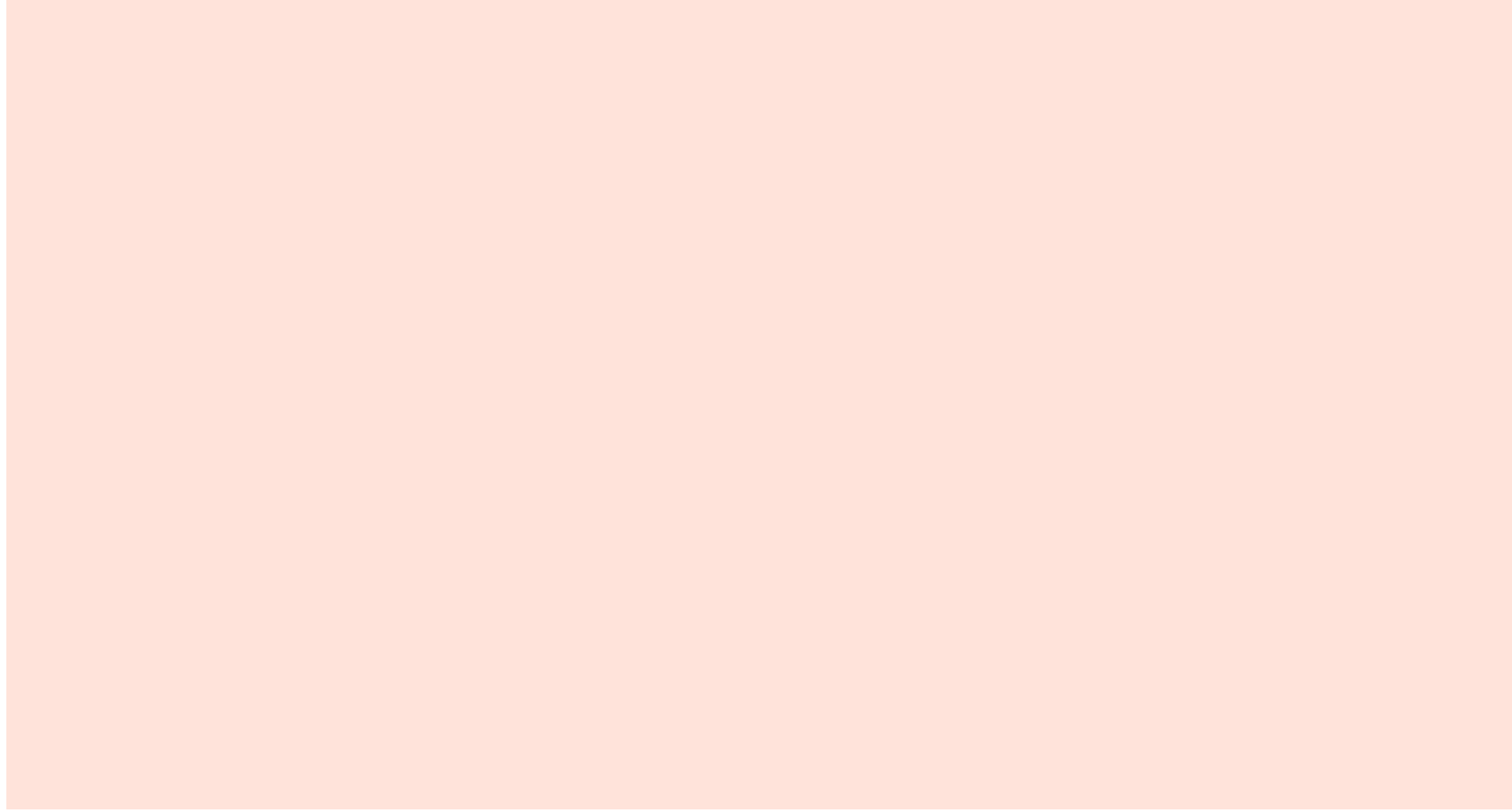


REMEMBER THIS: Lamentations 3:22-23

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Prayer:



Define Purpose

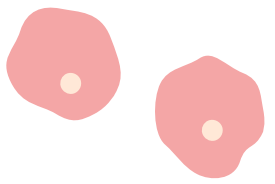
Ephesians 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.



Purpose is often seen as the divine plan set forth by God. Our ultimate purpose is to glorify God in all that we do.

Biblical purpose encompasses fulfilling God's plans, glorifying Him, serving others, and living in alignment with His will.

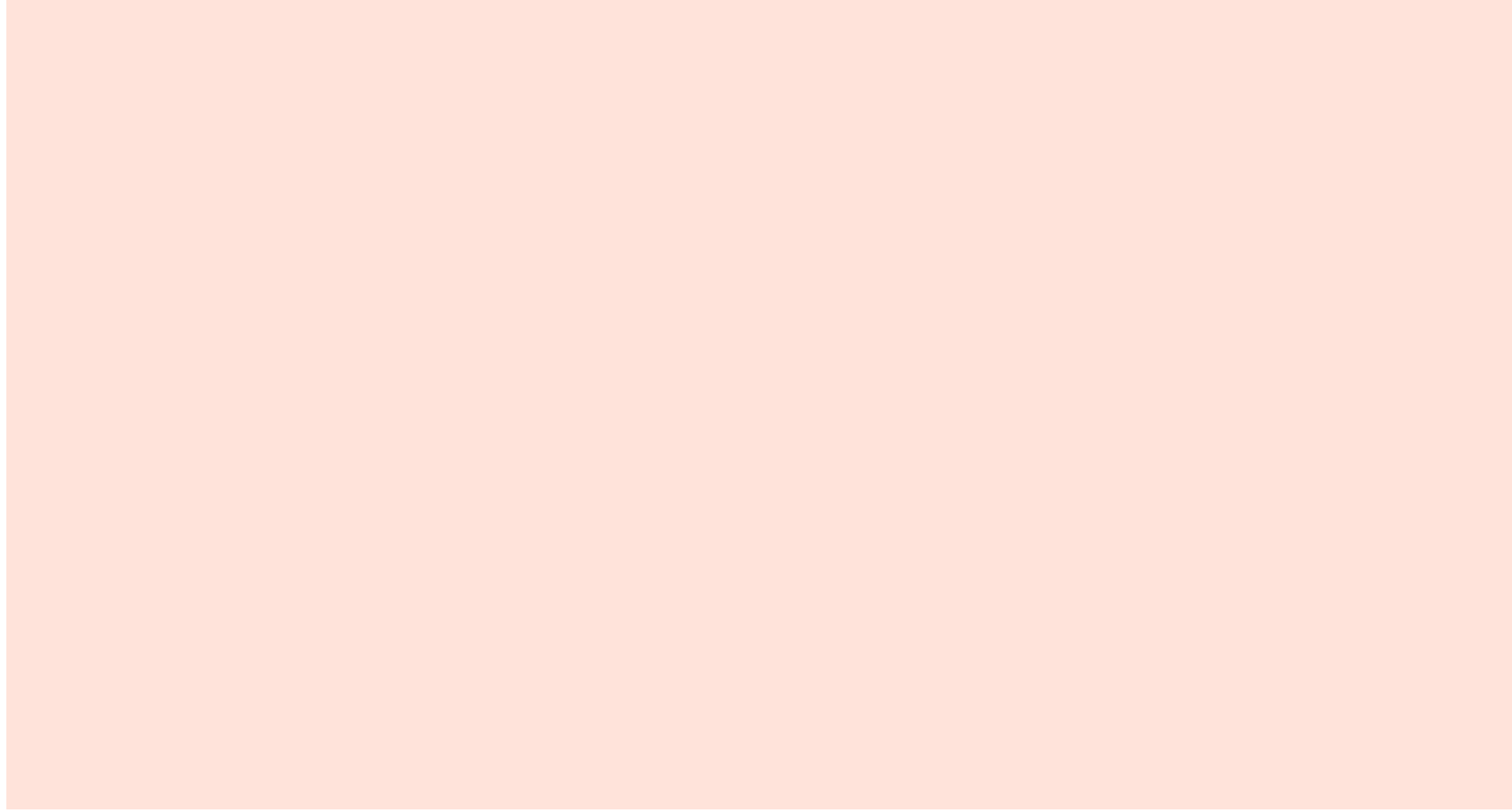


REMEMBER THIS: 1 Corinthians 10:31

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Prayer:



Enlarge A Vision

Isaiah 54:2-3

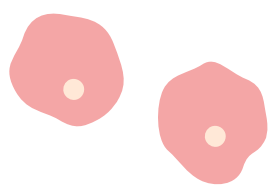
Enlarge the place of your tent, stretch your tent curtains wide,
do not hold back; lengthen your cords,
strengthen your stakes. For you will spread out to the right
and to the left, your descendants will dispossess nations
and settle in their desolate cities



encouragement and insight into God's promises for
growth and expansion.

The call to "enlarge the place of your tent" suggests a
mindset of expecting growth and blessings from God. It
encourages believers to prepare for the blessings He has
in store. Where do you need to stretch your visions?

Dream big and trust that God can exceed our
expectations

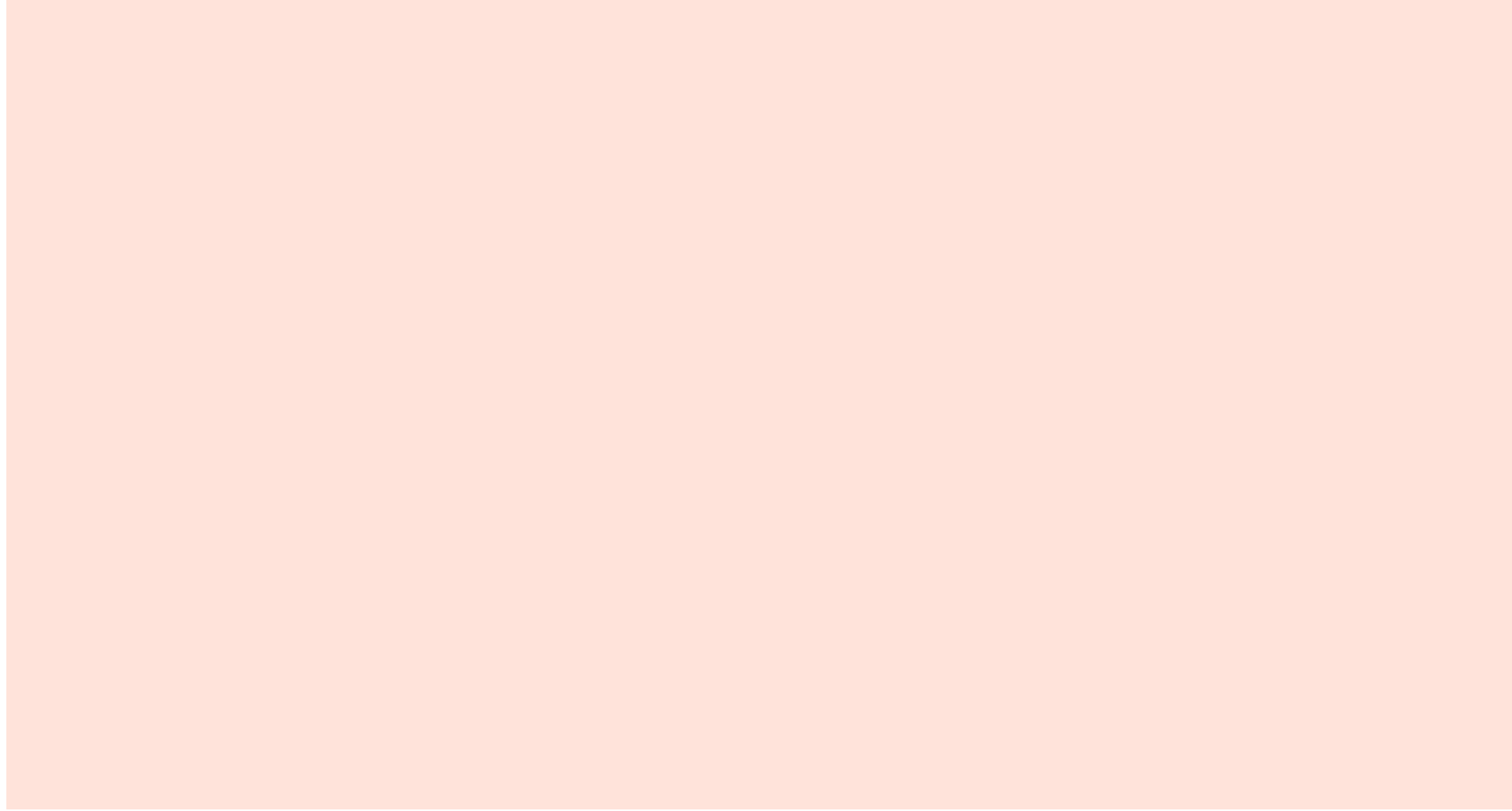


REMEMBER THIS: Ephesians 3:20

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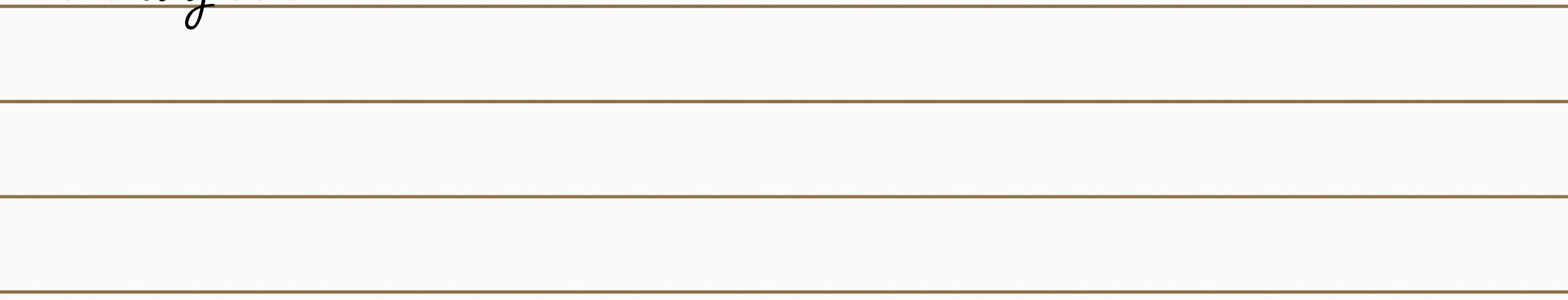
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Prayer:



What is God's Will

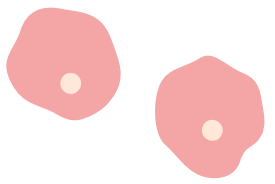
Romans 12:2

. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



God's will is a significant theme in the Bible, often associated with His plans and purposes for our lives. Continue to seek, understand, and align your lives with God's will, emphasizing transformation, gratitude, and active pursuit of His purposes.

Your kingdom come, your will be done, on earth as it is in heaven

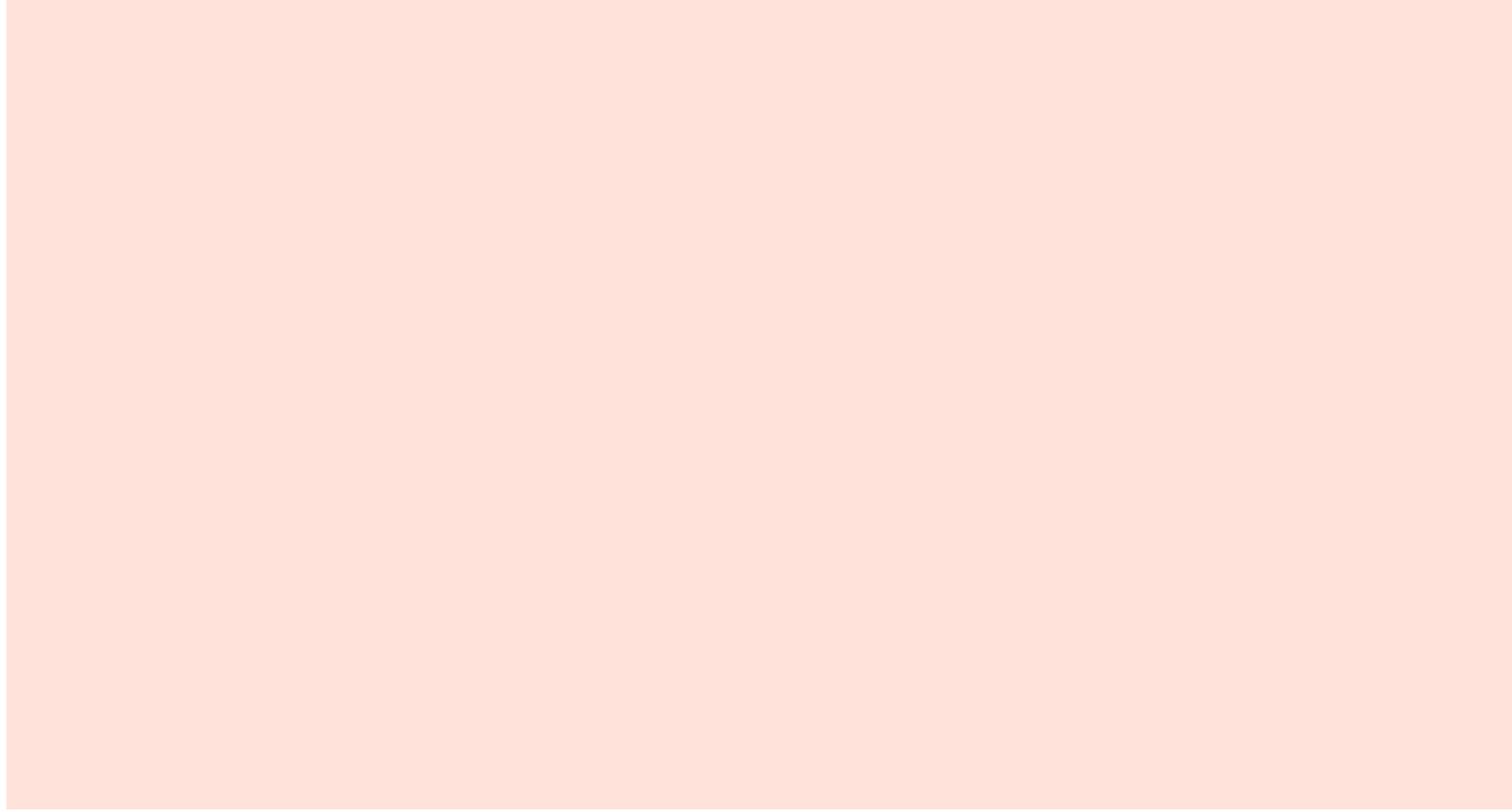


REMEMBER THIS: Ephesians 5:17

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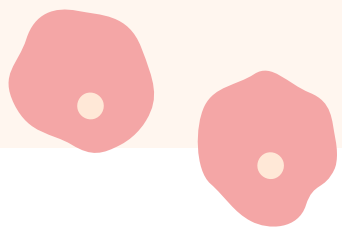
Prayer:



Choices Matter

Deuteronomy 11:8-10

Observe therefore all the commands I am giving you today, so that you may have the strength to go in and take over the land that you are crossing the Jordan to possess, 9 and so that you may live long in the land the Lord swore to your ancestors to give to them and their descendants, a land flowing with milk and honey



choices matter significantly in our spiritual lives. By choosing to follow God and His commands, we align ourselves with His blessings and guidance.

choices not only affect individuals but also have generational implications, urging the people to pass on their commitment to God to their children.

Follow God's commands and statutes, this promises that doing so will lead to blessings in the land YOU are about to enter.

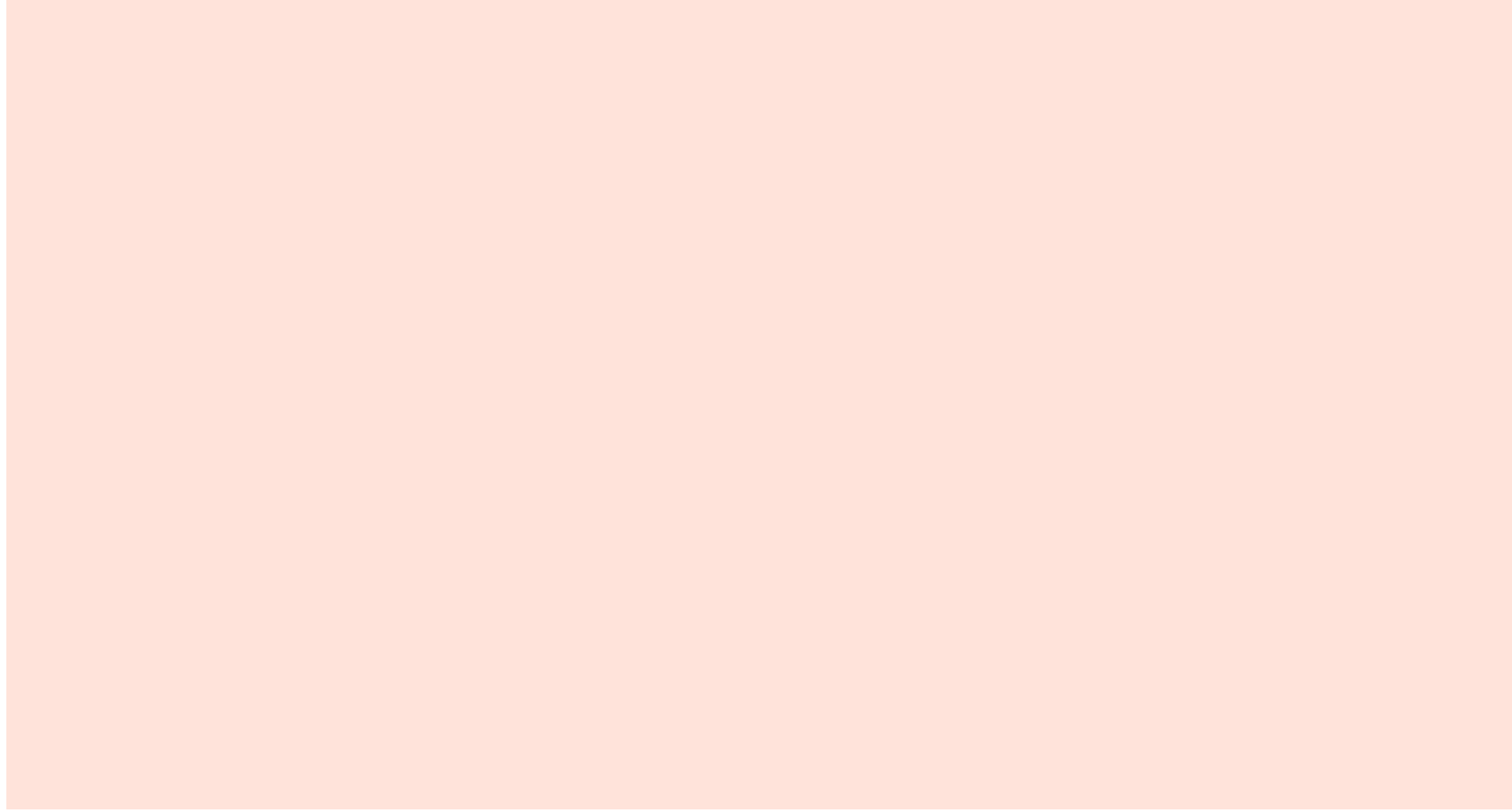


REMEMBER THIS: 1 Corinthians 10:23

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Prayer:



Be Teachable

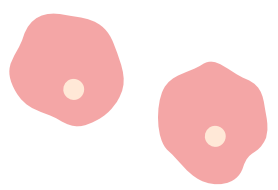
Psalm 25:4-5

Show me your ways, Lord,
teach me your paths.

Guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.



A posture of humility and openness to learning, highlighting the value of wisdom and guidance from God and others is our daily goal. Being teachable is an essential aspect of personal and spiritual growth.

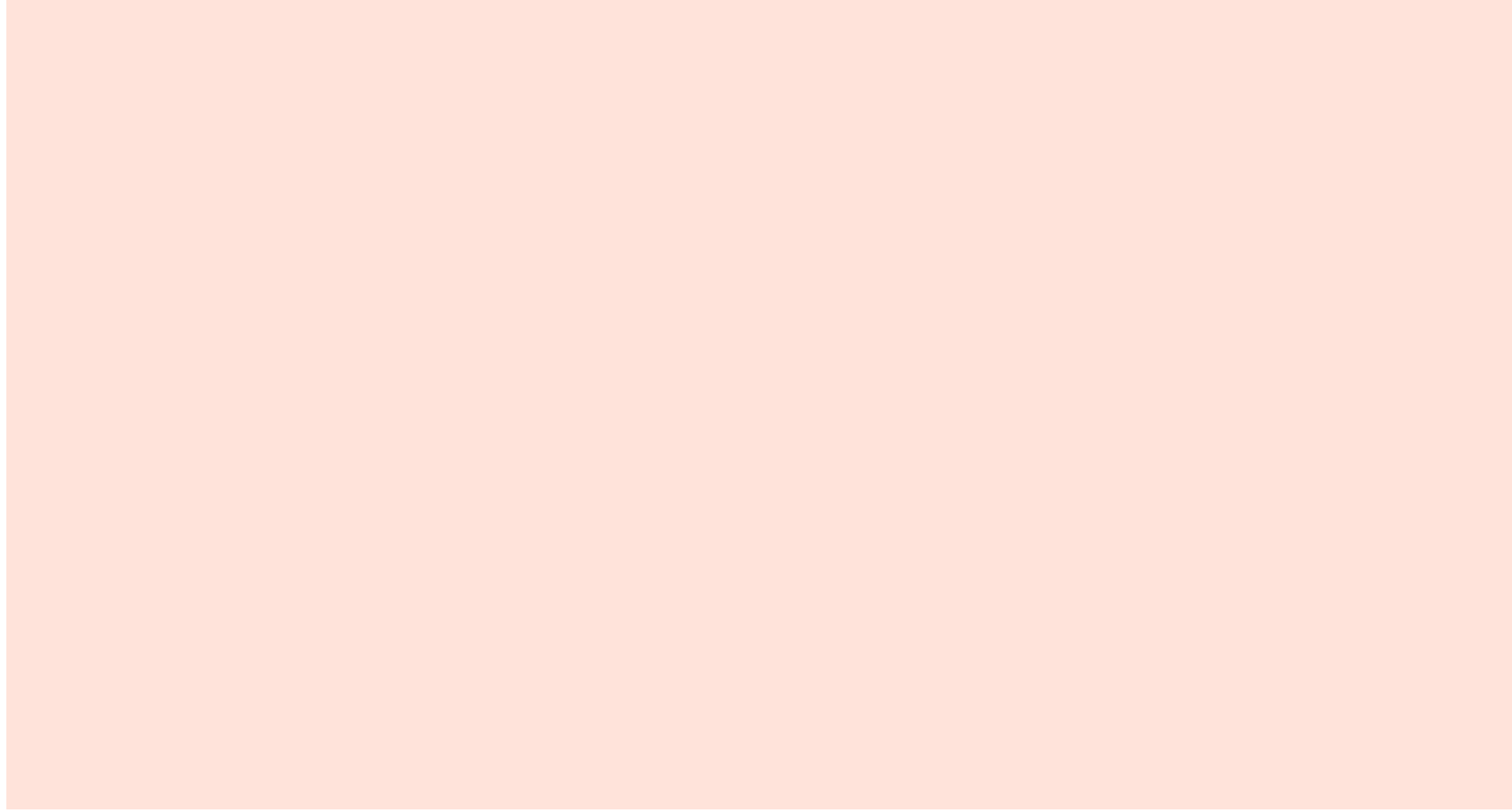


REMEMBER THIS: Proverbs 9:9

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Prayer:



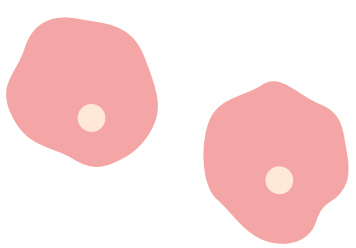
Seek Counsel

Proverbs 15:22

Plans fail for lack of counsel,
but with many advisers they
succeed.



When seeking counsel, be open about your struggles and questions. Honesty fosters a more fruitful conversation. Seeking spiritual counsel is a vital practice for personal growth and decision-making

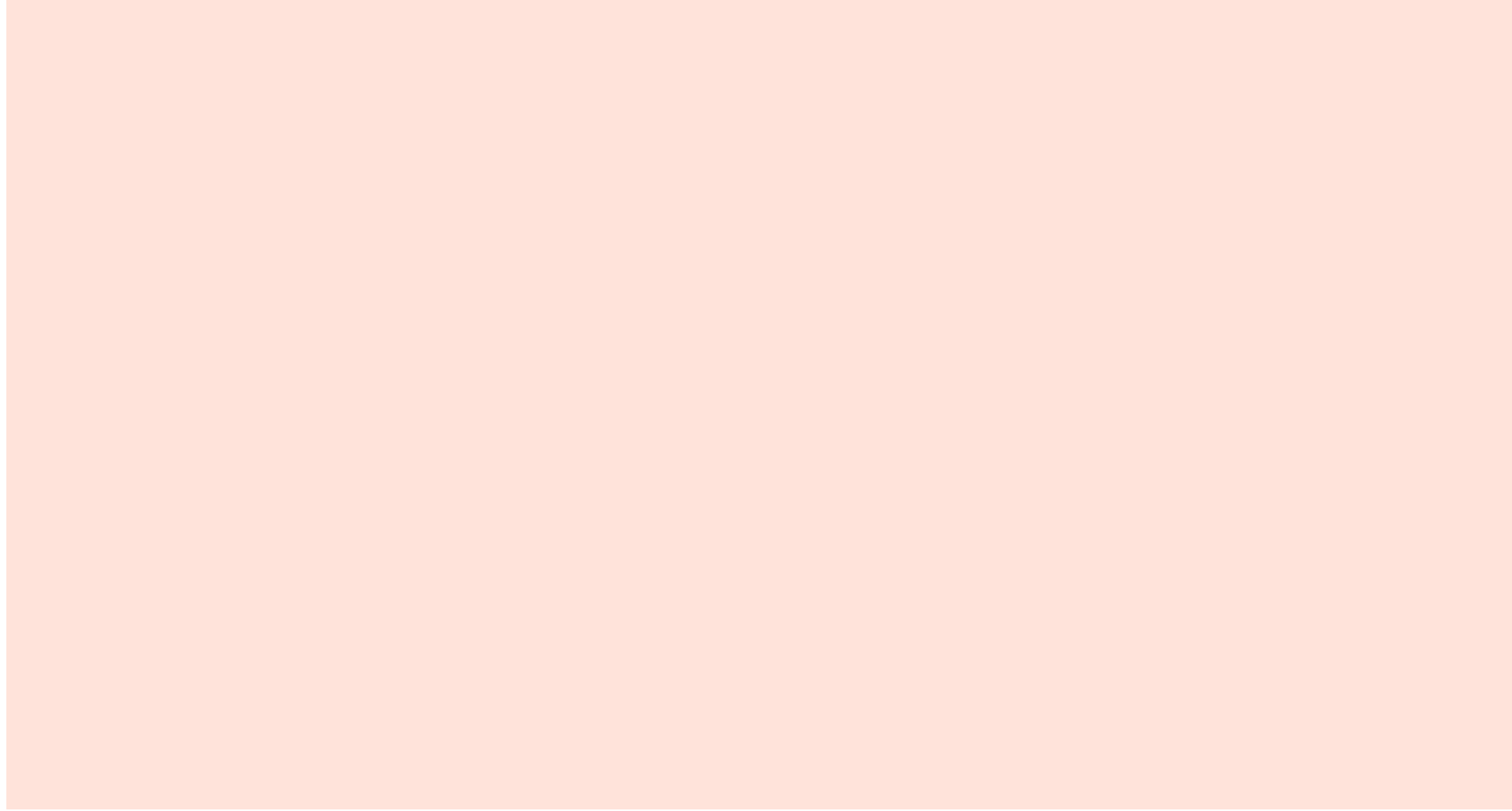


REMEMBER THIS: Proverbs 11:14

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Prayer:



Reframe the Emotion

2 Corinthians 10:5

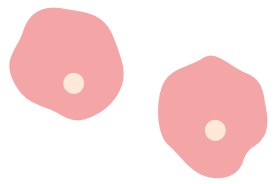
We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.



Reframing emotions often involves seeing situations from a different perspective.

Even in tough situations, God is working for our good, helping us to reframe our perspective on hardships

Remember the importance of controlling our thoughts and reframing them to align with God's truth.

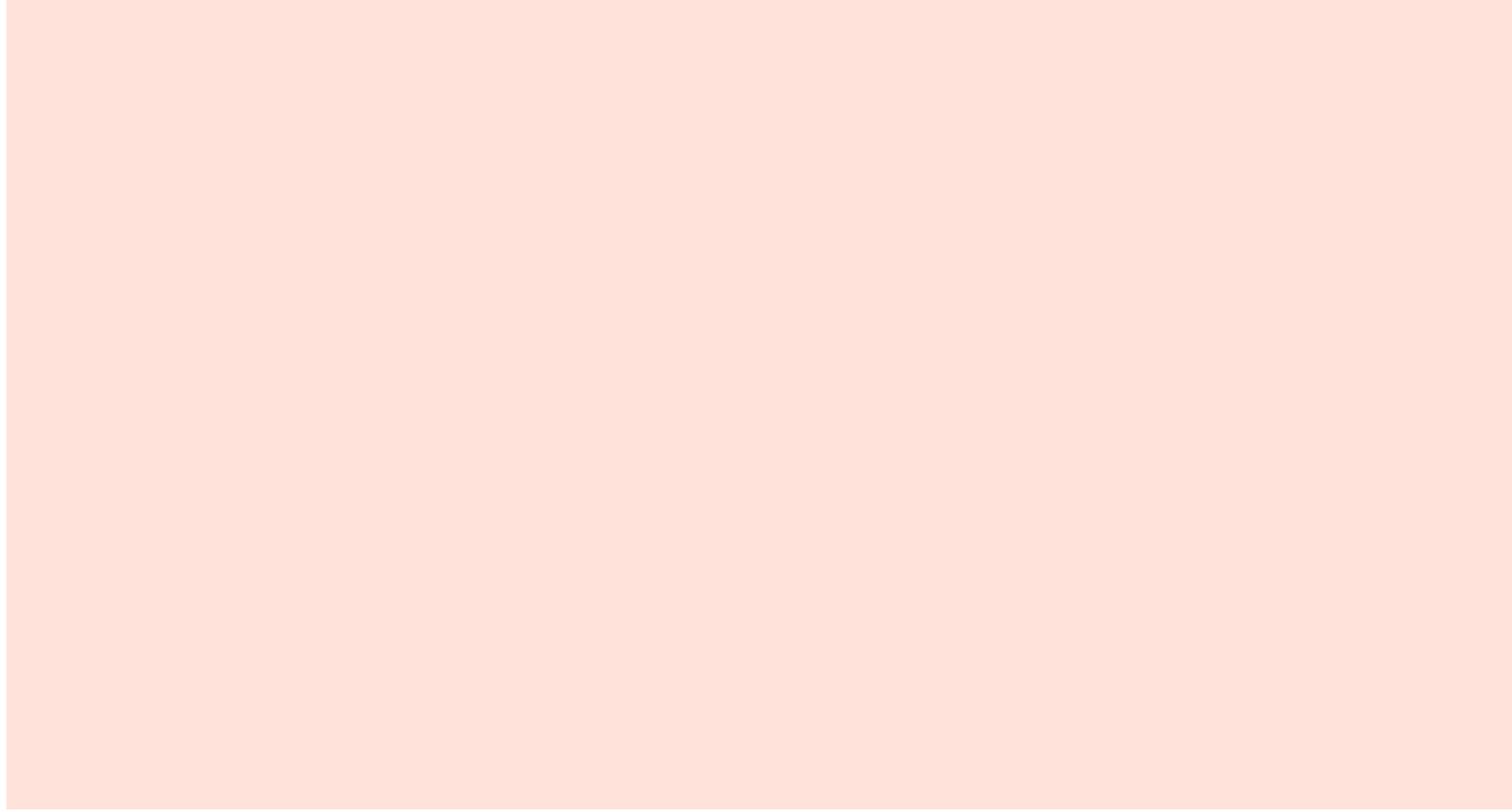


REMEMBER THIS: Romans 8:28

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Prayer:



Clarity & Guidance

Psalm 73:24-26

You guide me with your counsel,

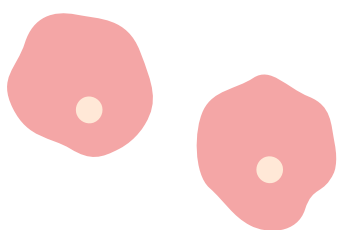
and afterward you will take me into glory. Whom
have I in heaven but you?

And earth has nothing I desire besides you. My flesh

and my heart may fail, but God is the strength of my
heart and my portion forever.



powerful reminder of God's faithfulness in guiding us
through life's choices when we seek His will.
The "voice behind you" is God actively involved in our
lives, providing instruction and reassurance. Where do
you need clarity and guidance?

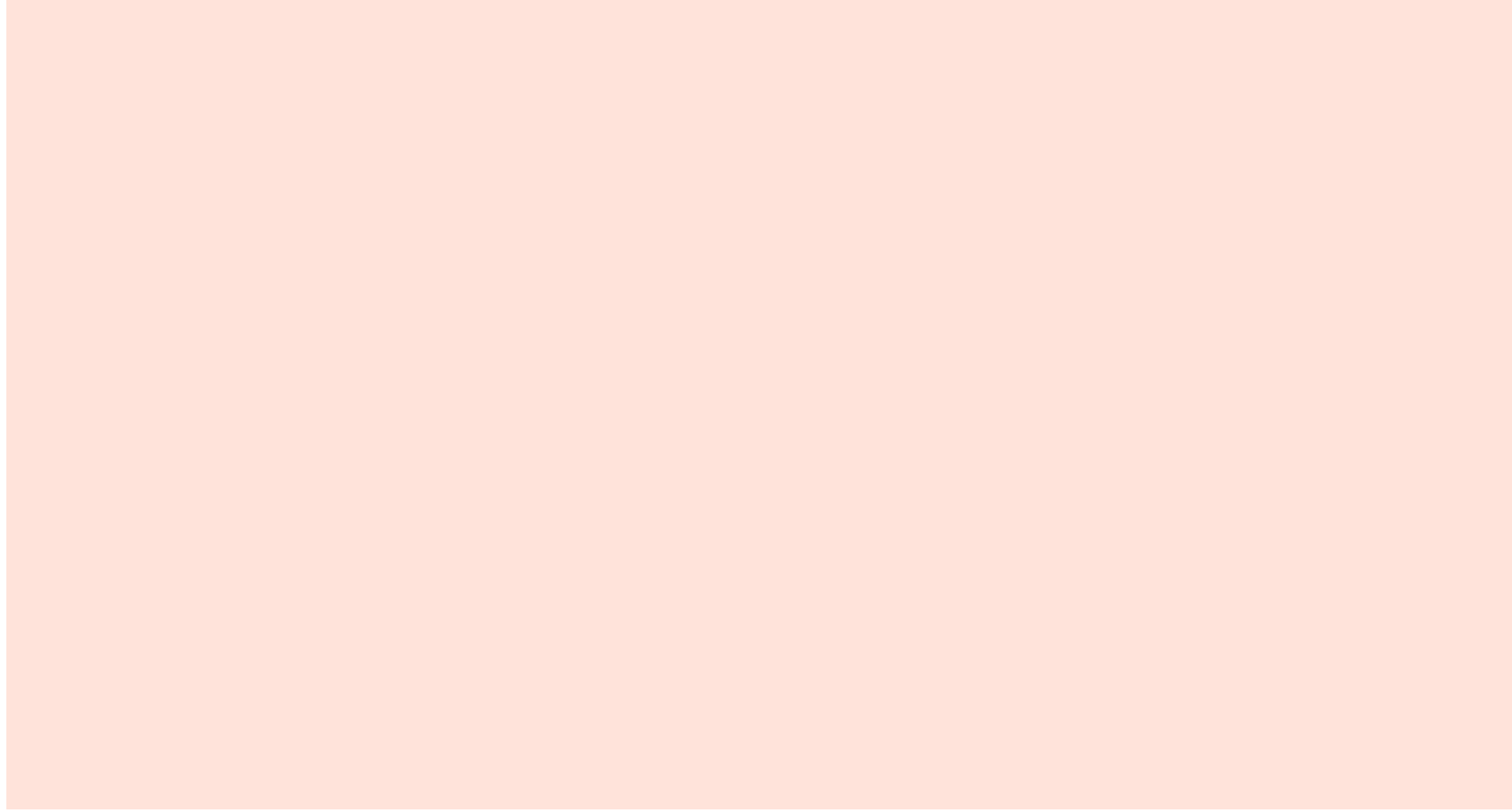


REMEMBER THIS: Isaiah 30:21

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Prayer:



New Thing

Isaiah 43:18-19

Forget the former things;

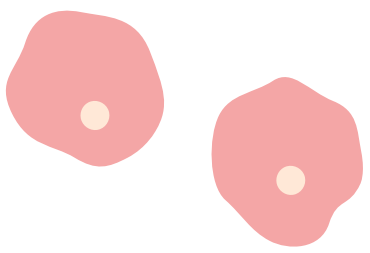
do not dwell on the past. See, I am doing a new thing. Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland



Opportunity for renewal and growth is always before us. Let go of past experiences and be open to the new things God is bringing into our lives.

Transformation is how God works!

God's Sovereignty: "I am doing a new thing" What a reminder that He is in control and has plans that can bring change and hope. Where do you DESIRE a New thing?

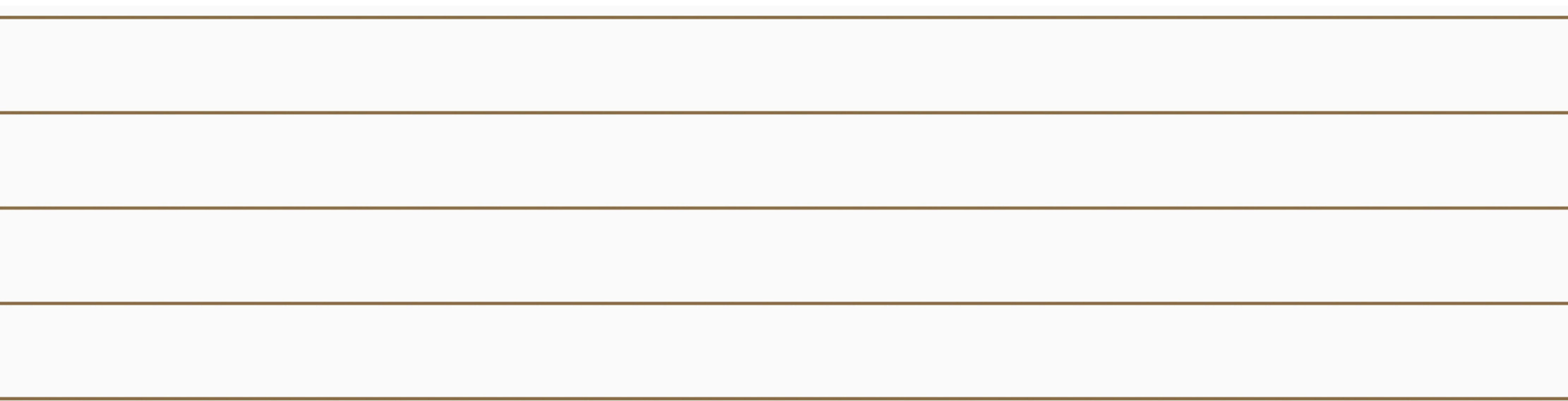
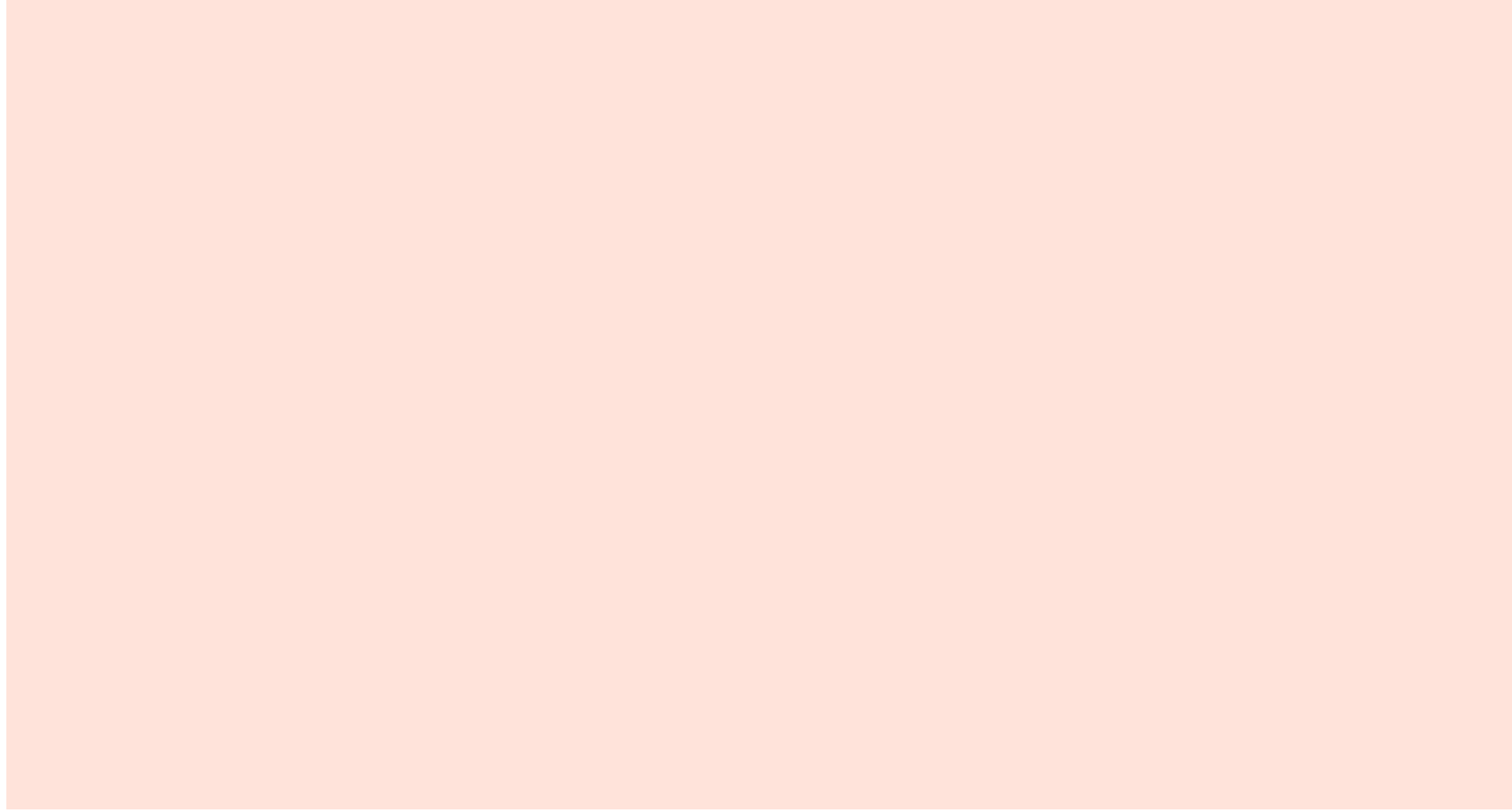


REMEMBER THIS: Proverbs 13:12

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Prayer:

