

How to Sustain a Powerful “Battle Ready” Mindset *with God, Grace & Grit* WORKBOOK





Ephesians 6:10-13

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

1. Think about one of your most recent 'Life Battles'. How did you show up to fight?

- a) I cowered because I wasn't sure what to do
- b) I fought the good fight, but I don't love how I showed up
- c) I knew God was on my side and I did exactly what He would've wanted me to do
- d) I didn't bother fighting because I'm just worn out from trying so hard

2. Reflect on your answer from Q1. What did you notice about the way you showed up in battle?

3. How would you like to show up even better next time you go into battle?

4. After learning more about who this course is for and who it is NOT for, where do you think you fall on a scale of 1-10 (10 means it's DEFINITELY for you!)



Explain why you think that:

5. If you believe this course is for you, I'm super excited! I know you'll get so much out of it! Explain one area that you would really like to improve on in your walk with God and why that's important to you:

6. At the end of this course, you'll receive an exclusive opportunity. To prepare for that I'd like you to spend a minute vision casting - what is one transformation you'd like to see in your life in the next 6 months? How might coaching/mentoring help you achieve that goal?



I AM WHO YOU SAY I AM

1. Who or what in life has told you who you are? Write down some things they have said:

2. What words have things of this world (other people, advertisements, etc) used to describe you? Refrain from judging - just write down whatever qualities come to your mind.

3. Do you ever question whether these labels are true? What makes you believe that they are factual rather than an opinion?

MY IDENTITY IN JESUS CHRIST

4

I AM....

BELOVED

The Lord appeared to us in the past, saying: "I have **loved** you **with an everlasting love**; I have drawn you with unfailing kindness.

~Jeremiah 31:3

A SAINT

And that is what some of you were. But you were **washed**, you were **sanctified**, you were **justified** in the name of the Lord Jesus Christ and by the Spirit of our God. ~1 Corinthians

6:11

SET APART

But you are a **chosen** people, a **royal priesthood**, a **holy nation**, **God's special possession**, that you may declare the praises of him who called you out of darkness into his wonderful light.

~1 Peter 2:9

AM AMBASSADOR OF CHRIST

We are therefore **Christ's ambassadors**, as though God were making his appeal through us. We implore you on Christ's behalf: Be **reconciled** to God.

~2 Corinthians 5:20

A CO-WORKER

For we are **co-workers in God's service**; you are **God's field**, **God's building**.

~1 Corinthians 3:9

A SWEET AROMA

For we are to God the **pleasing aroma** of Christ among those who are being saved and those who are perishing.

~2 Corinthians 2:15

NEVER ALONE

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you. ~Deuteronomy 31:8

A MASTERPIECE

For we are **God's masterpiece**. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. ~Ephesians 2:10

BOLD

Since this new way gives us such confidence, we can be very **bold**.

~2 Corinthians 3:12

WONDERFULLY MADE

I am **fearfully and wonderfully made**.

~Psalm 139:14

HOLDING A SECURE FUTURE

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.

~Jeremiah 29:11

HAVING GUARANTEED VICTORY

You give me your protective shield;
your right hand supports me;
your willingness to help enables me to
prevail. ~Psalm 18:35

WHOLE IN CHRIST

And you have been **filled** in him, who is the
head over every ruler and authority.
~Colossians 2:10

NEW

So then, if anyone is in Christ, he is **a new
creation**; what is old has passed away—look,
what is new has come!
~2 Corinthians 5:17

RIGHTEOUS

God made him who had no sin to be sin for
us, so that in him we might become the
righteousness of God.
~2 Corinthians 5:21

HEALED

He personally carried our sins in his body on
the cross so that we can be dead to sin and
live for what is right. By his wounds you are
healed. ~1 Peter 2:24

ADOPTED INTO GOD'S FAMILY

So you have not received a spirit that makes
you fearful slaves. Instead, you received
God's Spirit when he adopted you as his own
children. Now we call him, "Abba, Father."
~Romans 8:15

A TEMPLE OF THE HOLY SPIRIT

Don't you realize that your body is the
temple of the Holy Spirit, who lives in you
and was given to you by God? You do not
belong to yourself.
~1 Corinthians 6:19

FREE

So Christ has truly set us **free**. Now make
sure that you stay free, and don't get tied up
again in slavery to the law.
~Galatians 5:1

WASHED CLEAN

"Come now, let's settle this," says the Lord.
"Though your sins are like scarlet, I will make
them as **white as snow**. Though they are red
like crimson, I will make them as white as
wool. ~Isaiah 1:18

CO-HEIR WITH CHRIST

Now if we are children, then we are
heirs—**heirs of God and co-heirs with Christ**,
if indeed we share in his sufferings in order
that we may also share in his glory.
~Romans 8:17

DELIGHTED IN

The Lord your God is with you, the Mighty
Warrior who saves. He will take great delight
in you; in his love he will no longer rebuke
you, but will rejoice over you with singing."
~Zephaniah 3:17

A CHILD OF GOD

See what great love the Father has lavished
on us, that we should be called **children of
God**! And that is what we are! The reason the
world does not know us is that it did not
know him. ~1 John 3:1

INNOCENT AND BLAMELESS

Yet now he has reconciled you to himself
through the death of Christ in his physical
body. As a result, he has brought you into his
own presence, and you are **holy and
blameless** as you stand before him without a
single fault.
~Colossians 1:22



4. Who does God say you are? Write down who He says you are and the scripture reference that goes with it:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5. What are 3 of God's truths that you can hold onto when your mind starts to focus on what the world tells you?

I am _____

I am _____

I am _____



I AM RENEWING MY STORY

1. What are some of the negative stories you tell yourself about YOU?

2. Where do you believe these stories come from?

3. What special shapes do you see in the FedEx sign?

4. What is your Initial Determination of the disgruntled driver behind me?

5. What does the STORY acronym stand for?

6. When you choose a new STORY, what can happen?

7. The STORY System helps you create new thoughts that align with God and allow you to be transformed by the renewing of your mind. You can change the way you think and believe a STORY that aligns with God!

Situation What happened	Stance ID (Initial Determination)	STORY <u>Strategic Thoughts</u> <u>On Renewing Yourself</u>
Event/Circumstance	Initial viewpoint/perspective	New viewpoint/perspective



ACTIVITY: The STORY System

Situation What happened	Stance ID (Initial Determination)	STORY <u>Strategic Thoughts</u> <u>On Renewing Yourself</u>
Event/Circumstance	Initial viewpoint/perspective	New viewpoint/perspective

8. How can you use the STORY System in your life in the Future?

What do you believe your next steps are on this journey?

If you **KNOW** that you have an Amazing **PURPOSE** on this earth and you are **READY** to step into it by Overcoming Pain & Hurt, then I invite you to apply for an opportunity to work with me. :)

You will be placed on a waiting list and when a spot becomes available, I will contact you to set up a **FREE** no obligation call to see if working together is right for you at this time.



Enter your details to get on the waiting list...

CLICK HERE



YES! I want to join the waiting list! :-)

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