

# Experiencing God's Love

W O R K B O O K



**Renew Your Mind | Release the Hurt |  
Rest in Him | Receive His Love**

**Alana Palm B.Ed., NLP, CBT, IFS**  
FOUNDER OF THE SET FREE ACADEMY™



# About this Workbook

## WELCOME to the 5-Day 'Experiencing God's Love' Intensive!

You want to experience the FULL life God has for you, but something is missing...

You've worked hard and tried SO MANY things to succeed in overcoming the block and nothing has worked.

And after years of therapy, self-help books, praying and doing ALL you can, you still feel stuck.

If you see yourself in the above description, then this Intensive is for YOU!

We will walk through renewing your mind, releasing the pain of the past and overcoming roadblocks to experiencing God's love.

IMAGINE how DIFFERENT life would be if you could...

- ☒ Confront and Overcome negative thinking and lies you've believed
- ☒ Walk in a room KNOWING You belong there and you make a positive impact on everyone around you
- ☒ Have strong Alignment & Congruency in your life, so your actions, words, feelings & thoughts line up
- ☒ Be confident about God's timing - what He would have you do when - and co-labor with Him to create the life of your dreams
- ☒ Have fresh eyes toward the love of God and grace of God in your life
- ☒ Love yourself the way God created you, so you can sit in the seat of that existence and NOT question your worth and value anymore



- ☒ Feel COMFORTABLE in your own skin so you can walk into ANY room, talk to ANYone and KNOW that you belong there
- ☒ Trust your inner guidance, wisdom and intuition so you STOP second guessing yourself and START making decisions from a deep DISCERNMENT in Him
- ☒ Balance success AND relationships so you don't feel the pressure of emotional needs of others OR so overwhelmed by ALL that needs to be done
- ☒ Get out of the comparison trap and SQUASH the voice of your 'inner critic'
- ☒ Genuinely KNOW your worth, which allows you to RECEIVE the love you've always wanted (without needing it)
- ☒ Feel present in your day-to-day activities, instead of constantly being stressed and frustrated
- ☒ Experience a life of FULLNESS and FREEDOM with Him
- ☒ Learn how you can BREAK FREE from lies, trauma & unhealthy relationship patterns
- ☒ Meet people you haven't seen in years and have them say, "Wow something about you is different. You look SO peaceful, relaxed and happy."

It's all possible for you in The Experiencing God's Love Intensive!

This will be an amazing journey so make sure you watch each video LIVE (or later the same day if you can't make it LIVE). They build on one another so you will have the BEST experience that way.

Remember to Complete your Daily Action Step and Commitment Statement in this workbook and then post it in the group under the Daily Action Step Post in order to be eligible for Daily Prizes and the Grand Prize at the end of the Intensive.



# Meet Your Trauma Specialist

**Alana Palm B.Ed., NLP, CBT, IFS**

With 20 years as a professional educator and 5 years as a Trauma Release & Mind Renewal Specialist, Alana loves helping Christian women overcome the pain of the past and have the abundant life of joy and peace that Jesus died for them to have.

She is passionate about empowering women to walk in the fullness of Christ by breaking free from lies, trauma & unhealthy relationship patterns so they can live a life of mental/emotional freedom with Him.

Alana helps women co-create the life they've always dreamed of with Christ through deep inner healing and the renewal of their mind.

She created this 5-Day Deep Dive Intensive so Christian women all over the world can benefit from what she has spent years learning and implementing, both in her own life and those of her clients.

If you want to walk away with clear direction on how you can bring heaven down to earth and impact everyone around you for God's Kingdom, this training is for you!

## **IMPORTANT INFORMATION:**

**Each Daily Live Training will be at:**  
**7:30am PST / 9:30am CST / 10:30am EST**

*Click here to  
join Alana's  
Training Group*





# Daily Live Teachings

## DAY 1 - FOUNDATION: CONSEQUENCES OF RESISTING GOD'S LOVE

When we resist God's love we can become exhausted, stressed and overwhelmed. We TRY to work hard and do all the things, but we struggle with balancing it all AND our relationships suffer. Find out how you can STOP resisting and start FULLY receiving His love so you can do it all with EASE.

## DAY 2 - AWARENESS: RELEASING THE WEIGHT OF IT ALL

Letting go can be hard. I often wondered "How do I let go and trust, without worrying about things working out a certain way?!" If you're like me, and feel that you have to be in the driver's seat to get what you want in life, this day is for you!

## DAY 3 - PERSPECTIVE: BREAKING FREE OF THE PAST

Finding yourself overwhelmed and lost - today we will talk about breaking free of past beliefs that have held you back from embodying God's truth about you. You will begin to shift your perspective from old, untrue beliefs to a new viewpoint - God's!

## DAY 4 - FOCUS: QUIT LIVING THE CHRISTIAN FORMULA

Are you living by the Christian formula? Are you focused on Rules or Relationship? Learn the difference between DOING it all with strife and exhaustion vs BEING content and peaceful in Him (and STILL getting EVERYTHING done)!

## DAY 5 - AGREEMENT: OVERCOMING ROADBLOCKS TO EXPERIENCING HIS LOVE ~ MASTERCLASS + Q&A

What's still standing in your way of experiencing God's love? Join me for the last day of the 5-day Intensive to find out how to overcome any roadblocks to truly Experiencing God's Love.



# Day 1: Foundation

## The Consequences of Resisting God's Love



**When we resist God's love we can become exhausted, stressed and overwhelmed. We TRY to work hard and do all the things, but we struggle with balancing it all AND our relationships suffer.**

**Find out how you can STOP resisting and start FULLY receiving His love so you can do it all with EASE.**



# Day 1: Action Step

Complete your Commitment Statement for today:

**I \_\_\_\_\_ commit to receiving God's love so I can feel better  
AND have a greater impact on others #rippleeffect**

On a scale of 1-10, how good are you at receiving God's love?

\_\_\_\_\_

If you are not at a 10, what do you think is stopping you from experiencing His love?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

We learned that resisting His love impacts us in many ways. Which of the following are you struggling with in your life right now? *(circle all that apply)*

Overwhelm    Exhaustion    Frustration    Feeling Stuck    Trusting Yourself

Trusting Others    Trusting God    Staying Too Busy    Perfectionism

Other (explain)

\_\_\_\_\_  
\_\_\_\_\_

Which one of the above would you most like to change? Why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Day 1: Notes

**Today's Secret Word:** \_\_\_\_\_



# Day 2: Awareness

## Releasing the Weight of it All



**Letting go can be hard.**

**I often wondered "How do I let go and trust, without worrying about things working out a certain way?!"**

**If you're like me, and feel that you have to be in the driver's seat to get what you want in life, this day is for you!**



# Day 2: Action Step

Complete your Commitment Statement for today:

I, \_\_\_\_\_ **commit to BEing \_\_\_\_\_ when I can't control the outcome. #beingnotdoing**

What are you trying to control in your life so it works out YOUR way?

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Why do you think you're controlling that?

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What stops you from letting go and letting God?

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Who would you like to BE during the death of a vision? This is all about self leadership so choose the ONE that you want to embody the MOST.

*(Ex: calm, clear, compassionate, curious, confident, courageous, creative, connected)*

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# Day 2: Notes

**Today's Secret Word:** \_\_\_\_\_



# Day 3: Perspective

## Breaking Free of the Past



**Finding yourself overwhelmed and lost - today we will talk about breaking free of past beliefs that have held you back from embodying God's truth about you.**

**You will begin to shift your perspective from old, untrue beliefs to a new viewpoint - God's!**



# Day 3: Action Step

Complete your Commitment Statement for today:

I, \_\_\_\_\_ **commit to breaking free from my past. #nomorelies**

What resistance and/or frustration came up for you during the 'Experience with Christ' exercise? Or Did you FULLY embrace this activity?

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What is one belief from your past that you still hold on to?

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What new STORY do you think could support you in breaking free of that old belief system?

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# Day 3: Notes

**Today's Secret Word:** \_\_\_\_\_



# Day 4: Focus

## Quit Living the Christian Formula



**Are you living by the 'Christian formula?' Are you  
focused moreso on Rules or Relationship?**

**Learn the difference between DOING it all with strife  
and exhaustion vs BEING content and peaceful in Him  
(and STILL getting EVERYTHING done)!**



# Day 4: Action Step

Complete your Commitment Statement for today:

I \_\_\_\_\_ **commit to embodying the fruit of the spirit so I  
can be a blessing for all. #treeoflife**

What is one 'Christian rule' that have you followed?

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How can you eat from the Tree of Life instead of the Tree of Knowledge?

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What were you in resistance to and/or what frustrations did you have when you heard the 'Love Offering?' OR Did you absorb His love COMPLETELY?

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How could your life be different if you received God's love?

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# Day 4: Notes

**Today's Secret Word:** \_\_\_\_\_



# Day 5: Agreement

## Overcoming Roadblocks to Experiencing His Love

### Masterclass + Q&A



**What's still standing in your way of experiencing  
God's love?**

**Join me for the last day of the 5-day Intensive to  
find out how to overcome any roadblocks to truly  
Experiencing God's Love.**



# Day 5: Action Step

Complete your Commitment Statement for today:

I, \_\_\_\_\_ **commit to coming into agreement with God  
in all areas of my life. #freedom**

What was your biggest takeaway from this Intensive?

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Today is the Special Masterclass Training/Q&A at 10:30am EST.

You will have some brand new revelations on today's Live Masterclass  
and also get some of your burning questions answered.

Make sure you tune in LIVE to receive the last word for the full sentence  
to get entered into the Grand Prize draw!

**Day 1 Secret Word:** \_\_\_\_\_

**Day 2 Secret Word:** \_\_\_\_\_

**Day 3 Secret Word:** \_\_\_\_\_

**Day 4 Secret Word:** \_\_\_\_\_

**Day 5 Secret Word:** \_\_\_\_\_

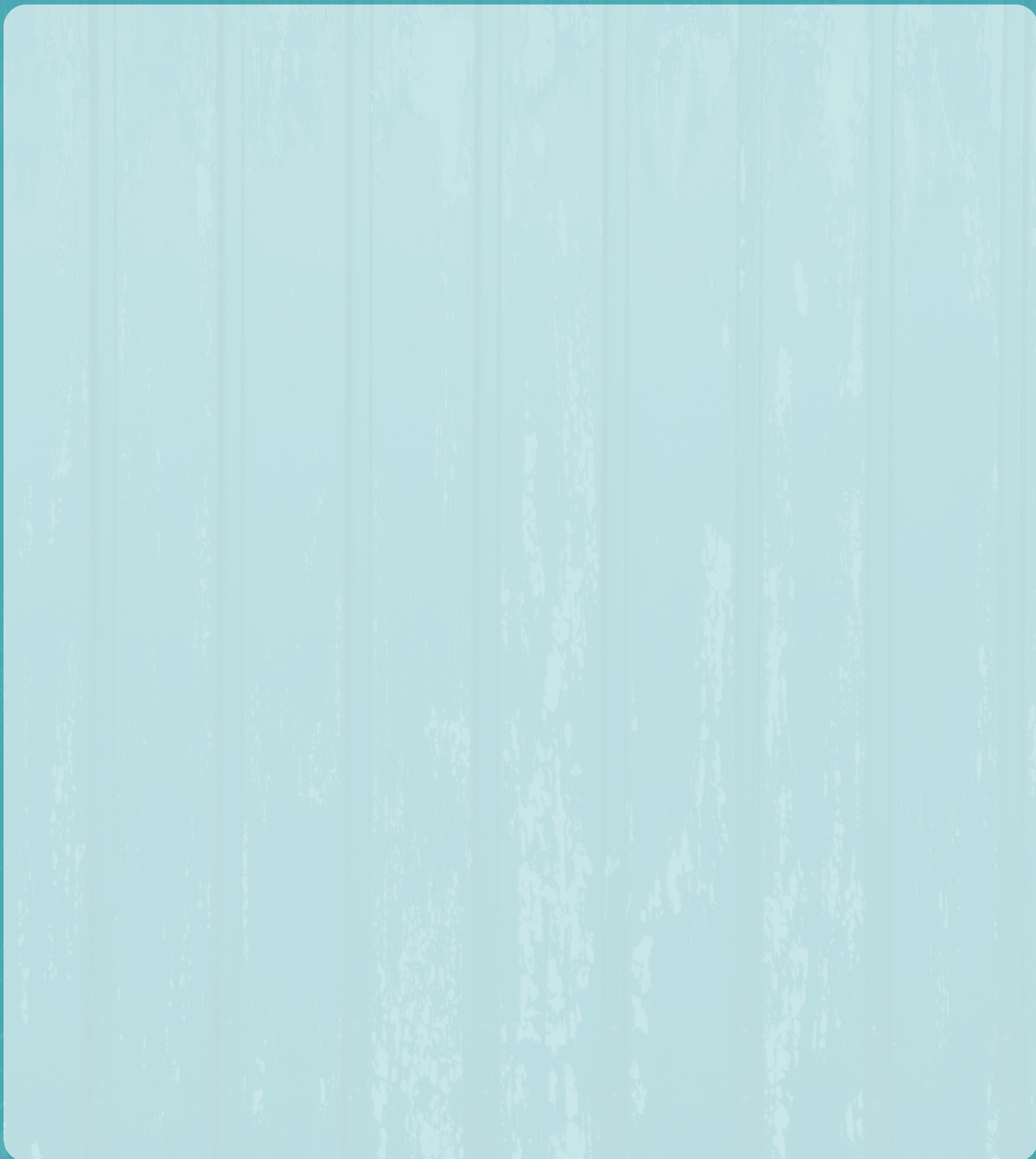
**The FULL Sentence to enter to WIN the Grand Prize:**

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You will Private Message this to me AFTER the Day 5 Masterclass/Q&A



# Day 5: Notes





*Congratulations  
on Completing the  
5-Day 'Experiencing  
God's Love' Intensive!*

