



The 'Experiencing God's Love' 5-Day Intensive

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, EMDR
FOUNDER OF THE SET FREE METHOD™





About this Workbook

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

I'm guessing you're a Christian woman who wants 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!

You'll learn how you can live by The Set Free Method™, where you bring what you know in your head about God's Truth down into your heart where you can feel it and live it out fully!

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 that 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

- ☒ Trust your inner guidance, wisdom and intuition so you STOP second guessing yourself and START making decisions from CONFIDENCE
- ☒ Stop TRYING so hard to do it all and instead Enter His Rest and act from that place
- ☒ 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, worried or frustrated about all the things you have to do
- ☒ Learn how you can BREAK FREE from lies, trauma & unhealthy relationship patterns
- ☒ Smile when people start saying, "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!

Make sure you watch each video **LIVE** (or *later the same day if you can't make it LIVE*).

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 Release Mind Renewal Specialist

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

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
in her 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.



Kickoff Party

Building Excitement for the Week to Come!



**Get ready to hear all the important details about
your upcoming 5-Day Intensive!**

**You will also learn about what has held you back
from experiencing God's love...and how to begin to
shift it!**

Kickoff Party: 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**

To prepare for the week write down your Intention. Your Intention is very important because it is engaging your soul (*mind, will and emotions*) in your desires with God. When you choose an Intention you are aiming your gaze right at the mark (Him), and you will reap the rewards spiritually!

My Intension for The Experiencing God's Love Intensive is...

Now, answer the following questions about your Intention:

Why is it important to you?

How does this Intention allow you to partner with God in a deeper, more profound way?

How is this Intention helping you bring your 'head knowledge' about God down to your heart where you can FEEL it?

A teal-colored notebook with a white cover and a large lined writing area. The notebook is decorated with eucalyptus leaves and berries. The title "Kickoff Party: Notes" is written in a white cursive font at the top. At the bottom, the text "WAKE UP JOYFUL, LLC | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE" is printed in white capital letters.

Today's Secret Word: _____



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 this coming week:

I _____ **commit to putting my relationship with God first this coming week. #GodFirst**

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?

A teal-colored notebook page with a white title "Day 1: Notes" at the top. The page has horizontal ruling lines. The notebook is decorated with eucalyptus leaves and berries around the edges. At the bottom, there is a footer text: "WAKE UP JOYFUL, LLC | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE".

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: Death of a Vision

Use the following chart to write out some Biblical examples of Death of a Vision, as well as your own personal examples of that which you desire to practice 'letting go and letting God.'

BIRTH	DEATH	FULLFILLMENT
ABRAHAM		
JOSEPH		
THE DISCIPLES		
A GRAIN OF WHEAT		



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?

Why do you think you're controlling that?

What stops you from letting go and letting God?

Who would you like to BE during the 'Death of a Vision?' This is all about leading yourself first through His Spirit in you and living out the Fruit of the Spirit in all areas of your life! BE the spray bottle and choose the ONE quality that you desire to embody the MOST. (Ex: calm, clear, connected, compassionate, curious, confident, courageous, creative, patient, kind, loving, peaceful, joyful, surrendered, etc)

A teal-colored notebook page with a white title "Day 2: Notes" at the top. The page has horizontal ruling lines and is decorated with eucalyptus leaves and berries in the corners. At the bottom, a dark teal banner contains the text "WAKE UP JOYFUL, LLC | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE".

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 was your experience of the 'Experience with God' exercise? Did resistance and/or frustration come up for you or did you FULLY embrace His love for you? Share in detail.

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

Why do you think you still hold on to that BS (Belief System)?

What new STORY would support you in breaking free of that old BS?

Day 3: The STORY System

The STORY System is a pivotal aspect of Living by The Set Free method™ because it helps you create new thoughts that align with God and allow you to be transformed by the renewing of your mind.


You always have free will to choose to transform the way you think by choosing to BELIEVE a STORY that aligns with God's Truth!

Fill in 3-4 of your own examples of a Situation, Stance and New STORY!

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

A teal-colored notebook page with a white cursive title "Day 3: Notes" at the top. The page is ruled with horizontal lines and decorated with eucalyptus leaves and berries in the corners. At the bottom, a dark teal banner contains the text "WAKE UP JOYFUL, LLC | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE" in white capital letters.

Today's Secret Word: _____



Day 4: Focus

Quit Living the Christian Formula



**Are you living by the 'Christian formula?' Are you
focused more so 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?

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

What was your experience of the 'Love Offering?' Were you in resistance to it in any way or did you absorb His love COMPLETELY?

How would your life be better when you fully receive God's love?

A teal-colored notebook page with a white cursive title "Day 4: Notes" at the top. The page is ruled with horizontal lines and decorated with eucalyptus leaves and berries in the corners. The footer text reads "WAKE UP JOYFUL, LLC | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE".

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?



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:

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

The image shows a teal-colored page with a decorative floral border. The border features various shades of green and blue leaves and small flowers, particularly concentrated at the top and bottom corners. In the upper center, the text "Day 5: Notes" is written in a white, elegant cursive font. Below this title is a large rectangular area with a light blue background and horizontal black lines, intended for writing notes. At the very bottom of the page, there is a dark teal banner containing the text "WAKE UP JOYFUL, LLC | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE" in a white, sans-serif, all-caps font.



Handwriting practice lines consisting of 28 horizontal black lines on a light blue background.

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

