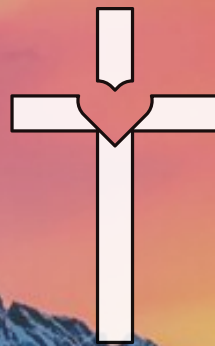


The "Set Free" Academy



EXPERIENCE GOD'S AMAZING LOVE
AND FREEDOM IN ALL AREAS OF YOUR LIFE



Fall Retreat
OCTOBER 2021



Agenda

These are the approximate times for Teaching time and Breaks. My intention is to stick to this schedule as much as possible :)

12-1:30	—————→	Opening, Activities, Teaching
1:30-1:45	—————→	Break
1:45-3:15	—————→	Activity, Teaching
3:15-4:15	—————→	Lunch
4:15-5:45	—————→	Special Guest 1
5:45-6	—————→	Break
6-7:30	—————→	Special Guest 2
7:30-8	—————→	Bringing it all together, Closing

Important Reminders

- Spend some time in prayer and ask the Lord to prepare your heart for what He wants to reveal to you
- Resist the temptation to look through this workbook before we meet tomorrow ;)
- Eliminate distractions as much as possible during the Retreat
- Commit to being present the entire day (or part if we've already spoken)
- Have this workbook handy (& print it if possible)
- Bring a pen (& notebook if you can't print the workbook)
- Have water and snacks handy in case you need them between breaks
- Keep your camera on during the Retreat so we can see your beautiful face :)

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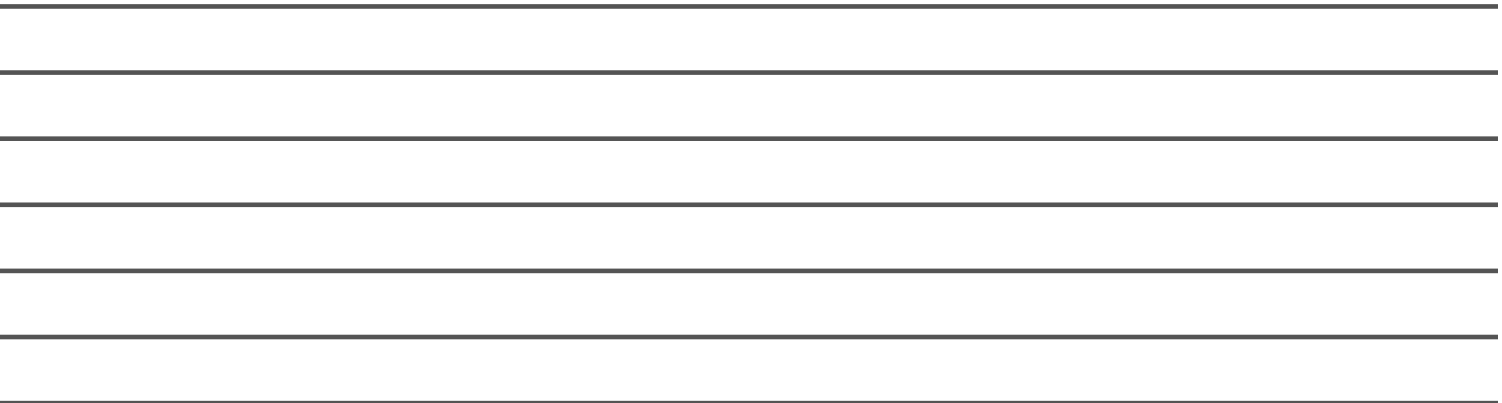
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Location, Location, Location

- ☐ I tend to ignore problems or not deal with them
- ☐ I deny things are happening to protect myself
- ☐ I see problems as difficult obstacles
- ☐ I often feel out of control
- ☐ I tend to focus on failure
- ☐ I tend to find fault in myself and others
- ☐ I feel I need other people's permission to be and do things
- ☐ I look for others to validate me
- ☐ I often have a victim mindset
- ☐ I often freeze and/or hide away
- ☐ I blame others for the problems in my life
- ☐ I tend to make excuses so I don't have to do things I don't want to do
- ☐ When it gets hard I tend to quit
- ☐ I get angry easily
- ☐ I focus more on my problems than on God
- ☐ I do the same thing over and over hoping to get a different result
- ☐ I put on a mask or facade
- ☐ I tend to focus on 'doing' rather than 'being'
- ☐ I am usually trying or striving for something
- ☐ I 'perform' for others so they don't see the real me
- ☐ I fear confrontation
- ☐ I am often in a fight, flight, freeze response
- ☐ I often feel stuck
- ☐ I often let the lies in my mind take over and put me in a negative headspace
- ☐ I struggle to forgive people who have hurt me

Location, Location, Location

- ☐ I generally have a lot of hope
- ☐ I take responsibility for my thoughts and actions
- ☐ I am a problem solver
- ☐ I seek the truth
- ☐ I like to take action, instead of wallowing
- ☐ I am solution-oriented
- ☐ I give and receive feedback well
- ☐ I like to look for better ways to do things
- ☐ I am accountable and have strong integrity
- ☐ I use my free will to make good choices
- ☐ I focus on 'being ' much more than 'doing'
- ☐ I find life fun and often funny
- ☐ I tend to focus on God's goodness over my difficult circumstances
- ☐ I am a team player and always seek the greatest good for all
- ☐ I make a choice and move forward
- ☐ If I can't figure something out, I do something different
- ☐ I show up with authenticity because I am confident being the 'real' me
- ☐ I am a strong and courageous woman
- ☐ I commit to things and stay the course (even when it's hard)
- ☐ I think outside the box
- ☐ I see challenges as opportunities
- ☐ I am creative
- ☐ I understand people are flawed so I can forgive and let go
- ☐ I have an abundant mindset
- ☐ I have a strong and constant focus on God

[illegible]

The Line

CLIF

OFF the CLIF

When I am choosing to be 'stuck,' the best questions I can ask myself to get unstuck and live above the line are:

[illegible]

Handwriting practice lines consisting of 24 horizontal lines.

[illegible]

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Things of the Past



This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing. There are no margins, text, or other markings on the page.



*Congratulations
on Completing
the 2021
Fall Retreat!*