

The Set Free Academy



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



Module 1 TRANSFORMING IDENTITY





Lesson One

Your Current "Identity"

What have you come to believe about your "Identity" based on what PEOPLE in your life have said about you? (Ex: Not good enough, a leader, too serious, etc)

What have you come to believe about your "Identity" based on what the world of ADVERTISING has said about you? (Ex: You need to look a certain way or have specific things)

What have you come to believe about your "Identity" based on RULES & EXPECTATIONS? (Ex: I need to succeed, I am only as good as what I do, etc)

Who Are You?

ACTIVITY

Each time you hear the question "Who are you?" write down the FIRST thing that comes to your mind (follow the example in the video)

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

What came up for you in this activity? What did you notice? Were most of your split second answers accurate or did you say something interesting that surprised you?

Identify Your Strengths

Part 1

INSTRUCTIONS: Strengths can be hidden underneath a seemingly irrelevant ability or skill - let's identify some of them!

- Answer the questions in the sticky notes below and write down whatever pops into your mind.
- Where something is not an obvious 'strength' drill down by asking the questions, "What have I glossed over?", "How do I do that?" & "What skills must I have to be able to do/enjoy that?". Write these answers where it says Possible Strengths:

What were your 3 favourite subjects in school?

Write whatever pops into your mind

1. _____
2. _____
3. _____

Possible Strengths:

What do you yearn to do?

Our yearnings point to possible talents or skills that could be developed!

1. _____
2. _____
3. _____

Possible Strengths:

What do you get complimented on most? *Think broadly - this could be anything at all.*

1. _____
2. _____
3. _____

Possible Strengths:

What do you like about yourself? *Often we like what we're good at - write whatever you think of!*

1. _____
2. _____
3. _____

Possible Strengths:

What do you enjoy doing? *When do you lose your sense of time and get into flow?*

1. _____
2. _____
3. _____

Possible Strengths:

What activities or tasks energize you? *What leaves you energized - even when it's hard work?*

1. _____
2. _____
3. _____

Possible Strengths:

What are you proud of?

Eg. an achievement, difficulty overcome, quality you have at home or at work.

1. _____
2. _____
3. _____

Possible Strengths:

What knowledge and life experience makes you unique?

Include things from your childhood to now.

1. _____
2. _____
3. _____

Possible Strengths:

What are some unusual skills you have? *What do you do, that you don't often see others doing?*

1. _____
2. _____
3. _____

Possible Strengths:

What patterns and themes do you notice?

Identify Your Strengths

Part 2

What are 10-15 of your greatest strengths? Begin each sentence with "I am..."
(Ex: I am giving. I am fun. I am calm)

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Identify Your Strengths

Part 3

These are the things that you have both told yourself and that the world has said to you.

There are some very positive things in your list and you know full well that you also have weaknesses that are also present within you.

It's important to not only know what you say about you, what your friends say about you and what the world says about you, but what GOD says about you.

Why?

Because the enemy is always at work and he is fighting against God for your mind and soul. He wants to win so we must become battle ready to fight against him with God's truth. Ephesians 6:12 says, **"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."**



As an honest personal assessment, what voice in your head do you believe you listen to more - God or the enemy? Give an example of this.

Our true identity is found in Christ. We can go to the Bible and see exactly what God says about us. On the next 3 pages, you will find printable cards to learn who you are in Christ. Read through these now.

MY IDENTITY IN JESUS CHRIST

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

I AM.....AN 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

I AM.....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

I AM.....A CITIZEN OF HEAVEN

But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ.
~Philippians 3:20

I AM.....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

I AM.....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

I AM.....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

I AM.....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

MY IDENTITY IN JESUS CHRIST

I AM.....CALLED BY NAME

"I have called you by name; you are mine."

~Isaiah 43:1b

I AM.....:GUARANTEED VICTORY

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

I AM.....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

I AM.....: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

I AM.....WHOLE IN CHRIST

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

I AM.....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

I AM.....WONDERFULLY MADE

I am fearfully and wonderfully made

~Psalm 139:14

I AM.....BOLD

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

~2 Corinthians 3:12

MY IDENTITY IN JESUS CHRIST

I AM....THE LIGHT OF THE WORLD

You are the light of the world, a city set on a hill
~Matthew 5:14

I AM.....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

I AM.....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

I AM.....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

I AM.....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

I AM.....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

I AM.....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

I AM.....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

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Lesson Two

Your CLIF

CLIF stands for _____

What is the purpose of CLIF?

What is CLIF comprised of?

Look at the list of Christ-like qualities on the next page and the Bible verses that align with each quality. Write 7-10 "I am..." statements that represent the QUALITIES you want to step into/embody. You may also choose to list other Godly qualities that are not from this list.

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

Christ-Like Internal Foundation Qualities

Alert	Decisive	Enthusiastic	Faithful
Diligent	Forgiving	Dependable	Initiating
Available	Humble	Flexible	Joyful
Bold	Determined	Generous	Loyal
Sensitive	Secure	Responsible	Meek
Creative	Orderly	Wise	Tolerant
Patient	Resourceful	Discerning	Persevering
Loving	Gentle	Obedient	Content
Punctual	Surrendered	Compassionate	Truthful
Virtuous	Grateful	Sincere	Hospitable

What the Bible Says...

ALERT: Being aware of that which is taking place around me so I can have the right response to it (Mark 14:38)

DILIGENT: Visualizing each task as a special assignment from the Lord and using all my energies to accomplish it (Colossians 3:23)

AVAILABLE: Making my own schedule and priorities secondary to the wishes of those I am serving (Philippians 2:20–21)

BOLD: Confidence that what I have to say or do is true and right and just in the sight of God (Acts 4:29)

SENSITIVE: Exercising my senses so I can perceive the true spirit and emotions of those around me (Romans 12:15)

What the Bible Says...

CREATIVE: Approaching a need, a task, an idea from a new perspective (Romans 12:2)

PATIENT: Accepting a difficult situation from God without giving Him a deadline to remove it (Romans 5:3-4)

LOVING: Giving to others' basic needs without having as my motive personal reward (I Corinthians 13:3)

PUNCTUAL: Showing high esteem for other people and their time (Ecclesiastes 3:1)

VIRTUOUS: The moral excellence and purity of spirit that radiate from my life as I obey God's Word (II Peter 1:3)

DECISIVE: The ability to finalize difficult decisions based on the will and ways of God (James 1:5)

FORGIVING: Clearing the record of those who have wronged me and allowing God to love them through me (Ephesians 4:32)

HUMBLE: Recognizing that it is actually God and others who are responsible for the achievements in my life (James 4:6)

DETERMINED: Purposing to accomplish God's goals in God's time regardless of the opposition (II Timothy 4:7-8)

SECURE: Structuring my life around that which is eternal and cannot be destroyed or taken away (John 6:27)

ORDERLY: Preparing myself and my surroundings so I will achieve the greatest efficiency (I Corinthians 14:40)

What the Bible Says...

RESOURCEFUL: Wise use of that which others would normally overlook or discard (Luke 16:10)

GENTLE: Showing personal care and concern in meeting the need of others (I Thessalonians 2:7)

SURRENDERED: Submit yourselves, then, to God. Resist the devil, and he will flee from you (James 4:7)

GRATEFUL: Making known to God and others in what ways they have benefited my life (I Corinthians 4:7)

ENTHUSIASTIC: Expressing with my soul the joy of my spirit (I Thessalonians 5:16,19)

DEPENDABLE: Fulfilling what I consented to do even if it means unexpected sacrifice (Psalm 15:4)

FLEXIBLE: Not setting my affections on ideas or plans which could be changed by God or others (Colossians 3:2)

GENEROUS: Realizing that all I have belongs to God and using it for His purposes (II Corinthians 9:6)

RESPONSIBLE: Knowing and doing what both God and others are expecting from me (Romans 14:12)

WISE: Seeing and responding to life's situations from God's frame of reference (Proverbs 9:10)

DISCERNING: The God-given ability to understand why things happen (I Samuel 16:7)

OBEDIENT: Instant obedience to the initial promptings of God's Spirit (Galatians 5:24-25)

What the Bible Says...

COMPASSIONATE: Investing whatever is necessary to heal the hurts of others (I John 3:17)

SINCERE: Eagerness to do what is right with transparent motives (I Peter 1:22)

FAITHFUL: Visualizing what God intends to do in a given situation and acting in harmony with it (Hebrews 11:1)

INITIATING: Recognizing and doing what needs to be done before I am asked to do it (Romans 12:21)

JOYFUL: The spontaneous enthusiasm of my spirit when my soul is in fellowship with the Lord (Psalm 16:11)

LOYAL: Using difficult times to demonstrate my commitment to God and to those whom He has called me to serve (John 15:13)

MEEK: Yielding my personal rights and expectations to God (Psalm 62:5)

TOLERANT: Acceptance of others as unique expressions of specific character qualities in varying degrees of maturity (Philippians 2:2)

PERSEVERING: The inward strength to withstand stress to accomplish God's best (Galatians 6:9)

CONTENT: Realizing that God has provided everything I need for my present happiness (I Timothy 6:8)

TRUTHFUL: Earning future trust by accurately reporting past facts (Ephesians 4:25)

HOSPITABLE: Cheerfully sharing food, shelter, and spiritual refreshment with those whom God brings into my life (Hebrews 13:2)

Reflection Time

When thinking about your CLIF, go back to the previous pages where you filled out your Strengths, Biblical identity and Qualities to embrace. Make a list of some of the most important elements that make up your laser-focused Christ-Like Internal Foundation. This will help you sort out your thoughts before designing your CLIF.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

How will your Christ-Like Internal Foundation help you when you are feeling:

Afraid

Ashamed

Angry

Hopeless

Designing

Think of the following before designing your CLIF:

Name:

Specific Words:

Pictures that Represent:

Bible Verses/Statement of Faith:

It's time to start designing!

You may choose to do a rough draft on another paper and a good copy on the next page (or vice versa) I designed mine on paper then transferred it to a FREE designing program called Canva (www.canva.com) It's a fun way to create your CLIF (if that's your kind of thing ;).

Okay let's get drawing! Turn to the next page



My CLIF Design

Please consider posting your CLIF on our private facebook page - we are all in this together and I would love to see your design and support you in embracing it. You can also send a copy/picture/pdf of it to alana@wakeupjoyful.com :)

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Lesson Three

CLIF Conviction Statement

What is the purpose of this statement?

To be transformed from the _____

To help you focus on where your _____ is at

To understand it's not about what you _____ but who you _____

To look at how you can _____ show up when you're squeezed

To use _____ words to honour God

The CLIF Circle



Your Heart's Desire = What you want to HAVE

Your CLIF Identity = Who you get to BE

Action Taken Naturally = What you would DO to get what you want to have

God wants you to focus on who you are at a HEART LEVEL - He wants the desires of your heart to line up with HIS desires for you. When your desires line up with His desires for you two things will likely happen:

1. **Your desires will change**
2. **Your heart's desires will be granted because your deepest desire is to be aligned with Him**

CLIF Conviction Statement

Explain what the following verses mean to you when it comes to who you ARE at a HEART LEVEL vs focusing on actions and doing:

"Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious." (1 Peter 3:3-4)

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight." (Proverbs 3:5-6)

"Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God." (Matt 5:5-10)

"Be still and know that I am God." (Psalm 46:10)

Explain what the following statement means to you:

"The greatest reward for any goal or dream is the person you become in the process of creating it"

CLIF Conviction Statement

In our example, the desire of your heart is to have a better relationship with your children. If this was really your desire and you had that desire of your heart fulfilled, you would feel joyful, fulfilled, less stressed, close and connected.

Do you need to wait until you've achieved that goal to feel those things?
Why or Why not?

Is it possible that you could live into those CLIF qualities now? _____

How would life change if you woke up every day and felt joyful, fulfilled, less stressed, close and connected?

How will you know you are in your CLIF and not trying to DO everything to get the desires of your heart?

What are the benefits of functioning from your heart instead of doing, doing, doing?

Your CLIF Conviction Statement

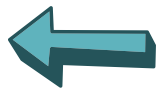
What is your heart's desire? Choose only one for this activity. (Ex: I desire a significant relationship in my life OR I desire to be more courageous)

What Godly Qualities do you want to embody/step into to align with Him and therefore be closer to receiving your heart's desire? (Look back to the list of CLIF qualities in lesson 2 if you need help thinking of specific words)

Now go back to the Godly Qualities you wrote down. Circle the 4 words you feel speak to you the MOST about who you desire to BE at a HEART LEVEL to allow God to work in you to have the desires of your heart.



Complete Your CLIF Statement



Write the 4 qualities you circled above in the spaces below. Choose one of the statement endings that resonates with you. Once you complete this you will have your CLIF Conviction Statement!

I am a _____ , _____ ,
_____ and _____

person/woman/follower of Christ.

You may choose to add more to your statement. If so, here are some sentence starters to help you formulate your thoughts. On the following page you can also feel free to create your own additions to help you make this statement your own.

This is who you ALREADY ARE so you can choose to align with Him at any moment!

I approach life every day with...

I am open to...

I derive true and lasting joy from...

My purpose on this earth is...

Other Additions to Your Statement

Use the scroll on the next page (or a separate paper) to write out your entire CLIF Conviction Statement. Once complete, post this somewhere you will see it often or take a picture of it with your phone (or both ;).

Repeat this statement to yourself every day so it becomes a part of you. Imagine growing closer to God as you do it, as the purpose of your statement is to be more like Him, align with His will for you and follow His ways.



My CLIF Conviction Statement



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Lesson Four

The Ego

The opposite of Ego is _____

In your own words, summarize what the Bible says about being Humble:

Why would you want to let go of Pride & become more Humble?

Check the boxes for each ego-driven area you see show up in your own life on a pretty regular basis:

- | | |
|---|---|
| ☐ Defensiveness | ☐ Not putting God first |
| ☐ Pride | ☐ Obsessed with your looks |
| ☐ Boasting | ☐ Telling lies to protect your image |
| ☐ Worrying about what others think | ☐ Easily Offended |
| ☐ Wanting things on your terms | ☐ Stuck in the past |
| ☐ Seeking vengeance | ☐ Playing victim |
| ☐ Possessive and controlling | ☐ Seeking approval |
| ☐ Talking negatively/Gossiping | ☐ Afraid of being alone |
| ☐ Feeling insecure/inadequate | ☐ Bullying |

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When you're squeezed, what comes out most often? Explain the emotions such as anger, sadness, frustration, etc. and how they come out and 'spill' onto others.

[illegible]

Your Inner Conversation

When someone is squeezed, what comes out is what's already inside!

This includes all thoughts, insecurities, anger, frustrations, as well as level of peace, how much they are in touch with His Spirit in them/their CLIF, their ability to love, etc.



Questions to ponder when YOU are Squeezed

Am I acting this way out of Fear or Ego?

Am I responding from my God-centre (His Spirit in me or CLIF)?

How can I choose inwardly to act on behalf of my CLIF? (Ex: with peace, love, joy, understanding, trust, etc)

What is my inner conversation?

Do I THINK before I react?

REMEMBER:

“The way THEY act represents THEIR character.
The way YOU act represents YOUR character!”

The THINK Principle.

T = Is it TRUE?

H = Is it HELPFUL?

I = Is it INSPIRING?

N = Is it NECESSARY?

K = Is it KIND?

INNER CONVERSATION ACTIVITY

- Check in with your mind and heart every few hours and notice how you've been talking to yourself
- It is helpful to set an alarm or have a visual so you remember to do this
- Helps to evaluate whether you are saying things to YOU that are True, Helpful, Inspiring, Necessary and Kind (the things God would say to you)
- Will keep you CLIF focused instead of Ego focused

Inner Conversation ~ Reflection

How will YOU remember to THINK (check in with your 'Inner Conversations') every few hours?

What is one thing you are using to fill a 'void' inside? (List more than 1 if you have a few that you primary use to fill the void/emptiness inside you)

How can you surrender and allow God to fill this void instead?

[illegible]



Lesson Five

Fear and Faith

The opposite of fear is _____

Unpack what the following statement means to you:

“Fear knocked at the door, Faith answered and no one was there.”

Reflection

My fear is...

It is keeping me from...

Through Christ, I can break free from this bondage of fear by...

Faith is believing that God can help you overcome your fear with His strength.

God can help you heal whatever is inside you that reacts in a fearful way.

Fear is not of God.

When you allow Him to help you face your fear, it takes away the power of the fear and brings FREEDOM!

Visualization Exercise Synopsis

- Get comfortable with eyes closed
- Imagine the fear and let the feelings wash over you
- Put all of it into a box and watch the box get smaller until it fits in your palm
- Throw the tiny box into the deep valley below
- Stand under the warm shower and imagine God is washing over you with all His love, peace, strength and power.
- Open your eyes and embrace God's strength and release from the fear

Rising Above Fear Affirmations

I have included examples of a few of the affirmations from the lesson here. I encourage you to create your own affirmations for the additional verses.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8:28)

God is working everything together for my good. I love Him and I trust that He has a plan and purpose for me and I do not need to be afraid.

“Perfect Love Casts Out All Fear” (1 John 4:18)

God is perfect love and I know that the closer I come to Him, the less power fear has over me. I feel God's presence at all times, including His strength, comfort, and guidance.

“The LORD is my rock, my fortress and my deliverer.” (Psalm 18:2)

God is my hiding place and He protects me from the outside world. He loves me so much and with His amazing strength, He delivers me from every fear coming against His truth.

Rising Above Fear Affirmations

IN YOUR OWN WORDS

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." (2 Timothy 1:7)

—

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." (John 14:27)

—

"The LORD is my rock, my fortress and my deliverer." (Psalm 18:2)

—

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

Overcoming Irrational Fears

Using the knowledge you have gained so far, what is God's stance on fear?

What is fear keeping you from experiencing in your life?

How could you experience freedom if you let God's love and strength overpower your irrational fears?

What are 3-5 things you would take on for Christ if you were free from your irrational fears?

Allow God to set you FREE so you can step into these things!

Additional Scripture to Combat Fear

"When anxiety was great within me, your consolation brought joy to my soul." ~ Psalm 94:19

"Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." ~ John 14:27

"Cast your cares on the Lord and he will sustain you; he will never let the righteous fall." ~ Psalm 55:22

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." ~ Phil 4:6-7

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." ~ Matthew 6:34

"Be strong and don't be afraid! God is coming to your rescue..." ~ Isaiah 35:4

"Do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than the birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?" ~ Luke 12:22-26

"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?" ~ Psalm 27:1

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Lesson Six

The Other Side of CLIF

The opposite of CLIF is: _____

This is the 'shadow self' or version of you that shows up when you are:

OFF the CLIF Qualities

Abrasive	Irresponsible	Mean	Uncaring
Egotistical	Jealous	Hostile	Secretive
Cowardly	Clingy	Dishonest	Perfectionist
Angry	Hateful	Cold	Weak
Bitter	Arrogant	Insecure	Pessimistic
Anxious	Crude	Obsessive	Unhealthy
Greedy	Demanding	Needy	Selfish
Insulting	Critical	Obnoxious	Vain
Lazy	Confusing	Unreliable	Unsupportive
Malicious	Insincere	Controlling	Resentful

OFF the CLIF Characteristics

How do you show up when you're not at your best? (Ex: Shut down, distant, agitated, frustrated, stressed, etc) Explain in your own words in detail and give examples if you can think of them.

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Write down some qualities (see list above for some examples) that would represent your "OFF the CLIF." You may also want to expand on these more because we will use them to design your OFF the CLIF in a few minutes.

[illegible]

Design Your OFF the CLIF

Please consider posting your OFF the CLIF on our private facebook page
- we are all in this together and I would love to see your design and support you when it is overtaking you. You can also send a copy/picture/pdf of it to alana@wakeupjoyful.com :)

God has the Ultimate Power

Spiritual warfare is not seen and the enemy will tempt us into sin without us even realizing it fully at first.

God is ultimately in control of everything and everyone (including the enemy).

We must be Battle Ready with God's words and promises in us so the enemy's schemes cannot affect us the same way.



Battle-Ready Scripture



"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."

(Ephesians 6:12)

"Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour."

(1 Peter 5:8)

"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."

(2 Corinthians 10:5)

"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."

(Romans 12:2)

Hold Your Thoughts Captive

What did the story of the Two Wolves teach you?

Notice What's Happening in Your Mind

God gave you the power of FREE WILL and CHOICE

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do." (Galatians 5:16-17)

When you desire to take your thoughts captive and make them obedient to Christ, you can ask yourself these questions:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Blank lined paper for writing.



*Congratulations
on Completing
Module 1*