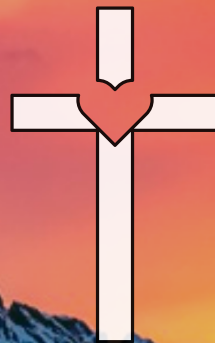


The "Set Free" Academy



**BREAK THE CHAINS THAT BIND YOU
AND TRANSFORM YOUR MIND**



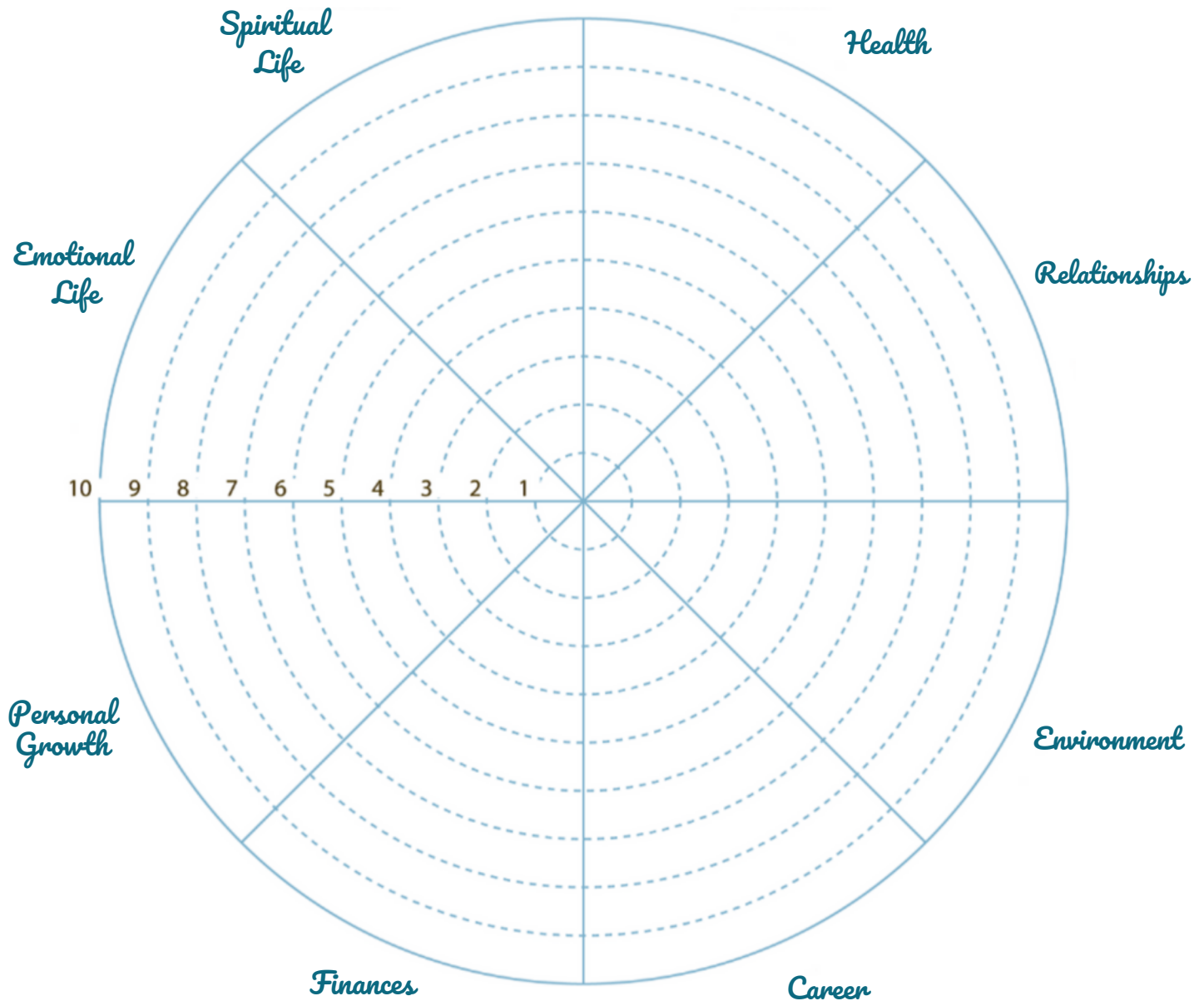
Module 6

TRANSFORMING VISION & PURPOSE



Lesson One

Wheel of Life Assessment



Health

Feelings about Yourself
Appearance
Mobility
Mood
Energy
Nutrition
Exercise
Sleep

Relationships

Communication
Friendships
Love
Family
Secure Attachments
Giving & Receiving
Genuine vs Superficial
Inner Circle

Environment

Surroundings
Relatives
Workplace
Colleagues
Acquaintances
Neighbours
Opponents
Your Home

Career

Job
Career strategy
Business Development
Profession
Time investment
Social status
Purpose

Finances

Expenses
Income
Life conditions
Tithe & Offerings
Investments

Personal Growth

Education
Coaching
Special training
Reading
Learning new skills

Emotions

Feelings
Rest & Relaxation
Hobbies
Mental Health
Processing

Spirituality

Relationship with God
Spiritual practices
Bible reading
Being still
Creativity

HEALTH

Based on your "Wheel of Life" results, in what ways, if any, could you improve your health?
(Ex: Start morning jogging/Going to gym regularly/Eat clean...)

RELATIONSHIPS

Based on your "Wheel of Life" results, in what ways, if any, could you improve your relationships?
(Ex: Find a partner/Make a romantic dinner/buy a gift for your significant other/take parents for a dinner/help them with something/have a picnic with friends...)

ENVIRONMENT

Based on your "Wheel of Life" results, in what ways, if any, could you improve your environment?
(Ex: Meet someone new/Help neighbours/Go to new places in the city...)

CAREER

Based on your "Wheel of Life" results, in what ways, if any, could you improve your career?
(Ex: work toward a promotion/Hit a new goal in business/Increase qualification/Get additional training...)

FINANCES

Based on your "Wheel of Life" results, in what ways, if any, could you improve your finances? (Ex: Tithes and Offerings/Double the income/Save _____ \$/Collect/return debts...)

PERSONAL GROWTH

Based on your "Wheel of Life" results, in what ways, if any, could you improve your own growth? (Ex: Read (insert number) books/Study language/Study the major/Watch lectures/Enroll in classes/coaching/training...)

EMOTIONS

Based on your "Wheel of Life" results, in what ways, if any, could you improve your own growth? (Ex: Mental Health improvement/scheduling rest time/how you process/hobbies...)

SPIRITUALITY

Based on your "Wheel of Life" results, in what ways, if any, could you improve your spirituality? (Ex: Pray/Consume Christian content (books, sermons)/Volunteer at Church/Make Gifts for people in need...)

9 Ways You Get in Your Way

Perfecting

You hold back from taking action until things are 100% perfect. So you never get to achieve at the level you are truly capable.

Giving

You're so good at giving to others but you rarely – if ever – accept the help you need to accomplish something bigger.

Performing

You don't know how to switch off, so you're exhausted. You want to achieve something extraordinary but you don't have the energy to achieve at a truly great level.

Emoting

Your emotions are your gift but you can get so focused on your own feelings that you feel overwhelmed and don't take action.

Observing

You're an expert who spends so much time researching and studying, in service of your big mission, that you never get to really put it out in the world.

Guarding

You're so good at scanning the horizon for danger that you constantly run on adrenaline. You're held back by self-doubt and lack of confidence.

Adventuring

You don't want to say no to any of the amazing options in front of you. You're spread so thin that you never really make the impact that you're here for.

Superhero-ing

You're so good at solving problems, you unconsciously create new ones, just to solve them.

Peacekeeping

You're great at solving conflict and you love creating harmony. But you sometimes go along with others' wishes, or you say "yes" to things you do not really want to do.



You're doing at least one thing to get in your own way, right now. Which is it? How are you holding yourself back?

What are the hidden 3 blocks underneath the 9 ways you get in your own way?

Underneath the 9 Blocks

"I'm Scared.."

Remember the 2 types of Fear we discussed:

Rational Fear, which is good and keeps you safe.

Irrational Fear, which isn't healthy.

There are 3 categories of Irrational Fear that you may experience:

1. **People:** I'm afraid of what people will say or think of me... If I fail. If I succeed. If I'm more visible. If I speak, write, make videos. If I start and then give up.
2. **Time/Energy:** I'm afraid it will take over my life... I'll be overwhelmed or exhausted. I won't be able to follow through.
3. **Money:** I'm afraid I'll run out of money or lose all my money. I'm afraid I'll be homeless and end up as a bag lady. The flip side of this is I'm afraid I'll make too much money...then, my family won't like me anymore...then, I'll be more successful than my father...then, I'll have even more to lose.

"I Don't Know What to Do..."

Deeper Fears Underneath "I don't know what to do."

Too Much Information: I don't know how to do it or where to start. I'm overwhelmed by all the options.

I Don't Have the Skills: I don't know what to do. I don't have the knowledge or skills.

I Don't have the Right Connections: I don't know who to ask. I don't know the right people. I have difficulty in asking for what I want.

I Don't Have the Motivation: I'm not driven enough. I have plenty of money, so I don't need to start yet.

"I'm Not Enough..."

A deep fear of most humans is that they're not enough. This shows up in two common ways:

1. **I don't believe in myself:** I doubt myself/I'm not good enough/Why would they listen to me?
2. **I'm scared of rejection:** I'd rather not ask for what I want than to hear the word, "no!"



What's the #1 block to your success, right now? Explain how it is showing up in your life.

Identifying & Releasing Limiting Beliefs

STEP 1

Identify the block and write it out as clearly as you can. Underneath that, write out the emotions it makes you feel to be stuck. Bullet point them. Feel under emotions like "anger" or "frustration" for deeper ones like "grief" or "fear". The goal is to actually uncover your true feelings, not just write stuff down intellectually.

STEP 2

Write your goal in the affirmative. Don't say "I don't want to think about my ex anymore." DO say "I want to focus my attention on what moves me forward in life." Frame it as what you want (not what you don't want). Identify the core feeling that you want when you achieve this. Yes, stop writing. Really feel the feeling. Wash your body in it for a minute.

STEP 3

Figure out what the fear or sadness or stuckness want to protect you from. Those emotions from step 1 are here to protect you. They are actually here to serve you. So figure out what you're subconsciously afraid of. For example: "If I stop working so hard at raising my kids and making sure they get everything done, I will lose control of them and they won't turn out to be responsible human beings."

STEP 4

Brainstorm ways to meet both your goal and your subconscious need. Make an agreement with your subconscious that you will go for the goal, but you will not compromise its need. So, if you want to run a successful ministry but fear that it will burn you out and compromise your health, brainstorm ways that you can have both. Maybe you will work out for 30 mins every day - maybe you hire a trainer for accountability. Brainstorm how you will eat healthy despite not having a ton of time. Put prayer time in your calendar so your stress levels are effectively managed. This is where all of you gets to be involved because your subconscious and conscious are finally on the same page.

STEP 5

Write an affirmation that meets both goal and need. Ex: "I have a successful ministry and am in the best health I've ever been in." Write this out every morning in your journal. And have it on post it's stuck to your desk, bathroom mirror or anywhere you're likely to see it every day. When you DO see it, feel the feeling you identified in Step 2. Just stop and take a moment to wash your cells in that feeling of safety or bliss.

[illegible]



Lesson Two

The Power of Words

"The tongue has the power of life and death, and those who love it will eat its fruit."
Proverbs 18:21

"Whoever keeps his mouth and his tongue keeps himself out of trouble."
Proverbs 21:23

"Set a guard over my mouth, LORD; keep watch over the door of my lips"
Psalm 141:3

"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."
Ephesians 4:29

"A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart."
Luke 6:45

"Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin."
Proverbs 13:3

"You brood of vipers! How can you speak good things, when you are evil? For out of the abundance of the heart the mouth speaks."
Matthew 12:34

"A gentle answer deflects anger, but harsh words make tempers flare. The tongue of the wise makes knowledge appealing, but the mouth of a fool belches out foolishness. Gentle words are a tree of life; a deceitful tongue crushes the spirit"
Proverbs 15:1-2,4

"When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring?"

James 3:3-11

What do these scriptures say to you about the power of words? Explain.

Your Conscious & Subconscious

Explain what you know about how the conscious mind interacts with the subconscious mind. How can you use the power of words to help your subconscious belief system?

Replacing Language

OLD

NEW

Have to →

Challenge →

I can't →

I can't wait... →

No problem →

Constructive Criticism →

Don't do that →

What You Don't Want

Write down Everything you DO NOT want in your life

[illegible]

What You Do Want

Now, make each one of them the opposite. Change them to what you DO want in your life

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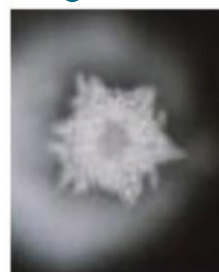
Masaru Emoto: Hidden Messages in Water



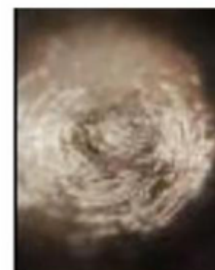
The word Angel



"You disgust me"



The word Peace



"You fool"



What do the above photos of water crystals tell you about the importance of the words you speak to yourself?

Your Eulogy

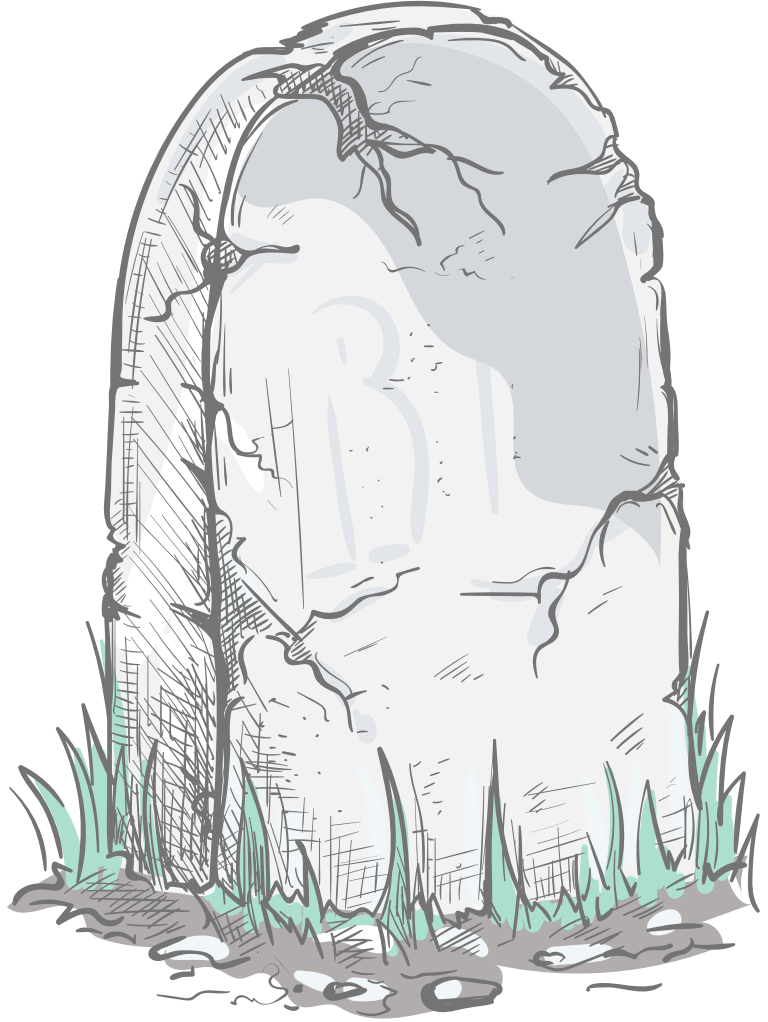
We are all going to die someday - it's a fact of life. What do you want people to say about you when you die? Write your Eulogy in the third person, explaining the legacy you are leaving behind.

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.

Your Tombstone

Design the saying you would like to have written on your tombstone.

This should be between 5-10 words and will represent who you were when you lived on this earth.



Why did you choose this saying, and how does it encompass the sentiment you want to leave behind?

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 Three

Striving for Happiness

Finish the following statement:

Striving to find happiness

When in your life have you tried everything to be happy and how did it turn out? How can you rest in the joy of the Lord instead of trying so hard to be happy?

Overcoming Discontent

In what ways can you overcome discontent in your life? Explain in your own words.

God's Greater Plan

"In their hearts humans plan their course, but the LORD establishes their steps."

Proverbs 16:9

"Commit to the Lord whatever you do, and He will establish your plans."

Proverbs 16:3

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

Proverbs 3:5-6

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

"Father, if you are willing, take this cup from me; yet not my will, but yours be done."

Luke 22:42



What do the scriptures above tell you about God's plan vs your plan? How can you continue to have faith in His amazing plan for your life and refrain from getting caught up in stress and worry?

Death of a Vision

Fill in the information for the chart below about the way Death of a Vision works:

Birth

FAITH

Death

HOPE

Fulfillment

LOVE

GOD'S BUILDING PROGRAM

In your own words, explain what God is doing inside you as He builds you in your time of waiting.

SATAN'S BUILDING PROGRAM

In your own words, explain what Satan is doing to try and take you out in your time of waiting.

Birth

Each one has special purposes for being here. God wants to reveal them to us.

Death

The expectations God gives are powerful motivations to continue during discouragement.

Fulfillment

He usually fulfills our expectations in ways that we never would have thought.

ABRAHAM:

Had a vision of being the father of a great nation.

Birth

Each one has special purposes for being here. God wants to reveal them to us.

Death

The expectations God gives are powerful motivations to continue during discouragement.

Fulfillment

He usually fulfills our expectations in ways that we never would have thought.

JOSEPH:

Had a vision that he would be a great leader and that many would bow down to him.

MOSES:

Had a vision of leading his people out of the bondage of Egypt.

THE DISCIPLES:

Had a vision of Jesus Christ establishing and being an important part of the Kingdom of God.

Birth

Each one has special purposes for being here. God wants to reveal them to us.

Death

The expectations God gives are powerful motivations to continue during discouragement.

Fulfillment

He usually fulfills our expectations in ways that we never would have thought.

A GRAIN OF WHEAT:

Has a “vision” of reproducing itself and many more grains of wheat.

Birth

Each one has special purposes for being here. God wants to reveal them to us.

Death

The expectations God gives are powerful motivations to continue during discouragement.

Fulfillment

He usually fulfills our expectations in ways that we never would have thought.

[illegible]



Lesson Four

A Major Upheaval

What did you love to do when you were 8 years old? (Be specific. If it was playing with toys, what kind of toys? If it was being outside, what precisely were you doing and why did you love it so much?)

What were you known for, before becoming a _____?

What can people count on you for?

What makes you different?

What was the single biggest life lesson you got, growing up?

What are your top "3 Life Principles" that you'd want your kids or people in your life to know?

What were some of your greatest strengths from the activity in Module 1?

A Toast...From the Future

Step 1: Write the names of four people whom you admire and appreciate and who have been important support figures in your life

A _____

C _____

B _____

D _____

Step 2: Imagine that about 30 years into the future there is an event at which you are being recognized—maybe it's an award ceremony or a significant birthday party. Now imagine that each of the people you named above are giving a toast to you; fill in the blanks below with what you most hope they would say about you.

Person A: "The quality that I have come to most admire about you is _____
_____. I have seen you time and time again live this out by _____ and
in _____."

Person B: "The thing I most respect about you is _____.
_____. It has had the greatest impact on me
because when I see how you _____, it challenges
and inspires me to _____."

Person C: "This is what you mean to me. I have come to see that no matter what, you
are _____ and _____. I will
always remember when you _____. That
helped me to see you as someone who
_____."

Person D: "I have to say a few words. I've been following you since _____
and let me tell you about a couple of ways that I have seen you grow and develop:

_____.
I am most proud of the fact that you have _____
_____."

After having written your responses, stop for a moment and look back at what you have
written and thought about during this exercise. What does it tell you about what is truly
important to you?

God's Purpose for You

What was your experience of this visualization? What did it help you discover?

What did Jesus say to you when He revealed your purpose: "My child your purpose is...."

If your purpose was not revealed, what do you believe it might be in one sentence?
Between everything you have learned and understood about yourself so far, what do you think you're meant to bring into, or contribute, to the world for God's kingdom?

A Day with Christ in Your Purpose

Where does God have you living? What is your living space like? How do you feel in it?

What time would you wake up? What does God have you doing first thing in the morning? What do you have for breakfast?

What does God have you doing in the first half of your day? What do you eat for lunch? Who do you eat with?

Who are the people God has in your life? What are they like and what is your relationships with them like? How do you shine His light in their lives?

What is your body and health like?

What is your main focus throughout the day? What do you refrain from focusing on?

What does God have you doing for work? How does this align with His plan for you? How do you shine His light at work? How do you interact with your colleagues?

What do you have for dinner? Where do you eat? With whom do you eat? What do you talk about over dinner?

What does God have you doing at night? What are your thoughts as you go to sleep?

The 5 Ps of Persisting in Your Purpose

PERSEVERANCE

Go back through the slides on Perseverance and explain how you can persevere through the challenges when they come into your life. Think about God's promises and what He is doing inside you as you persevere through the tough times into your God-given purpose.

POSSIBILITY

Think about your purpose and all of the possibilities that you have in realizing it. Ask yourself, "What is possible?" And "What does God want from/for me?" Let your mind run wild with thoughts of possibility around living into this purpose with no fear or trepidation. How does that feel? Explain in detail.

Think of living into your God-given purpose from a place of fear. You really want to live into what He has called you to, but you are afraid, unsure and confused. You don't know if you can do it. It seems too hard. You don't know if you have what it takes. Think about all the negativity coming up inside you and how afraid and unsure you are that you can actually do what He's calling you to do. Focus on the feelings of not living into your purpose and how that rests inside you. How does that feel? Explain in detail.

POSSIBILITY

Which one felt better and why?

How can you live in the "Realm of Possibility" when you feel discouraged or fearful about your purpose?

PUT THE PAST ASIDE

What can you gain from looking back at the past?

What does God want you to focus on when you're living in His purpose for you? Explain.

PURE PORTRAYAL

Without _____ it's hard to FULLY connect to God and others.

You must always go back to your _____ - who He created you to BE. The _____ is to believe you are what you _____, what you _____ or what _____. To combat this, remember _____!



"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you, when I was made in the secret place, when I was woven together in the depths of the earth." Psalm 139:13-15

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast." "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:8-10

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: " 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.' " Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him." Matthew 4:1-11

Why is portraying yourself in a pure, authentic way important when you are living in His purpose for you? Explain.

PURSUE THE PRIZE

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart." Hebrews 12:1-3

What is the "prize" you get when you live in your God-given purpose? How do these verses encourage you on your journey?

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Lesson Five

Your Purpose Journey

You have gotten a glimpse of your God-given purpose, and now you get to think about how you will live into that. You will be writing out where your life is in 5 years and then 20 years. This gives you a way of focusing on what is to come and how God will lead you in your life. How are you living into your God-given purpose?

You may answer some of the following questions to help you while you're imagining the life He is calling you to:

What do you see, hear, taste, smell and touch?

How do you feel?

What emotions are coming up for you?

How does this align with your purpose?

How are you honouring God?

Who are the people around you?

What have you overcome?

How do you interact with people?

What do you love about yourself?

How does this align with getting up in the morning and going about your day (from the last lesson)?

And so much more!

IN 5 YEARS MY LIFE IS...

[illegible]

Blank lined paper for writing.

[illegible]

Handwriting practice lines consisting of 20 horizontal lines.

Scripture...

Balance setting goals with a strong focus on God.

"Instead you ought to say, 'If it is the Lord's will, we will live and do this or that.'"

James 4:15

You can have ideas and make plans, but God will ultimately accomplish His sovereign desires.

"In his heart a man plans his course, but the LORD determines his steps."

Proverbs 16:9

Take comfort in the words of Jesus:

"Seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself."

Matthew 6:33-34

Laziness can cause people to neglect work and fail to properly use the window of opportunity given to them. Summer is the preparation time for winter, and by willing it away and failing to plan ahead it can result in "poverty" and "want."

"Lazy people should learn a lesson from the way ants live. They have no leader, chief, or ruler, but they store up their food during the summer, getting ready for winter. How long is the lazy man going to lie around? When is he ever going to get up? 'I'll just take a short nap,' he says; 'I'll fold my hands and rest a while.' But while he sleeps, poverty will attack him like an armed robber."

Proverbs 6:6-11

Making plans for the future and following through with God's guidance is the path to abundance. Doing things too sporadically without thinking of Him can lead to poverty, or unfulfillment.

"The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty."

Proverbs 21:5

When you don't see things going the way you think they "should," you can think about God's greater plan and the 5 Ps to Persist in your Purpose.

Jesus set goals for His life too. He said,

"For the Son of Man has come to seek and to save that which was lost."

Luke 19:10

Wake Up Joyful

Be Transformed by the Renewing of Your Mind

In your own words, explain what these Scriptures tell you about the importance of setting Goals.



God-Centred D.R.E.A.M. Goals

Remember the following when creating your DREAM Goal:

- Pray about your goal and look at ways you can align it with God's greater purpose for your life
- Make it Deliberate, Reasonable, Exact, Achievable & Measured
- Create Action Steps to Guide You
- Use language of Abundance, as God wants you to have an abundant life in Him (Ex: "On or before..." or "...and more")
- Think of a goal that can bring more peace/joy/confidence/courage, etc. into your life/the lives of others
- Develop a goal that can help make the world a better place
- Ensure it's something you're motivated to achieve!
- Ensure it aligns with Scripture and the character of Christ (that you're developing within)
- DREAM BIG - what have you always dreamed of doing for His Kingdom?

D.R.E.A.M Goals

D - DELIBERATE

The more precise and deliberate, the better! The goal should describe a specific action, behaviour or result. Including a #, amount or % is helpful here.

R - REASONABLE

You can determine if your goal is reasonable by asking the following questions: Am I capable of attaining this goal? Am I willing to work for this goal? If you set an unrealistic goal, you may lose motivation over time and want to give up.

E - EXACT

Setting the goal with an exact time frame will help to motivate you and keep you accountable. It is helpful to create an end point to the goal because it drives the goal's completion.

A - ACHIEVABLE

Laying out Action Steps will help you see that your goal is possible. This produces motivation as the goal's completion has become a reality.

M - MEASURED

Your goal should have a start and end point. Developing a measurable procedure will help you know when your goal has been achieved. It is wise to have a benchmark and determine a baseline measurement of the starting situation.

My D.R.E.A.M Goal

My Action Steps

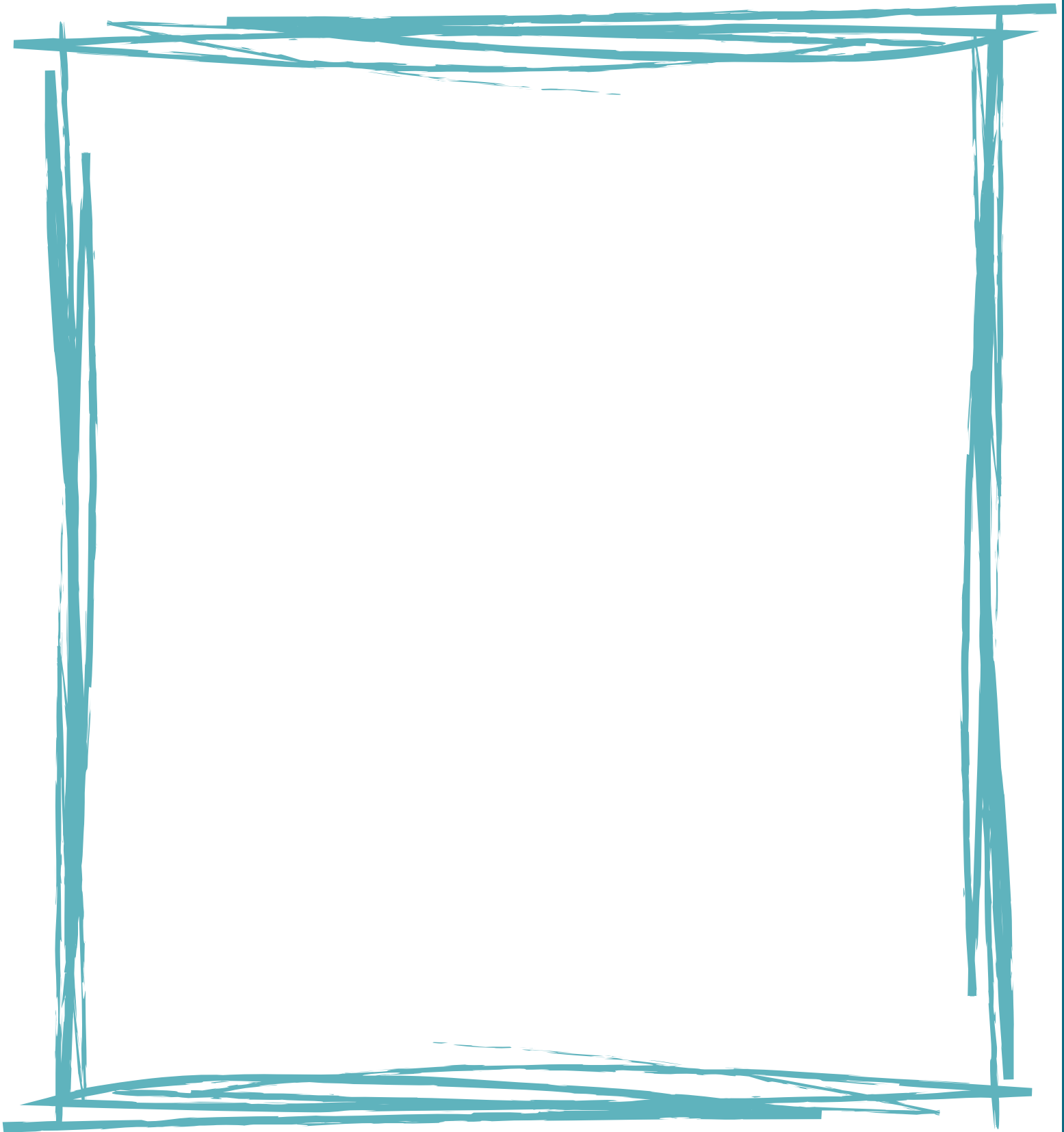
My D.R.E.A.M Goal

My Action Steps

My D.R.E.A.M Goal

My Action Steps

Colour Your Goals



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Lesson Six

Looking Upward & Forward

"But Jesus said to him, no one, having put his hand to the plow, and looking back, is fit for the kingdom of God." Luke 9:62

"Not that I have already attained, or am already perfected, but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended, but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."

Philippians 3:12

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." Isaiah 43:18-19

"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31



In your own words, explain what the above scriptures show you about the importance of looking upward and forward:

[illegible]

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

I am a _____, _____, _____ & _____ woman.

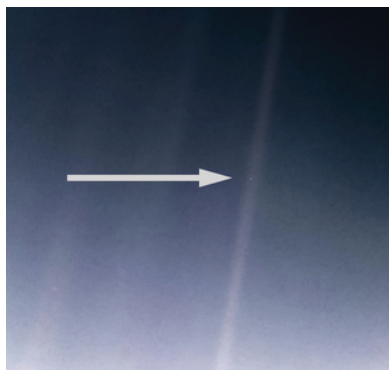


The CLIF Circle



Go back through your notes, workbook and the lessons as needed. Doing this will help you revisit and remember:

Who You Are in Christ
Your Worth and Value in Him
How to Navigate Relationships in a Healthy Way
Communication Techniques
Visualizations that Helped you Feel God More
Navigating Difficult Circumstances
How to Live in Your God-given Purpose
How to Expel the enemy's Lies



Time on Earth →



← Time in Eternity

When you see how small you really are in the grand scheme of things and how long you have here on earth vs Eternity, what does that make you feel about what you do while you're here and the legacy you want to leave behind?

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, typical of notebook paper. There are no margins, text, or other markings on the page.



*Congratulations
on Completing
The Set Free
Academy!*