

MASTERING MINDSET

To Become Who God
Has Created You
To Be

A Soul Fitt

Free Training

WRITE IT OUT

DAY 7: OVERCOMING OBSTACLES

Verses of the Day: John 16:33
1 Corinthians 15:58
Hebrews 12:1-2, 11-12
James 1:2-4

What's your current biggest obstacles? Write them below.

To Do: Commit to the 5 steps below for at least one week in regards to the obstacles above.

Step 1: Plan for obstacles.

They are inevitable. If you expect them, you will be less caught off guard.

Step 2: Build upon a firm foundation.

Christ must be your foundation in order to overcome life's obstacles.

Step 3: Set your intentions & envision yourself at that goal.

Commit to staying disciplined to achieve them.

Step 4: Persevere through.

Get rid of the things distracting you so that you can endure.

Step 5: Fix your eyes back on Jesus.

It's easy to lose focus. Refocus today to overcome.

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DAY 8: YOUR DREAM SELF

It's time to dream again. You deserve it.

In the box below envision yourself as your dream self and write it out. What would she look like?

- 1)
- 2)
- 3)
- 4)

What's stopping you from becoming your dream self?

Write down what's in the way. Be real with yourself. Only you can make the change.

- 1)
- 2)
- 3)
- 4)

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It's time to write out your I AM statement. Who do you want to be in the future? Write it below and speak it out loud to yourself in the mirror daily. Here's my example to give you an idea of where to begin.

I AM full of joy & peace. I love & serve others well.
I AM bold & confident in who God created me to be.
I AM a successful business owner that equips & empowers woman. My business financially supports my family.
I AM fit, strong, healthy, 130 pounds, self-controlled, & free.
I AM Erica. I AM a child of God.

Now it's your turn. Who are you becoming?

To do: Every single morning read this out loud as if you already are her and before you know it, you will be her. It will no longer be a dream.

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DAY 9: 90 DAY GOALS

We need goals in our lives. I love Zig Ziglar's Wheel of Life for goal setting.

Write out at least one 90 day goal in each category below.
Be realistic with what you can accomplish in 3 months.

Verses of the Day: 2 Chronicles 15:7
Psalm 20:4
Proverbs 16:3
Proverbs 29:18

Spiritual:

Family:

Work/Career:

Personal/Social:

Financial:

Mind/Intellect:

Physical/Health:

Now we have to break down each goal into smaller, bite size goals... into 1/3's.
What can you accomplish within the first 30 days toward your goal?
Write down the 30 day goal on the following page.

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Spiritual:
Family:
Work/Career:
Personal/Social:
Financial:
Mind/Intellect:
Physical/Health:

Now, what must you do weekly for the next 4 weeks to hit that 30 day goal?
What will be required from you daily to hit that 30 day goal?

Spiritual:
Family:
Work/Career:
Personal/Social:
Financial:
Mind/Intellect:
Physical/Health:

To Do: Memorize 2 Chronicles 15:7
Be strong. Don't give up. Your work has reward just around the corner.