

3 QUESTIONS TO HELP YOU TAKE THE FIRST STEP TOWARD WHOLENESS

*Reflective prompts to help you identify where you're
stuck and discover your next step.*



*For I know the plans I have for you, declares the Lord.
Jeremiah 29:11*

DONNA WOOLAM



DONNA WOOLAM

DonnaWoolam.com



My name is Donna, and I work with Christian women who have walked through a life-shifting experience and feel stuck. I can help, because I've experienced loss and discovered the way through the journey to wholeness.

donna@donnawoolam.com



Dearest One,

If you're holding this guide, it means you're searching for clarity, hope, and the courage to move forward. I want you to know-you're not alone. We all have moments when life feels overwhelming, but God promises to be with us through it all.

This guide is designed to help you pause, reflect, and begin to take small steps toward wholeness. You don't need all the answers today-just the willingness to take the first step.

Let's start this journey together.

In faith and love,

Donna



Question 1

Where am I feeling most overwhelmed right now?

- Which areas of your life feel heavy or confusing?
- Be honest about what's weighing on your heart.

Question 2

If I could change one thing about my situation, what would it be?

- Dream freely for a moment. What outcome would bring you peace or joy?

Question 3

What small step could I take today to move in the direction I desire?

- Consider practical, faith-filled actions you can take, no matter how small.

Step Forward in Faith

As you reflect on these questions, remember God's promise: "The Lord makes firm the steps of the one who delights in Him." - Psalm 37:23

Trust that He is guiding you. Write your answers in the space below, and take one courageous step today.

2 Corinthians 12:9: "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"

Confession: My worth isn't in perfection; God's strength shines through my vulnerabilities.

Connect With Me

Apply for a Discovery Call

<https://DonnaWoolam.com/Belief-Revolution>

Journey to Wholeness Facebook Community

<https://www.facebook.com/groups/christianjourneytowholeness>

My Facebook Page

<https://www.facebook.com/DonnaWoolamAuthor/>

YouTube

<https://www.youtube.com/@DonnawoolamTheLifeInspired>

Instagram

<https://instagram.com/donnawoolam/>

LinkedIn

<https://www.linkedin.com/in/donnawoolam/>

Pinterest

<https://www.pinterest.com/donnakwoolam/>

