



2025

JOURNEY TO WHOLENESS[©]

Aligning Your Purpose with God's Vision

© THE HIGH PERFORMANCE
CHRISTIAN TRANSFORMATION
JOURNAL + DAILY PLANNER

1ST QUARTER | JANUARY THRU MARCH

Donna Woolam | Living At My Best | Not for Distribution

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Using the Journey to Wholeness[©] High Performance Christian Transformation Journal + Daily Planner

Welcome to a season of intentional living.

This Planner uses a high performance coaching model to provide a path so you stay aligned to your God-given goals and purpose. It uses the proprietary method of the **Journey to Wholeness ReFrame[©]** empowering you to accelerate your personal growth week-by-week, month-by-month, and quarter-by-quarter.

You will complete 3 cycles of the ReFrame[©] each quarter, ensuring you aren't just learning but building sustainable habits. With a clear weekly focus, you will have weekly check-ins and monthly reviews to stay on track with your goals. This Planner empowers you to set and pursue clear spiritual and personal goals.

The 13th week of the Planner provides you an opportunity to reflect and evaluate your progress toward your stated intentions. This is the perfect time to evaluate what is working, and what needs adjustment or further support.

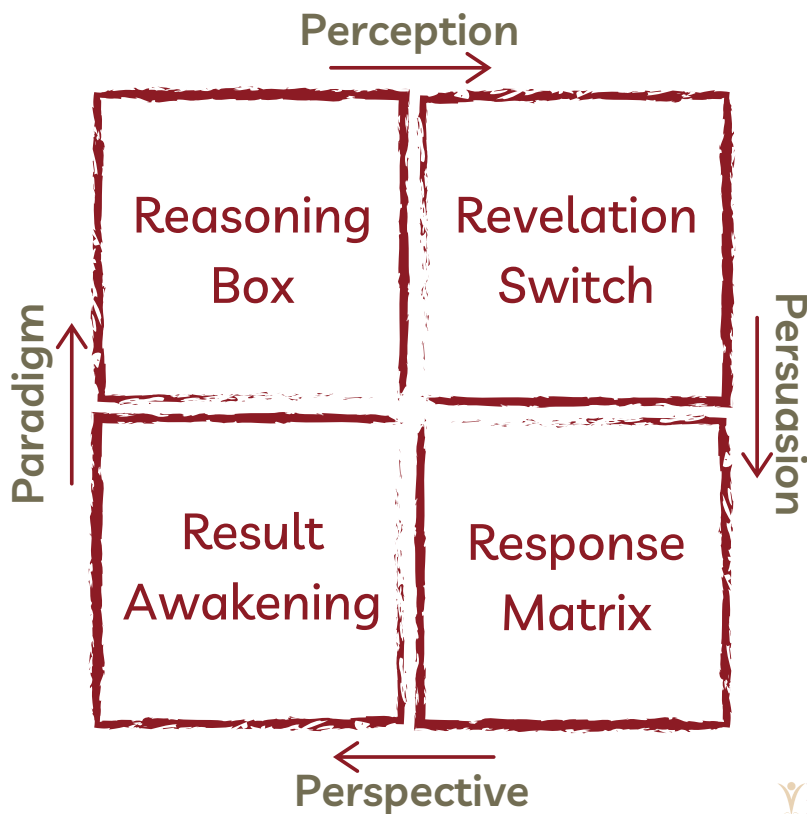
Because of the in-depth nature of the planner, it encompasses one quarter. Additional Planners are available for purchase from **DonnaWoolam.com**.

It is suggested you send a digital copy of this pdf planner to your local copy center, such as the UPS Store. Ask them to print front and back and coil bind the Planner. Of course prices vary but should cost \$15-\$20 total.

Alternatively, if you prefer to print the pages yourself, I suggest using pre-punched paper and place in a 3-ring binder.

Using the Journey to Wholeness[©] High Performance Christian Transformation Journal + Daily Planner

The ReFrame Process



<p>JOURNEY TO WHOLENESS</p> <p><small>(C) Donna Woolam, Living At My Best</small></p>	<p>INTEGRATING FAITH INTO EVERYDAY LIFE</p>
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Using the Journey to Wholeness[©]

High Performance Christian Transformation Journal + Daily Planner

MONTHLY PAGES

Theme: Each month has its own theme. I encourage you to let that theme guide you day by day. For instance, January talks about God doing new things. Ask Him to show you what new things He has for you in the days ahead. Keep a listening heart to receive from Him.

Key Priorities: Using the ReFrame Model, identify 1–3 primary ways you would like to see transformation during the month. What mindset needs shifting? Where do you struggle to know God's will (truth)? What are some areas you could use confidence and clarity? Which areas of your life have you feeling stuck, stagnant or stifled?

Goals:

Choose 3 overarching goals for the month ahead. Brainstorm some ways you can meet those goals. Give them a priority and a deadline. Let these actions be a launching point for you. Sometimes, the simple act of writing it down unlocks creativity for new answers.

Monthly Review:

At the end of each month is a review page. Use this page to create a capsule of what the Lord has shown you. Note your progress, and your struggles. Give yourself time to celebrate the wins, no matter how small you think they might be. Give yourself to prayer for the struggles. And remember, you are on a Journey. You haven't reached the destination, so no being mean to yourself for not being further along than you are.

Using the Journey to Wholeness[©] High Performance Christian Transformation Journal + Daily Planner

DAILY PAGES

Each day has a morning and evening section, as well as a place for reflections and notes. I encourage you to choose one scripture from your daily reading as your focus scripture for the day. It doesn't have to be a profound revelation – simple a verse that stood out to you. And if you don't have a daily reading plan, reach out to me and I will help you.

Note your priorities in the three main areas of spiritual, emotional/relational and physical/practical. What will you DO in these areas.

WEEKLY PAGES

There are 2 pages for your weekly reflection. I suggest you do these sometime on Sunday.

Page 1 ask directed questions about your experiences throughout the week. Page 2 is a place to journal your thoughts and a prayer for the week.

Using these pages will help bring your thoughts, emotions, and actions together in one place. You will reference these during each new phase of the ReFrame process. answers.

2025

January							February							March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
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13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
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19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

JANUARY

New Beginnings: Walking in God's Purpose

Scripture “Behold, I am doing a new thing; now it springs

Focus: forth, do you not perceive it? – Isaiah 43:19

Key Priorities

Reasoning Box:
Mastering Mindset

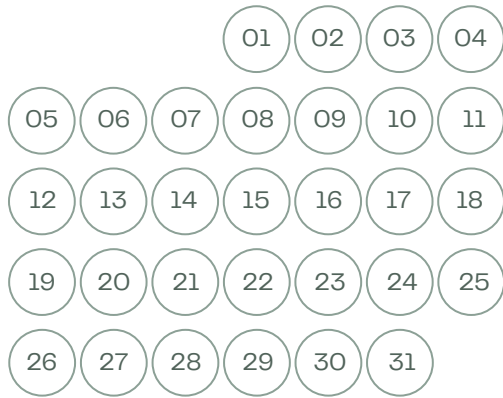
Revelation Switch:
Uncover Truth

Response Matrix:
Confidence + Clarity

Results Awakening:
Purposeful Action

January

Goal Setting: 3 Big Goals for the Month



What steps can I take to align with these goals?

Priority	Task	Deadline	Complete

The Reasoning Box

Phase 1

Welcome to **Reasoning Box Week Phase 1**, where transformation begins with your thoughts.

This week is all about reframing your mindset and aligning your thoughts with God's truth. What you think shapes how you see yourself, your circumstances, and your future.

By identifying limiting beliefs and replacing them with empowering truths rooted in Scripture, you'll begin to renew your mind and build a foundation of clarity and purpose.

Approach this week with openness and curiosity, ready to challenge old patterns and embrace a perspective that aligns with God's Word.

Phase 1 will help you begin to notice the stories you have been telling yourself about the life you have in front of you.

The Reasoning Box

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to challenge your current thought patterns and promote renewal.

- What recurring thoughts have shaped my actions recently? Are they rooted in truth or fear?
- How do my thoughts align with God's Word, and where might a shift be needed?
- What is one limiting belief I can surrender this week to embrace a new perspective?
- What role does gratitude play in my thought life, and how can I amplify it?
- How can I intentionally guard my mind this week against negativity and cultivate God-centered thinking?

1 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 1

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
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Tah-Dah List

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Urgent!

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2 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 2

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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Tah-Dah List

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3 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 3

Be intentional

Mood :     

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Tah-Dah List

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4 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 4

Be intentional

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Tah-Dah List

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Notes

Self-Reflection & Awareness

The Reasoning Box: ReNew Your Mind

As a man thinks, so is he." Proverbs 23:7

What thoughts are holding me back?

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What truth from God's Word can replace these?

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Write 1-3 actions for each day that align with clarity and purpose

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What am I thankful for this week?

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Self-Reflection & Awareness

The Reasoning Box: ReNew Your Mind

As a man thinks, so is he." Proverbs 23:7

Prayer Journal:
Prayers and Reflections

The Revelation Switch

Phase 1

This is **Revelation Switch Week**, a time to seek divine insight and fresh wisdom.

God speaks in many ways—through Scripture, prayer, and the still, small voice within your spirit. This week, you're invited to pause, listen, and open your heart to His guidance.

Allow the Holy Spirit to reveal new possibilities, highlight areas for growth, and give you a fresh perspective on your journey. As you tune into God's revelations, be ready to document the insights and 'aha' moments that will inspire the steps ahead.

Phase 1 will help you begin to trade your current beliefs patterns for the truth of God's word.

The Revelation Switch

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to engage you to seek and receive insight from the Lord.

- What area of my life feels unclear or uncertain, and how can I invite God to reveal His wisdom?
- What steps can I take to quiet distractions and hear God's voice more clearly this week?
- How open am I to receiving revelations that challenge my current plans or mindset?
- What scriptures or prayers can I meditate on to invite God's guidance into my decision-making?
- What has God already shown me that I need to act on or revisit this week?

5 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 5

Be intentional

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Time	Schedule
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6 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 6

Be intentional

Mood :     

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7 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 7

Be intentional

Mood :     

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Tah-Dah List

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8 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 8

Be intentional

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Tah-Dah List

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Notes

9 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 9

Be intentional

Mood :     

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10 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 10

Be intentional

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Tah-Dah List

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11 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 11

Be intentional

Mood :     

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Tah-Dah List

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Notes

Self-Reflection & Awareness

The Revelation Switch: Discover God's Truth

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

What new truths has God revealed to me this week?

1.

2.

3.

How do these truths challenge my current understanding?

Identify one area of life to align more closely with God's revealed truth. Plan practical steps to act on this revelation.

What blessings have I experienced from embracing God's truth?

Self-Reflection & Awareness

The Revelation Switch: Discover God's Truth

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

Prayer Journal:
Prayers and Reflections

The Response Matrix

Phase 1

In **Response Matrix Week**, it's time to put faith into action.

Transformation requires not only insight but also intentional choices.

This week, focus on how you respond to opportunities, challenges, and revelations. Faith-driven responses allow you to align your actions with your beliefs, moving closer to the life God has planned for you.

Evaluate your options carefully, act with courage and alignment, and trust that your faithful responses will lead to breakthroughs.

Phase 1 helps you identify sticking points. Once you identify the areas of resistance, you can begin to make clear confident decisions to move through them.

The Response Matrix

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to inspire intentional, faith-driving actions.

- How can I respond to challenges this week with faith rather than fear?
- What actions can I take today that align with the insights I've received from God?
- Am I reacting emotionally to situations, or responding with purpose and alignment?
- Who can I serve or encourage this week as a demonstration of my faith in action?
- What decision have I been delaying, and how can I take a step forward in trust?

12 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 12

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

13 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 13

Be intentional

Mood :     

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Tah-Dah List

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Urgent!

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Notes

14 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 14

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
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Tah-Dah List

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Urgent!

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Notes

15 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 15

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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Tah-Dah List

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Urgent!

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Notes

16 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 16

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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Tah-Dah List

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Notes

17 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 17

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

18 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 18

Be intentional

Mood :



Time	Schedule
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Tah-Dah List

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Notes

Self-Reflection & Awareness

The Response Matrix: Choose God's Way

Trust in the Lord with all your heart, and do not lean on your own understanding. – Proverbs 3:5

What decisions am I facing this week?

1.

2.

3.

How can I ensure my choices align with God's will?

Write down specific steps to act on a faith-based decision. Identify any obstacles and pray for courage to overcome them.

How has obedience to God brought peace or clarity this week.

Self-Reflection & Awareness

The Response Matrix: Choose God's Way

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

Prayer Journal:
Prayers and Reflections

The Results Awakening

Phase 1

Welcome to **Results Awakening Week**, a time to reflect, celebrate, and realign.

This week is about recognizing the fruit of your efforts—both visible and unseen. Celebrate the progress you've made, no matter how small, and take time to acknowledge how God is working in and through your life.

Use this week to measure your growth, refine your approach, and prepare for the next phase of your journey.

Remember, results aren't just outcomes—they're signs of a deeper transformation taking place in your heart and mind.

Phase 1 helps you embrace both the person you are and the person you are becoming, because you are making new choices.

The Results Awakening

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to reflect on your progress and celebrate transformation

- What progress, big or small, have I made in my journey so far?
- How have my thoughts, actions, or attitudes shifted this week as a result of God's work in my life?
- What blessings or outcomes can I celebrate today, even if they look different than I expected?
- How has God's faithfulness shown up for me recently, and how can I give thanks for it?
- What seeds have I planted in faith that I can continue to nurture in the weeks ahead?

19 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 19

Be intentional

Mood :     

Time	Schedule
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Notes

20 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 20

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

21 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 21

Be intentional

Mood :     

Time	Schedule
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Urgent!

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Notes

22 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 22

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

23 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 23

Be intentional

Mood :     

Time	Schedule
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24 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 24

Be intentional

Mood :     

Time	Schedule
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Notes

25 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 25

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

Self-Reflection & Awareness

Results Awakening: Celebrate God's Faithfulness

And we know that in all things God works for the good of those who love Him.

Romans 8:28

What progress have I made toward my goals this week:

1.

2.

3.

How has God been faithful in my journey?

Write a plan to celebrate progress, no matter how small. Identify one way to share your testimony with others.

What victories, big or small, can I thank God for this week?

Self-Reflection & Awareness

Results Awakening: Celebrate God's Faithfulness

And we know that in all things God works for the good of those who love Him.

Romans 8:28

Prayer Journal:

Prayers and Reflections

The Reasoning Box

Phase 2

Welcome to **Reasoning Box Week Phase 2**, where transformation begins with your thoughts. Phase 2 helps you dig deeper so you can move further.

Review your notes and insights from Phase 1.

Where are you making progress? Where are you stalled? What new beliefs are taking the place of old ones?

Remember, this week is all about reframing your mindset and aligning your thoughts with God's truth. What you think shapes how you see yourself, your circumstances, and your future.

By identifying limiting beliefs and replacing them with empowering truths rooted in Scripture, you'll begin to renew your mind and build a foundation of clarity and purpose.

Approach this week with openness and curiosity, ready to challenge old patterns and embrace a perspective that aligns with God's Word.

The Reasoning Box

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to challenge your current thought patterns and promote renewal.

- What recurring thoughts have shaped my actions recently? Are they rooted in truth or fear?
- How do my thoughts align with God's Word, and where might a shift be needed?
- What is one limiting belief I can surrender this week to embrace a new perspective?
- What role does gratitude play in my thought life, and how can I amplify it?
- How can I intentionally guard my mind this week against negativity and cultivate God-centered thinking?

26 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 26

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
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Tah-Dah List

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Notes

27 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 27

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

28 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 28

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

29 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 29

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

30 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 30

Be intentional

Mood :     

Time	Schedule
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31 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 31

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

January Reflection:

What did God reveal to me this month? How did I experience His faithfulness?

1. Reasoning Box Reflections

- What thought patterns or beliefs surfaced this month that needed renewal?
- How did I align my thinking with God's truth?
- What scriptures or affirmations strengthened my mindset?
- What new perspectives have I gained about myself or my situation?

2. Revelation Switch Reflections

- What insights or revelations did God reveal to me this month?
- How did I create space to listen for His voice (e.g., prayer, meditation, or study)?
- What unexpected lessons or wisdom did I receive during challenging moments?
- How can I carry this revelation forward into the next month?

3. Response Matrix Reflections

- How did I put my faith into action this month?
- What steps did I take to align my choices with God's guidance?
- Were there moments when I hesitated to act? What can I learn from them?
- What opportunities arose for me to grow in obedience, courage, or trust?

January Reflection:

What did God reveal to me this month? How did I experience His faithfulness?

4. Results Awakening Reflections

- What progress or breakthroughs did I experience this month?
- How did God show His faithfulness in my life?
- What results, big or small, am I most grateful for?
- How can I build on these results as I move forward?

Overall Reflection

- What were my greatest victories this month, spiritually, emotionally, or practically?
- What challenges stretched me, and how did I grow through them?
- In what ways did I feel closest to God, and how can I nurture that connection?
- What is one word or theme that defines this month for me?

Looking Ahead

- What area (Reasoning, Revelation, Response, or Results) do I want to focus on most next month?
- What steps can I take to better align my actions with God's plan?
- What prayers, scriptures, or affirmations will anchor me in the coming weeks?
- How can I prepare my heart and mind to embrace the next cycle of growth?

FEBRUARY

Rooted in God's Love

Scripture “And I pray that you, being rooted and established
Focus: in love, may have power.” Ephesians 3:17-18

Key Priorities

Reasoning Box:
Mastering Mindset

Revelation Switch:
Uncover Truth

Response Matrix:
Confidence + Clarity

Results Awakening:
Purposeful Action

February

Goal Setting: 3 Big Goals for the Month

01

02 03 04 05 06 07 08

09 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28

What steps can I take to align with these goals?

Priority	Task	Deadline	Complete

1 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 1

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
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6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

Self-Reflection & Awareness

The Reasoning Box: ReNew Your Mind

As a man thinks, so is he." Proverbs 23:7

What thoughts are holding me back?

1.

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2.

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3.

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What truth from God's Word can replace these?

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Write 1-3 actions for each day that align with clarity and purpose

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What am I thankful for this week?

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Self-Reflection & Awareness

The Reasoning Box: ReNew Your Mind

As a man thinks, so is he." Proverbs 23:7

Prayer Journal:
Prayers and Reflections

The Revelation Switch

Phase 2

This is **Revelation Switch Week Phase 2**, a time to seek divine insight and fresh wisdom.

Preview your notes and insights from Phase 1. Phase 2 helps you hear God's wisdom more clearly.

How do you hear God speak to you? Is it in your thoughts, through His word, through others? Continue to pause, listen, and open your heart to His guidance. Remember, He is FOR YOU!

What new possibilities is the Holy Spirit revealing to you? Has He highlighted new areas of growth? Expect for Him to continue to challenge you to throw off the old man and put on the new.

He is with you on this journey, helping you receive new revelations. Continue to document the insights and 'aha' moments that will inspire you for the steps ahead.

The Revelation Switch

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to engage you to seek and receive insight from the Lord.

- What area of my life feels unclear or uncertain, and how can I invite God to reveal His wisdom?
- What steps can I take to quiet distractions and hear God's voice more clearly this week?
- How open am I to receiving revelations that challenge my current plans or mindset?
- What scriptures or prayers can I meditate on to invite God's guidance into my decision-making?
- What has God already shown me that I need to act on or revisit this week?

2 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 2

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

3 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 3

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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4 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 4

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

5 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 5

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

6 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 6

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
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Tah-Dah List

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Urgent!

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7 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 7

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
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12:00 PM	
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5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

8 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 8

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

Self-Reflection & Awareness

The Revelation Switch: Discover God's Truth

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

What new truths has God revealed to me this week?

1.

2.

3.

How do these truths challenge my current understanding?

Identify one area of life to align more closely with God's revealed truth. Plan practical steps to act on this revelation.

What blessings have I experienced from embracing God's truth?

Self-Reflection & Awareness

The Revelation Switch: Discover God's Truth

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

Prayer Journal:
Prayers and Reflections

Response Matrix

Phase 2

It's Response Matrix Phase 2 Week.

Review your Response Matrix Phase 1 notes.

This week, you'll press in more deeply to the places which trip you up. Some of us make decisions easily. For others, it's difficult. We may be confident in our work place, but struggle at home.

This week, notice the differences in your decision-making confidence in the multiple roles you fill in life. What might be the causes for the difference?

Remember that transformation is a process. The more insight you gain into the choices you are making, the more intentional you become.

Continue to focus on how you respond to opportunities, challenges, and revelations. Faith-driven responses allow you to align your actions with your beliefs, moving closer to the life God has planned for you.

Evaluate your options carefully, act with courage and alignment, and trust that your faithful responses will lead to breakthroughs.

The Response Matrix

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to inspire intentional, faith-driving actions.

- How can I respond to challenges this week with faith rather than fear?
- What actions can I take today that align with the insights I've received from God?
- Am I reacting emotionally to situations, or responding with purpose and alignment?
- Who can I serve or encourage this week as a demonstration of my faith in action?
- What decision have I been delaying, and how can I take a step forward in trust?

9 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 9

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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Urgent!

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Notes

10 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 10

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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Urgent!

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Notes

11 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 11

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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Urgent!

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Notes

12 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 12

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
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Tah-Dah List

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Urgent!

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Notes

13 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 13

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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Notes

14 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 14

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
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10:00 AM	
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Tah-Dah List

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Urgent!

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Notes

15 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 15

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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Urgent!

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Notes

Self-Reflection & Awareness

The Response Matrix: Choose God's Way

Trust in the Lord with all your heart, and do not lean on your own understanding. – Proverbs 3:5

What decisions am I facing this week?

1.

2.

3.

How can I ensure my choices align with God's will?

Write down specific steps to act on a faith-based decision. Identify any obstacles and pray for courage to overcome them.

How has obedience to God brought peace or clarity this week.

Self-Reflection & Awareness

The Response Matrix: Choose God's Way

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

Prayer Journal:
Prayers and Reflections

The Results Awakening

Phase 2

Results Awakening Week Phase 2 likely will have some big 'aha's'!

Review your notes from Phase 1. What key differences do you see from the first phase to this?

It is important to celebrate! And, if you struggle in that, make a more concerted effort this week to do so. Something that gives you joy is the key here. God is working in and through your life.

Continue to measure your growth, refine your approach, and prepare for the next phase of your journey.

Deep transformation is taking place in your heart and mind. The results you are experiencing are the indicators of that transformation.

The Results Awakening

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to reflect on your progress and celebrate transformation

- What progress, big or small, have I made in my journey so far?
- How have my thoughts, actions, or attitudes shifted this week as a result of God's work in my life?
- What blessings or outcomes can I celebrate today, even if they look different than I expected?
- How has God's faithfulness shown up for me recently, and how can I give thanks for it?
- What seeds have I planted in faith that I can continue to nurture in the weeks ahead?

16 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 16

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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17 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 17

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
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Tah-Dah List

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18 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 18

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
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Tah-Dah List

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19 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 19

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
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Tah-Dah List

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20 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 20

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
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Tah-Dah List

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Urgent!

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Notes

21 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 21

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
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Tah-Dah List

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Notes

22 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 22

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
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Tah-Dah List

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Notes

Self-Reflection & Awareness

Results Awakening: Celebrate God's Faithfulness

And we know that in all things God works for the good of those who love Him.

Romans 8:28

What progress have I made toward my goals this week:

1.

2.

3.

How has God been faithful in my journey?

Write a plan to celebrate progress, no matter how small. Identify one way to share your testimony with others.

What victories, big or small, can I thank God for this week?

Self-Reflection & Awareness

Results Awakening: Celebrate God's Faithfulness

And we know that in all things God works for the good of those who love Him.

Romans 8:28

Prayer Journal:

Prayers and Reflections

The Reasoning Box

Phase 3

Welcome to **Reasoning Box Week Phase 3**, where transformation begins with your thoughts. Review your notes and insights from Phases 1 and 2.

By now, if you've done the daily work, you should experience a dramatic shift from day one. If you aren't, it's time to consider how you will apply the things you've discovered in a more tangible way. What beliefs are you hanging onto that aren't serving you now?

As you continue to reframe your mindset and align your thoughts with God's truth, you will shape new beliefs. Remember, what you think shapes how you see yourself, your circumstances, and your future.

Continue to identify limiting beliefs and replacing them with empowering truths rooted in Scripture. You'll continue to renew your mind and build a foundation of clarity and purpose.

Approach this week with openness and curiosity, ready to challenge old patterns and embrace a perspective that aligns with God's Word.

The Reasoning Box

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to challenge your current thought patterns and promote renewal.

- What recurring thoughts have shaped my actions recently? Are they rooted in truth or fear?
- How do my thoughts align with God's Word, and where might a shift be needed?
- What is one limiting belief I can surrender this week to embrace a new perspective?
- What role does gratitude play in my thought life, and how can I amplify it?
- How can I intentionally guard my mind this week against negativity and cultivate God-centered thinking?

23 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 23

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

24 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 24

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

25 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 25

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

26 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 26

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

27 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 27

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

28 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 28

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Urgent!

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Notes

February Reflection:

What did God reveal to me this month? How did I experience His faithfulness?

1. Reasoning Box Reflections

- What thought patterns or beliefs surfaced this month that needed renewal?
- How did I align my thinking with God's truth?
- What scriptures or affirmations strengthened my mindset?
- What new perspectives have I gained about myself or my situation?

2. Revelation Switch Reflections

- What insights or revelations did God reveal to me this month?
- How did I create space to listen for His voice (e.g., prayer, meditation, or study)?
- What unexpected lessons or wisdom did I receive during challenging moments?
- How can I carry this revelation forward into the next month?

3. Response Matrix Reflections

- How did I put my faith into action this month?
- What steps did I take to align my choices with God's guidance?
- Were there moments when I hesitated to act? What can I learn from them?
- What opportunities arose for me to grow in obedience, courage, or trust?

February Reflection:

What did God reveal to me this month? How did I experience His faithfulness?

4. Results Awakening Reflections

- What progress or breakthroughs did I experience this month?
- How did God show His faithfulness in my life?
- What results, big or small, am I most grateful for?
- How can I build on these results as I move forward?

Overall Reflection

- What were my greatest victories this month, spiritually, emotionally, or practically?
- What challenges stretched me, and how did I grow through them?
- In what ways did I feel closest to God, and how can I nurture that connection?
- What is one word or theme that defines this month for me?

Looking Ahead

- What area (Reasoning, Revelation, Response, or Results) do I want to focus on most next month?
- What steps can I take to better align my actions with God's plan?
- What prayers, scriptures, or affirmations will anchor me in the coming weeks?
- How can I prepare my heart and mind to embrace the next cycle of growth?

MARCH

Faith in Action

Scripture "For we walk by faith, not by sight."

Focus: 2 Corinthians 5:7

Key Priorities

**Reasoning Box:
Mastering Mindset**

**Revelation Switch:
Uncover Truth**

**Response Matrix:
Confidence + Clarity**

**Results Awakening:
Purposeful Action**

March

Goal Setting: 3 Big Goals for the Month

01

02 03 04 05 06 07 08

09 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30 31

What steps can I take to align with these goals?

Priority	Task	Deadline	Complete

1 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 1

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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Tah-Dah List

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Notes

Revelation Switch

Phase 3

This is **Revelation Switch Week Phase 3**, a time to seek divine insight and fresh wisdom.

Preview your notes and insights from Phases 1 and 2. During Phase 3, you will continue to deepen your relationship with God, knowing He has created you to hear His voice.

Continue to pause, listen, and open your heart to His guidance. He leads you in paths of righteousness. Goodness and mercy are following after you.

Are you beginning to expect bigger things? Part of journeying with the Lord is that He reveals wider horizons. Remember He is able to do exceedingly abundantly beyond what you can ask or think. Invite Him into your journey.

The Revelation Switch

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to engage you to seek and receive insight from the Lord.

- What area of my life feels unclear or uncertain, and how can I invite God to reveal His wisdom?
- What steps can I take to quiet distractions and hear God's voice more clearly this week?
- How open am I to receiving revelations that challenge my current plans or mindset?
- What scriptures or prayers can I meditate on to invite God's guidance into my decision-making?
- What has God already shown me that I need to act on or revisit this week?

2 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 2

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

3 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 3

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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Tah-Dah List

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Notes

4 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 4

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

5 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 5

Be intentional

Mood :     

Time	Schedule
6:00 AM	
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Tah-Dah List

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Notes

6 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 6

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

7 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 7

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

8 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 8

Be intentional

Mood :     

Time	Schedule
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Tah-Dah List

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Notes

Self-Reflection & Awareness

The Revelation Switch: Discover God's Truth

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

What new truths has God revealed to me this week?

1.

2.

3.

How do these truths challenge my current understanding?

Identify one area of life to align more closely with God's revealed truth. Plan practical steps to act on this revelation.

What blessings have I experienced from embracing God's truth?

Self-Reflection & Awareness

The Revelation Switch: Discover God's Truth

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

Prayer Journal:
Prayers and Reflections

Response Matrix

Phase 3

Welcome to Response Matrix Phase 3.

Review your Response Matrix notes from Phases 1 and 2.

What changes are you seeing from the beginning of your journey?

As you've reviewed your decision-making confidence in the various roles in life, what have you discovered? Are they tied to old mindsets and beliefs? If so, how can you change those mindsets? What new beliefs need to be installed?

Continue to focus on how you respond to opportunities, challenges, and revelations. Faith-driven responses allow you to align your actions with your beliefs, moving closer to the life God has planned for you.

Evaluate your options carefully, act with courage and alignment, and trust that your faithful responses will lead to breakthroughs.

The Response Matrix

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to inspire intentional, faith-driving actions.

- How can I respond to challenges this week with faith rather than fear?
- What actions can I take today that align with the insights I've received from God?
- Am I reacting emotionally to situations, or responding with purpose and alignment?
- Who can I serve or encourage this week as a demonstration of my faith in action?
- What decision have I been delaying, and how can I take a step forward in trust?

9 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 9

Be intentional

Mood :     

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Tah-Dah List

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Urgent!

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Notes

10 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 10

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

11 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 11

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

12 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 12

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

13 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 13

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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14 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 14

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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15 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 15

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Notes

Self-Reflection & Awareness

The Response Matrix: Choose God's Way

Trust in the Lord with all your heart, and do not lean on your own understanding. – Proverbs 3:5

What decisions am I facing this week?

1.

2.

3.

How can I ensure my choices align with God's will?

Write down specific steps to act on a faith-based decision. Identify any obstacles and pray for courage to overcome them.

How has obedience to God brought peace or clarity this week.

Self-Reflection & Awareness

The Response Matrix: Choose God's Way

Open my eyes, that I may behold wondrous things out of your law. – Psalm 119:18

Prayer Journal:
Prayers and Reflections

Results Awakening Phase 3

Welcome to **Results Awakening Week Phase 3.**

Review your notes from Phases 1 and 2..

Celebrate your wins this week. Remember to share your victories with someone who loves you and is interested in your growth .

That someone can even be me!

The old saying is this: “what isn’t measured doesn’t change.” So remember to measure your growth, refine your approach, and prepare for the next phase of your journey.

You are just beginning, Lovely One!

Deep transformation is taking place in your heart and mind. The results you are experiencing are the indicators of that transformation.

The Results Awakening

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to reflect on your progress and celebrate transformation

- What progress, big or small, have I made in my journey so far?
- How have my thoughts, actions, or attitudes shifted this week as a result of God's work in my life?
- What blessings or outcomes can I celebrate today, even if they look different than I expected?
- How has God's faithfulness shown up for me recently, and how can I give thanks for it?
- What seeds have I planted in faith that I can continue to nurture in the weeks ahead?

16 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 16

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

17 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 17

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

18 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 18

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Notes

19 *Daily Journal*

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 19

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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4:00 PM	
5:00 PM	
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8:00 PM	
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12:00 AM	

Tah-Dah List

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Urgent!

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Notes

20 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 20

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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5:00 PM	
6:00 PM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Notes

21 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 21

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
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8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Notes

22 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 22

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Notes

Self-Reflection & Awareness

Results Awakening: Celebrate God's Faithfulness

And we know that in all things God works for the good of those who love Him.

Romans 8:28

What progress have I made toward my goals this week:

1.

2.

3.

How has God been faithful in my journey?

Write a plan to celebrate progress, no matter how small. Identify one way to share your testimony with others.

What victories, big or small, can I thank God for this week?

Self-Reflection & Awareness

Results Awakening: Celebrate God's Faithfulness

And we know that in all things God works for the good of those who love Him.

Romans 8:28

Prayer Journal:

Prayers and Reflections

Rest Week

Integration and Review

Reflection and Integration Week is here to give you space to pause and reset.

Take a deep breath and review the lessons, victories, and challenges of the past weeks. This is your time to integrate what you've learned, solidify your growth, and prepare your heart and mind for the next cycle.

Use this week to reconnect with your goals, realign with God's plan, and celebrate the progress you've made so far. Rest assured that even in stillness, you're moving forward.

Rest Week

As you move through this week, consider the following questions. Use them to inform your prayers, activities and choices throughout the week. They are designed to reflect on your progress and celebrate transformation

- What belief or perspective shift has had the greatest impact on my growth?
- What revelation am I most excited to act on as I move forward?
- How have my responses to challenges and opportunities changed during this cycle?
- What unexpected outcomes have blessed me, even if they weren't part of my original plan?
- How can I prepare my heart and mind for the next 12 weeks of growth and transformation?

23 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 23

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

24 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 24

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
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12:00 AM	

Tah-Dah List

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Urgent!

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Notes

25 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 25

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

26 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 26

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

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Notes

27 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 27

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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10:00 PM	
11:00 PM	
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Tah-Dah List

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Urgent!

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28 *Daily* Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 28

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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8:00 PM	
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Tah-Dah List

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Urgent!

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Notes

29 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 29

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
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10:00 PM	
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Tah-Dah List

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Urgent!

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Notes

30 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 30

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

- _____
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Urgent!

- _____
- _____
- _____

Notes

31 Daily Journal

LIVING TODAY IN HIS STRENGTH

Scripture for Today

Daily Intention: Today I will honor God by...

Top 3 Priorities: Morning Focus

Spiritual

Emotional/Relational

Physical/Practical

Evening Reflection:

Gratitude: 3 things I'm thankful for today...

Faith Check: How did I see God's hand in my day?

Did I act with faith and courage?

Did I steward my time well?

Notes:

Reflections, Revelations, To-dos

Daily Planner 31

Be intentional

Mood :     

Time	Schedule
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	

Tah-Dah List

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Urgent!

- _____
- _____
- _____

Notes

March Reflection:

What did God reveal to me this month? How did I experience His faithfulness?

1. Reasoning Box Reflections

- What thought patterns or beliefs surfaced this month that needed renewal?
- How did I align my thinking with God's truth?
- What scriptures or affirmations strengthened my mindset?
- What new perspectives have I gained about myself or my situation?

2. Revelation Switch Reflections

- What insights or revelations did God reveal to me this month?
- How did I create space to listen for His voice (e.g, prayer, meditation, or study)?
- What unexpected lessons or wisdom did I receive during challenging moments?
- How can I carry this revelation forward into the next month?

3. Response Matrix Reflections

- How did I put my faith into action this month?
- What steps did I take to align my choices with God's guidance?
- Were there moments when I hesitated to act? What can I learn from them?
- What opportunities arose for me to grow in obedience, courage, or trust?

March Reflection:

What did God reveal to me this month? How did I experience His faithfulness?

4. Results Awakening Reflections

- What progress or breakthroughs did I experience this month?
- How did God show His faithfulness in my life?
- What results, big or small, am I most grateful for?
- How can I build on these results as I move forward?

Overall Reflection

- What were my greatest victories this month, spiritually, emotionally, or practically?
- What challenges stretched me, and how did I grow through them?
- In what ways did I feel closest to God, and how can I nurture that connection?
- What is one word or theme that defines this month for me?

Looking Ahead

- What area (Reasoning, Revelation, Response, or Results) do I want to focus on most next month?
- What steps can I take to better align my actions with God's plan?
- What prayers, scriptures, or affirmations will anchor me in the coming weeks?
- How can I prepare my heart and mind to embrace the next cycle of growth?

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