

January ReSet Retreat Workbook



A Companion for the 2025
January ReSet Virtual Retreat

Today's Intentions

My Thoughts & Notes

A large, empty white rounded rectangle with rounded corners, intended for writing thoughts and notes.

Today's Intentions

Reflection



January 18, 2025

Today is about you and the life you want to live. And honestly, what you put in to today, is what you will receive. Invest a few moments to get clear on how you want to show up today and to turn your heart in that direction. What is your intention?

Intention 1	Why it's important :
	How will you know you are achieving your intention?
Intention 2	Why it's important :
	How will you know you are achieving your intention?
Intention 3	Why it's important :
	How will you know you are achieving your intention?

Session 1: Reasoning Box

My Thoughts & Notes

Session 1: Reasoning Box

Reflection



January 18, 2025

Luke 6:45- "What you say flows from what is in your heart." Based on the words you are speaking about your relationships, your work, your life, what is in your heart? Life or destruction?

Proverbs 27:7b- "even bitter food tastes sweet to the hungry." What kind of things are you "tasting" to satisfy your hungry heart?

Proverbs 23:7 - "for as he thinks in his heart, he is". Where can you see the power of your thoughts and words showing up in your life?

As you consider your answers, what areas can use some transformation?

Session 1: Reasoning Box

Exercise

What Am I Thinking?

What is the thought that takes up the most room?

Is this a "wishful thinking" thought, based on a desire for life to be different?

----- Yes ----- No

Is this a continuing thought based on an event that took place?

----- Yes ----- No

If it is an actual circumstance, is there anything you could ACTUALLY have done to change it?

----- Yes ----- No

Is there anything you can do about it now, or is it in the past?

----- Yes ----- Past

If you can change it now, what can you do? Are you willing to do it? If not, what is holding you back? If yes, when can you do it?

If it is in the past, you cannot change it. Who do you need to forgive?

----- Myself ----- Someone else

As you reflect on your thought, is it a thought that originates from the way you were raised, a way of thinking you consciously developed for yourself, or is it possible it comes from the enemy to torment you?

Session 1: Reasoning Box

Exercise

Today, I'm Thinking...	(+ or -)

Choose ONE of the thoughts and write about it. Here are five guidelines:

- Is it about the future, the past or current circumstances?
- Is it reality-based or speculation about what *might* happen?
- What is the worst thing that could happen?
- What is the best thing that could happen?
- Is this thought about you or someone else?

Session 2: Revelation Switch

My Thoughts & Notes

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Session 2: Revelation Switch

Reflection



January 18, 2025

Romans 12:2 - "let God transform you into a new person by changing the way you think". What has the Lord been saying to you about your thoughts?

Psalm 119:130 - "the teaching of Your word gives light". Have you asked the Lord to show you His word on the situation?

John 10:10a - "the thief's purpose is to steal, and kill, and destroy". What area(s) of life do you see the results of the enemy?

John 10:10b - "My purpose is to give them a rich and satisfying life". What would a rich and satisfying life look like?

Session 2: Revelation Switch







Exercise

The ReNewed Mind Design Practice

Mindset healing begins with revelation. But putting that revelation to work is what creates transformation.

Choose one of the thoughts you've identified for this practice.

- 1) **Scripture of the Day:** Search a Bible app or Google for scriptures about the thought patterns you want to transform. Let's use *anxiety*. A quick search reveals 1 Peter 5:7. "Give all your worries and cares to God, for He cares about you".
- 2) **Write it Out in Your Own Handwriting**
- 3) **Express in Your Own Way;** art, poetry, photography, etc.
- 4) **Write How the Scripture Applies to You Personally.** How can you apply the scripture to your day?
- 5) **Write the Scripture as a Prayer.** For instance, "*Father, I thank You that You care about me. I give all my worries and cares to You.*"

<p><i>Why Do This?</i></p>  <p>To transform your way of thinking to the way God thinks about you and your life.</p>	<p><i>Read</i></p>  <p>Daily Scripture Reading. Each daily passage will reinforce the shifts you are making in your thought processes.</p>	<p><i>Write</i></p>  <p>Writing out the scripture wires the truth of the Scripture to the cognitive thinking part of your brain.</p>
<p><i>Express</i></p>  <p>Expressing the Scripture passage in a creative way connects it to the creative hemisphere of your brain.</p>	<p><i>Apply</i></p>  <p>Scripture isn't theory. If it doesn't apply to you, it can't transform you.</p>	<p><i>Pray</i></p>  <p>Prayer is you speaking to God. Speak His Word back to Him.</p>

Session 2: Revelation Switch

Exercise

Write it Out in Your Own Handwriting

Express It In Your Own Way

Scripture

How it Applies to You Personally

Write the Scripture as a Prayer

Session 3: Response Matrix

My Thoughts & Notes

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Session 3: Response Matrix

Reflection



January 18, 2025

Matthew 12:25- "But Jesus knew their thoughts, and said to them: "Every kingdom divided against itself is brought to desolation, and every city or house divided against itself will not stand." Where do you feel like you have divided thoughts?

Matthew 7:7- "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you." Are you practicing this scripture? If no, why not?

1 Corinthians 14:33- "For God is not a God of confusion, but of peace" Where are areas of confusion in your life?

Joshua 1:8- "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Do you have a daily Bible reading and meditation practice? If no, why not?

Session 3: Response Matrix

Exercise

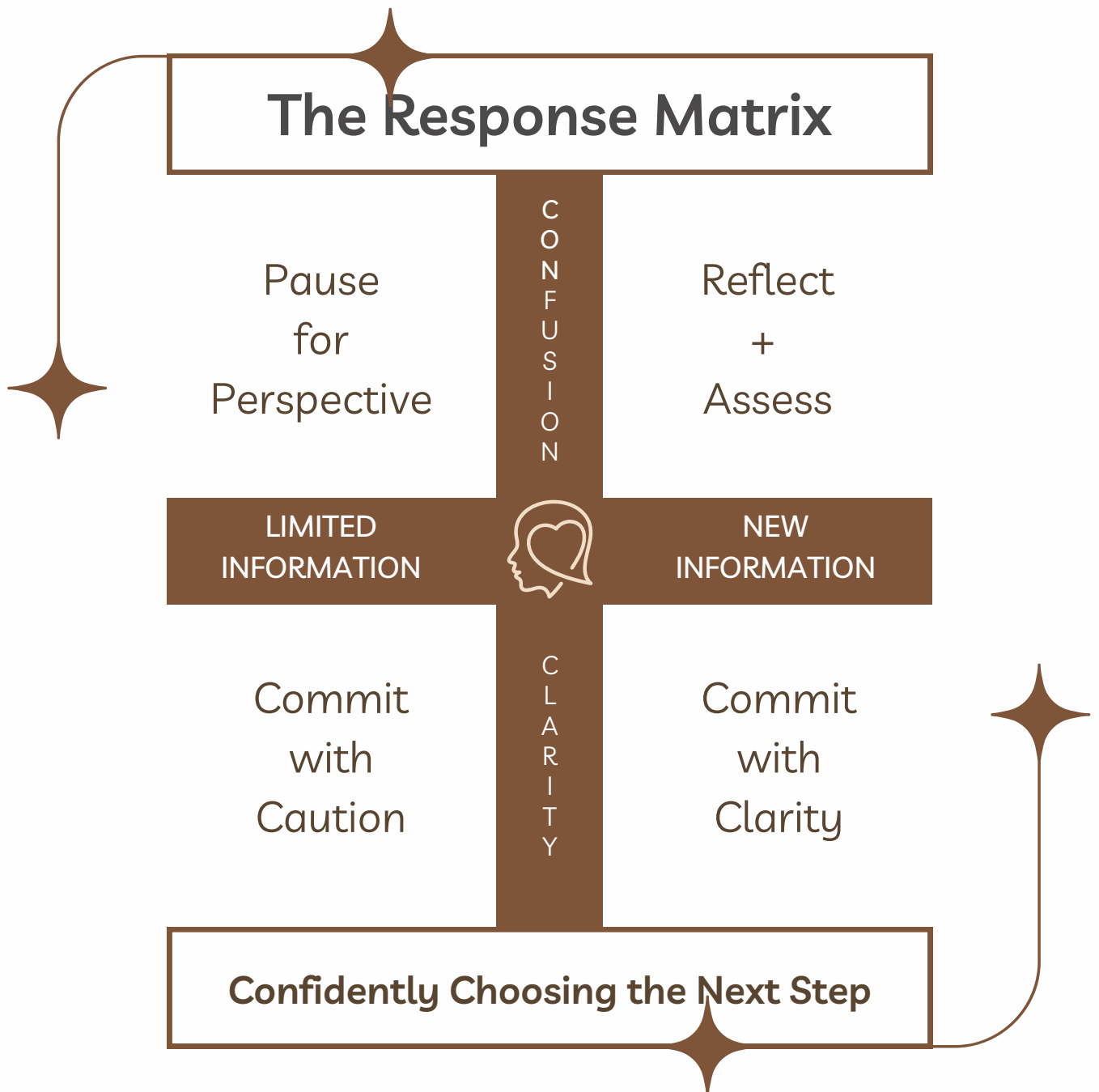
The Secret Key Choose Life

Step by Step Using the Secret Key

- **Step 1:** What decision is creating brain fog, confusion, or fear?
- **Step 2:** What do you need to address the confusion?
 - More information is usually the right response.
- **Step 3:** Where can you get the information you need?
 - Is it a person or a process?
 - Can you search for books, the Bible, or the internet?
 - Would a one-on-one conversation help or can you get what you need alone?
- **Step 4:** Now that you have new information, how does it line up with the life goals you have for your future?
 - Does this move you toward the path or away?
 - If away, is it worth the risk of missing your goal?
 - If toward, will you risk comfort to get it?

Session 3: Response Matrix

Exercise



Session 4: Results Awakening

My Thoughts & Notes

Session 4: Results Awakening

Reflection



January 18, 2025

What results do you want to experience?

How will you know that you have achieved your goal or that you are on the right path?

What steps do you have to take to achieve the results?

What is this result important to you? How does it impact others?

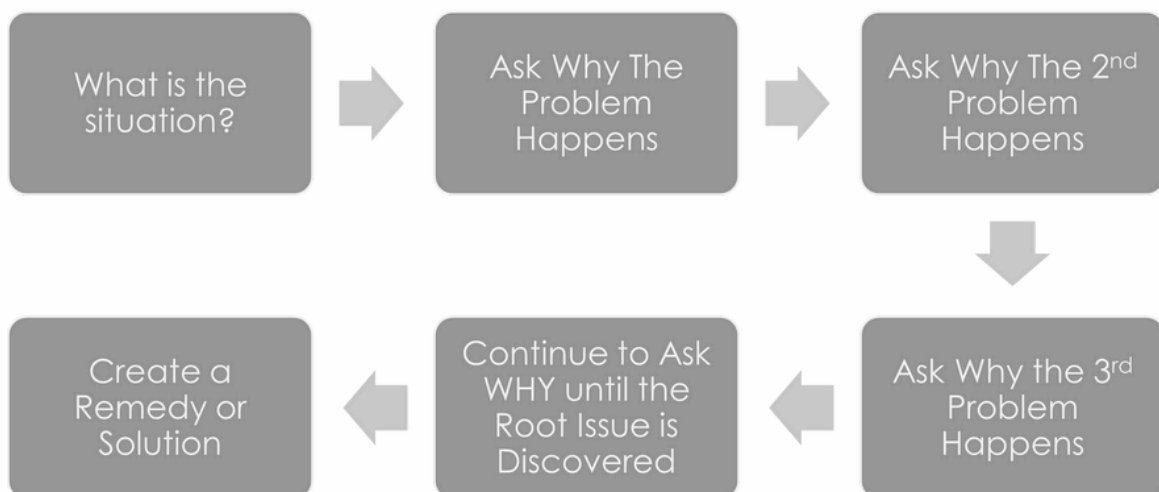
When will you accomplish the result? What's the timeline?

Session 4: Results Awakening

Exercise

The 5 Whys

- Write down the specific problem. Writing the issue helps you formalize the problem and describe it completely.
- Ask *Why* the problem happens and write the answer down below the problem
- Why? ***Again...***
 - Loop back to step 3 until the the problem's root cause is identified. Again, this may take fewer or more times than five *Whys*.
- Once discovered, it is time to create a REMEDY or SOLUTION to the problem.



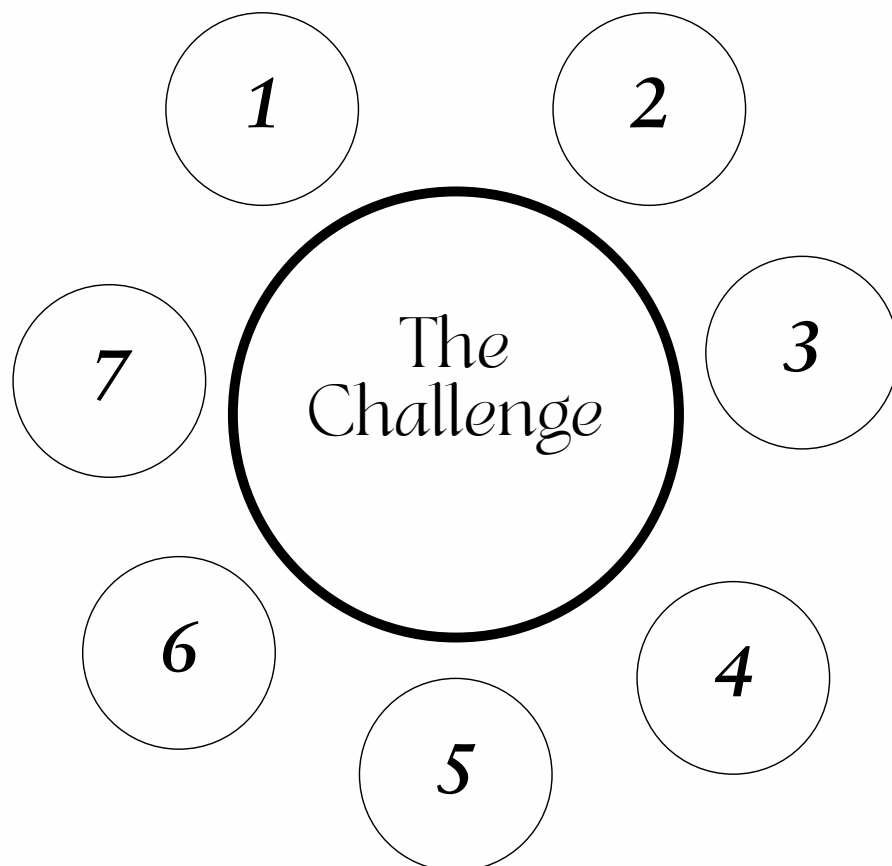
Session 4: Results Awakening

Exercise

Circle of sevens

Lack of clarity creates confusion. A confused mind says, "NO". *The Circle of Sevens Practice* can help eliminate the power of confusion.

- In the center of a sheet of paper, write out the decision, challenge, or project. Put a circle around it.
- Around the circle, brainstorm 7 ways a decision could be made, ways to solve the challenge, or ways to complete the project. Put circles around the items.
- Decide which circle resonates with you.
- Place that answer in another center circle and complete the same process to answer the potential benefits or downsides of the decision.
- Once you have clarity, you have your answer. Do this no more than five times.
- Remember there is no perfect answer, only the one that works for you right now.



Final Thoughts

My Thoughts & Notes

Final Thoughts

W.O.W.

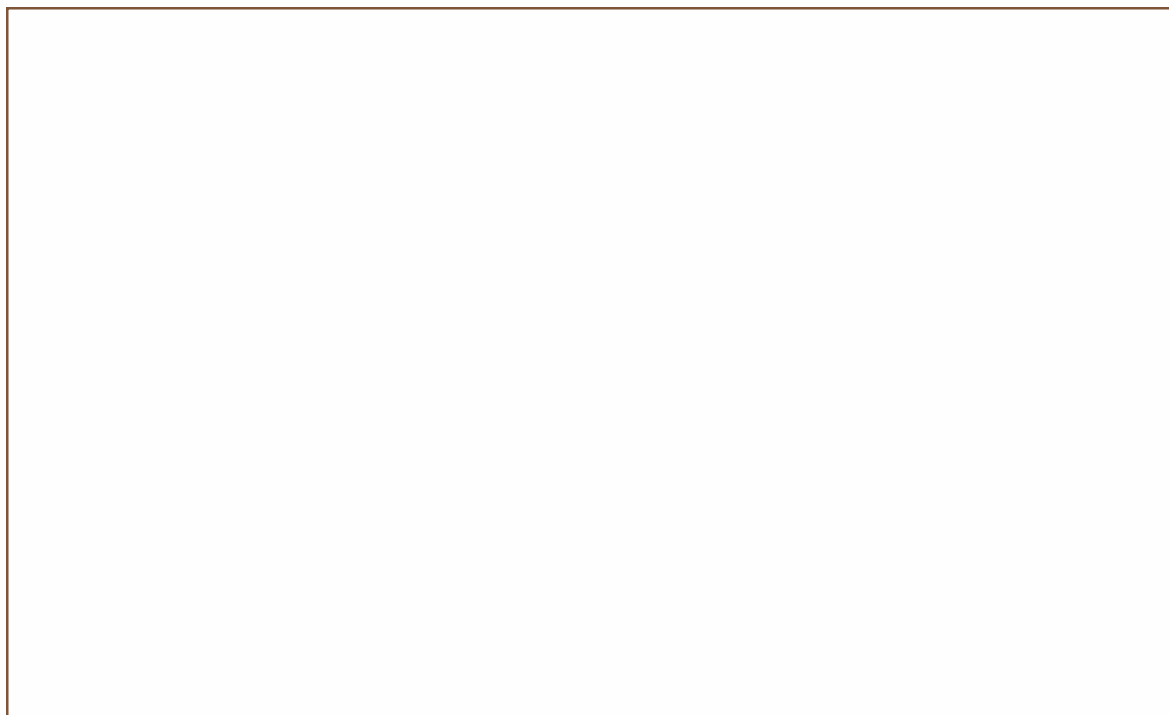
Within One Week

Now you've finished the workshop, it's time to put the learning to use.

The *W.O.W. Practice* creates a space for you to do just that.

Choose one concept you've learned today and implement it.

- Identify a core belief and its origins.
- Discover what the Lord says about one of your identity beliefs.
- Choose an area you've been struggling with and apply the Response Matrix.
- Identify an area where you want new results.



Final Thoughts

W.O.W.

Schedule a One-to-One Conversation

I have a gift for you because you participated in the January ReSet Retreat. But you can only receive it when you schedule a 1-1 Complimentary Clarity Conversation with me within the next seven days: ***by or before January 25, 2025.***

The Complimentary Clarity Conversation is a one-hour coaching experience. During this time, we will talk about any issue you choose. It's the perfect time for you to dive deeper into the questions that may have come up today.

You are under no additional obligation to engage me as your coach.

However, at the end of our conversation, I will offer you a 40% discount on any of my one-to-one coaching packages.

Go to <https://DonnaWoolam.com/Belief-Revolution> to schedule your Clarity Conversation.

Connect with Me

Apply for a Discovery Call

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

Journey to Wholeness Facebook Community

<https://Facebook.com/groups/christianjourneytowholeness>

My Facebook Page

<https://Facebook.com/DonnaWoolamAuthor>

My YouTube Channel

<https://YouTube.com/@DonnaWoolamTheLifeInspired>

Instagram

@donnawoolam

LinkedIn

<https://LinkedIn.com/in/donnawoolam>

Pinterest

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