

Welcome

to the Alive and Free Intensive Course

Congratulations! We are SO excited you are here. You are making a powerful choice, maybe for the first time in your life, to take a break from caring for everyone around you, managing your circumstances, or living to just get by. You are taking care of you, and whatever background you are coming from we welcome you. You are creating a legacy just by choosing this one step in your journey. Take a deep breath, you've taken a risk to invest in yourself, that is so brave. You won't regret it!

Before starting, take a moment to sit still and quiet. As you sit still and become aware of how you are feeling, start to describe it below. Are you feeling scared? Anxious? Excited? Unsure? We want you to know these emotions are SO ok. There is no "right or wrong" way to be feeling before you start this process. Start with understanding that whatever comes up as you write things down is a beautiful start to your journey.

This course is not a "fix yourself course" or taking away from what Jesus has already done on the cross. It's not an overnight quick fix. This is a lifelong process that you will continue to have to go through as you enter into new relationships and continue to seek God on your journey.

Write your thoughts below:

Own Your Why

You said YES!

What happened inside of you as you watched the webinar and spoke with your enrollment coach? What happened in you that caused you to connect with this course? Why did you say yes?

[illegible]

"The process matters. Change is a partnership between God and me. For it to work, I have to understand what God's part is and what is mine. I need to get comfortable enough working together with him on my heart that I don't freeze up whenever I see something wrong in me, or spend my lifetime using work, humor, TV, or other defenses to distract me from really looking at my own brokenness.

I have to become deeply convinced of God's affection towards me - deep in my heart, not just my head - because I have experienced him saying he loves me over and over again, particularly in my broken places.

I need to encounter love to the point that I feel free to abandon using self-discipline to give me the sense of being good enough or worthy of the approval that I crave. Then, instead of trying to change myself by pasting the Band-Aid of willpower on my wrong behavior, I'll instinctively accept the invitation to come to him broken, receive the power that comes from hearing him speak a word of life to my deepest needs, and relax into the change process he started before I was even aware of what he was doing."

Tony Stoltzfus, *The Invitation*

Heart Connection

Place one hand on your heart, close your eyes, and take a few deep breaths

Imagine Jesus walking on this Earth completely commissioned to do the work of his Father whom he loves and trusts.

Ask "Jesus, would you give me direction? Would you give me purpose? Would you give me a heart that is surrendered to the work of the Father? Would you help me see through my pain and disappointment and straight into your heart and what you're doing?

Jesus, what would you have me focus on in this course? What do you want for my life?"

Write down any thoughts you have from that prayer:

Desired Outcomes

You will have tangible breakthroughs throughout your time in this course. We have seen thousands of women deepen their intimacy with God, themselves and others as well as many life circumstances change as a result of this work.

We'd love to invite you to dream of how you want your life to look a year from now, or 5 years from now, or even 10-20 years from now. What is different about your future compared to now? What do you want to leave behind and what new territory do you want to step into? What do those you admire have that you want?

For this exercise, we will have you take a few minutes to dream of that future version of YOU. What are 10 desired outcomes that you have for your future? We will ask you to share a few of these on your live activation call (which you will book through your member portal).

Macro Outcome for this Come Alive course: *"I am healing my relationship with me"*

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Reflection

When have I felt more open to life? What are the breakthroughs that I've had in my life, whether it was a tiny internal shift or a big external shift?

Set Yourself up For Success

What is your learning style? What are your typical stumbling blocks? How can you typically tell if you're making progress?

Describe your ideal boss or teacher. Describe your ideal work or school environment.

How many hours a week do you want to dedicate to this program? What days can you block on your calendar to work on this?

Creating Your Own Personal Why

Please follow along with this activity to create your personal mission statement. The goal is to create a one sentence statement that captures your mission for this program and aligns with where you want your life to be directed.

**“To see things dangerous to come to, to courageously press on, to deliver the gift of me to the world in gentleness and truth.”
(Coach Jenny Gordon’s Personal Mission Statement)**

Step 1: Gather Information About Yourself

After you’ve journaled some thoughts on the following questions, go back and highlight some key words from your responses that summarize your thoughts.

What Lights you up?

Key words: _____

What do you value most?

Key words: _____

What have you accomplished so far that names who you are?

Key words: _____

What makes you feel most connected to others around you?

Key words: _____

What have you already done that aligns with where you want to be? (Think back on memories when you felt fulfilled, satisfied, gratified by what you were doing.)

Key words: _____

Step 2: Envision your Legacy: How do you want to be known?

If the people who love you most were describing you, what would they say about you?

Key words: _____

How do loved ones relate to you? What do they see in you?

Key words: _____

How would they describe your behavior and/or demeanor?

Key words: _____

How do you want to be perceived by others? What do you want to be known for?

Key words: _____

Is there anything from question #4 that you want to be known for, but aren't fully walking in?

Key words: _____

Step 3: Where Are You Going?

Physically, mentally spiritually, what direction are you going?

Key words: _____

What do you want to be remembered for?

Key words:

What do you need to leave behind in order to keep going in that direction? What are you carrying now that you can't take with you?

Key words:

What does future you have that you don't currently? What do you need to receive, or learn, or step into to move towards what you want?

Key words:

Step 4: Time to Create

Using the keywords from above, organize a personal mission statement that reflects who you are, what you value, what you want, and where/how you're going to get there.

There is no wrong way to do this, and the goal is to cast a vision for your future self. It's also okay if it evolves and changes over time. Don't sweat it, you're gonna do great.

You're welcome to follow this guide below or check out some of the examples provided, but we want this to feel like you. We love it already!

Optional Writing Guide: "To be [who are you/what do you value keywords] by stepping into [what is your legacy/where are you going keywords]"

Some examples:

"Not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

—Maya Angelou

"To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world."

—Amanda Steinberg, Dailyworth.com

My Personal Mission Statement:

Verb Examples to Spark Creativity!

Abound	Establish	Love	Release
Accelerate	Evolve	Magnify	Renovate
Access	Excite	Maintain	Represent
Acquire	Fan	Manage	Rest
Achieve	Fashion	Master	Restore
Acknowledge	Favor	Mature	Reveal
Activate	Feast	Merit	Rise
Amplify	Flourish	More	Satisfy
Ascend	Forgive	Motivate	Sculpt
Blossom	Fortify	New	Secure
Boost	Fresh	Nourish	Seek
Build	Full	Nurture	Select
Champion	Fun	Obtain	Shape
Cherish	Gain	Open	Shine
Climb	Garnish	Pilot	Stir
Complete	Gather	Pioneer	Surpass
Confirm	Harmonize	Pivot	Taste
Culminate	Highlight	Plan	Thrive
Declare	Honor	Play	Touch
Deepen	Hope	Pleasure	Treasure
Defend	Identify	Praise	Triumph
Define	Illuminate	Pray	Uplift
Delight	Illustrate	Produce	Uphold
Deposit	Immerse	Progress	Unify
Desire	Impart	Promote	Use
Develop	Implement	Prosper	Validate
Draft	Increase	Publish	Value
Dream	Influence	Purify	Visualize
Edify	Inspire	Purpose	Vocalize
Elaborate	Install	Qualify	Vow
Elevate	Integrate	Receive	Wake
Empower	Invigorate	Refine	Welcome
Engage	Invite	Refresh	Wonder
Engineer	Lavish	Regard	Worship
Enrich	Lead	Rejoice	
Enthral	Learn	Rejuvenate	

Bonus Challenge: Share this with someone close to you, or someone in the Come Alive community group to allow yourself to be seen in the beautiful vulnerable state of casting vision for your future!

Extra Journal Space:

[illegible]

Extra Journal Space:

[illegible]

Extra Journal Space: