

2026 WOMEN'S RETREAT

Official Class Workbook Day 2



the workbook

HOW TO USE THIS WORKBOOK

This workbook is designed to follow the **live class agenda exactly**. Each section corresponds directly to one session. Write honestly. Do not rush. This is sacred work paired with practical clarity.

Throughout this workbook you will see: - **Three reflection lines under each teaching section** for personal notes - **Bolded exercises with clear instructions** - **Dedicated space to write directly in**

SESSION FOUR: RENEW

Aligning Vision with Purpose

Teaching Focus

My Notes:

Vision without alignment creates frustration. Renewing the mind must come before renewing goals.

Fear-based decisions distort vision. God-led alignment restores clarity and peace.

Scripture

“Commit to the Lord whatever you do, and He will establish your plans.” — Proverbs 16:3

VISION ALIGNMENT EXERCISE

Instructions: Ask God for clarity before writing. Answer each section honestly.

Write clearly:

- What God is calling me to START: _____

- What God is calling me to STOP: _____

- What God is calling me to TRUST: _____

Reflection

Write your thoughts below:

What would change if I fully trusted God with this vision?

SESSION FIVE: RECLAIM

Taking Back Authority Over Your Life

Teaching Focus

My Notes:

Authority is restored when boundaries are honored. Hustle culture replaces authority with exhaustion. God restores confidence, voice, and clarity.

You do not need permission to walk in alignment.

Scripture

“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” — Luke 10:19

“No, in all these things we are more than conquerors through Him who loved us.” — Romans 8:37

RECLAIM AUTHORITY EXERCISE

Instructions: Complete each statement with intention and confidence.

Complete the statements:

- I reclaim my _____

- I reclaim my _____

- I reclaim my _____

Boundary Declaration

I say yes with peace. I say no without guilt. I walk in authority.

SESSION SIX: THE VISION RELEASE

Your 2026 Vision Declaration

Teaching Focus

My Notes: _____

Vision must be spoken before it is seen. Faith activates movement. Obedience accelerates clarity.

Declaration is alignment with God's instruction.

Scripture

"Then the Lord replied: Write down the revelation and make it plain on tablets so that a herald may run with it." — Habakkuk 2:2

VISION DECLARATION EXERCISE

Instructions: Write boldly. Speak aloud if you are able.

Write:

- One word for 2026:

- One faith goal:

- One obedience action

Speak your vision aloud.

Declaration

I move with faith. I obey with clarity. I step into 2026 aligned and confident.

CLOSING CEREMONY

Sealing the Work

Reflection

Write your thoughts below:

What shifted in me?

What clarity did I gain?

What will I carry forward?

Final Declaration

I receive clarity. I walk with courage. I am moving forward with confidence.

Declaration (Read Aloud)

I declare and decree that I take back what God has already given me.

I reclaim my authority, my voice, my confidence, and my boundaries.
I no longer live in reaction, hesitation, or permission-seeking.

I am empowered, not overwhelmed.
I am confident, not conflicted.
I walk in the authority God assigned to me, and I move forward without guilt or fear.

2026 VISION BOARD WORKBOOK

Aligning What You See with What God Has Spoken

MODULE 4 OVERVIEW

Your vision board is a **visual alignment tool**. It helps you keep God's instruction in front of you, so your daily decisions stay connected to your purpose.

This workbook will help you:

- Clarify what God has already revealed
 - Eliminate distraction and overwhelm
 - Create a vision board that supports obedience and consistency
 - Use your vision board as a daily checkpoint
-

STEP 1: START WITH PRAYER, NOT PICTURES

Teaching

Vision begins with confirmation, not creativity. Prayer ensures that what you place on your vision board reflects God's instruction rather than personal preference or social influence. Without prayer, vision becomes comparison. With prayer, vision becomes alignment.

Scripture

"Commit to the Lord whatever you do, and He will establish your plans." — Proverbs 16:3

Reflection & Prayer Space

Use the space below to pray and write what God highlights.

Clarity Questions

- What did God highlight for my 2026?
- What word, direction, or focus keeps coming up?
- What aligns with peace, not pressure?

STEP 2: CHOOSE A FOCUS, NOT EVERYTHING

Teaching

Clarity produces momentum. When vision is scattered, execution becomes difficult. A focused vision board helps you make cleaner decisions throughout the year and prevents overwhelm.

Scripture

"The plans of the diligent lead surely to abundance." — Proverbs 21:5

Focus Exercise

Write your focus clearly below.

My One Word for 2026:

Key Areas God Is Emphasizing (circle or write): Faith | Health | Purpose | Peace | Growth | Relationships | Other: _____

What direction matters most this year (not details):

STEP 3: SELECT IMAGES THAT REPRESENT ALIGNMENT

Teaching

Images influence mindset. Aligned images reflect how you are becoming, not just what you want to achieve. Your vision board should support peace, growth, and obedience.

Scripture

"As a woman thinks in her heart, so is she." — Proverbs 23:7

Alignment Check

As you choose images, write below:

- How I want to live:

- How I want to feel:

- Who I am becoming:

Words, Scripture, symbols, and photos are all appropriate if they align with God's instruction.

STEP 4: PLACE IT WHERE YOU MAKE DECISIONS

Teaching

Vision must be visible to influence behavior. Placement turns vision into a daily reference point that quietly guides decisions and priorities.

Scripture

"Write the vision and make it plain." — Habakkuk 2:2

Placement Plan

Where will your vision board live?

☐ Near my desk ☐ In my prayer space ☐ On my phone or tablet ☐ Inside my planner or journal ☐ Other: _____

Why this placement matters to me:

STEP 5: USE YOUR VISION BOARD AS A CHECKPOINT

Teaching

A vision board is not decoration — it is a filter. It helps you evaluate decisions, opportunities, and priorities so you remain aligned throughout the year.

Scripture

"Let your eyes look straight ahead; fix your gaze directly before you." — Proverbs 4:25

Decision Filter Questions

When making decisions, ask:

- Does this align with my vision?
- Am I moving toward or away from what God showed me?
- Is this feeding my future or distracting me?

Write one decision I can use this board to guide:

2026 VISION BOARD DECLARATIONS

Read these aloud as you complete your board.

1. I declare and decree that my vision for 2026 is aligned with God's will.
2. I declare and decree that peace confirms my direction.
3. I declare and decree that fear has no authority over my vision.
4. I declare and decree that my decisions support my future.

5. I declare and decree that I steward this vision with discipline and faith.
6. I declare and decree that my vision board keeps me aligned, not pressured.
7. I declare and decree that I will return to alignment quickly.
8. I declare and decree that I walk in my God-given identity.
9. I declare and decree that provision meets obedience.
10. I declare and decree that God establishes every step I take.

FINAL REFLECTION

What stood out most to me during this process?

One commitment I am making to stay aligned in 2026:

CLOSING STATEMENT

What God revealed, I will steward. What I see, I will honor. What I honor, I will protect.

Thank you for taking the time to attend this two-day retreat. Your presence, your openness, and your willingness to engage in the work made this experience meaningful. My prayer is that you leave with clarity instead of confusion, peace instead of pressure, and confidence in what God has revealed to you for this next season. The insight and alignment you gained here are meant to support you long after the retreat ends.

Because this conference was offered **free to attend**, I want to share a little about the heart behind it. This retreat is connected to our nonprofit, **N The Know Cares 4 U**, which exists to serve and uplift underserved communities, including families, seniors, veterans, and children through food distribution, outreach, and community support. If you feel that you learned something, were encouraged, or received value from this experience, and you feel led to give, you are welcome to donate any amount by visiting **ntheknowcares4u.org**.

There is no obligation — only an open invitation, to help us continue this work and extend care, dignity, and hope to others.

Heavenly Father, we thank You for every woman who showed up for this retreat. Thank You for the courage it took to pause, reflect, and open her heart to You. Thank You for meeting each one exactly where she is and speaking with clarity, gentleness, and truth. Lord, I ask that You pour into them now in a deeper way. Restore what has been depleted, strengthen what has been shaken, and confirm what You have revealed. Let every seed planted during this retreat take root and grow. Replace weariness with renewed strength, uncertainty with confidence, and fear with peace. Where there has been heaviness, bring lightness. Where there has been doubt, bring assurance. As they move forward, guide their steps and guard their hearts. Help them walk in obedience without pressure and confidence without striving. Let them remember who they are, whose they are, and where You are leading them. May they leave this retreat anchored in truth, clear in vision, and steady in faith. We trust You with what comes next. In Jesus' name, Amen.

END OF CLASS WORKBOOK

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Created with purpose and prayer. This workbook is intended for personal growth and spiritual development by authorized participants of the 2026 Women's Retreat.

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