

## Great Day VIP Warrior:

### Let's Do This.

Pre-requisite for reviewing this information – Read Chapter ONE  
Chapter ONE talks about:

### **The Power of Small Beginnings**

**Zechariah 4:10a** informs us:

*The people should not think that small beginnings are unimportant. They will be happy when they see Zerubbabel with tools, building the Temple.*

Though your beginning may have seemed so insignificant, experience this great passage from Job 8:7-17, that informs you of the power of small beginnings.

Where you began will seem unimportant, because your future will be so successful.

Ask old people; find out what their ancestors learned, because we were only born yesterday and know nothing. Our days on earth are only a shadow.

Those people will teach you and tell you and speak about what they know.

Papyrus plants cannot grow where there is no swamp, and reeds cannot grow tall without water.

While they are still growing and not yet cut, they will dry up quicker than grass.

That is what will happen to those who forget God; the hope of the wicked will be gone.

What they hope it is easily broken; what they trust is like a spider's web.

They lean on the spider's web, but it breaks. They grab it, but it does not hold up.

They are like well-watered plants in the sunshine that spread their roots all through the garden.

They wrap their roots around a pile of rocks and look for a place among the stones.

### **Try this exercise:**

DIG DEEP	within
EXPAND	your territory
GROW	in wisdom and knowledge of God
WALK	by faith daily
LIVE	looking forward and not backward
AND BECOME	a living witness that testifies the sky is <i>not</i> your limit

**What is your greatest takeaway from Chapter ONE?**

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Pre-requisite for reviewing this information – Read Chapter TWO  
Chapter TWO talks about:

**Overcoming Failures**

*Do not be embarrassed by your failures, learn from them and start again.*

Richard Branson

Let's just face it. We all experience failures, disappointments and even rejections.

Join me in a prayer to overcome failures.

Father God, in the name of Jesus, help me let go of my fear of failure. Help me from this moment on to live with the highest confidence in you and you alone. Help me not compare myself to anyone but to love the life that you have given to me.

As I re-commit my vows to you, thank you for creating in me a clean heart, and for renewing the right spirit within me. I realize I can do nothing without you, and all things are possible with you.

Thank you so much for creating me in your image and making me resilient.

Your word reminds me in all my getting, to get an understanding.

Help me to seek understanding and wisdom.

Help me to be strong and courageous.

I count it done in Jesus' name.

Amen.

**What is your greatest takeaway from Chapter TWO?**

**Great Day VIP Warrior:**

**Let's Do This.**

Pre-requisite for reviewing this information – Read Chapter THREE  
Chapter THREE talks about:

### **Keep The Dream Alive**

*Without execution, your dream is just a nap.*

John Jennings

### **Dare to Dream**

**Dreams and plans work hand in hand  
Hold fast to dreams  
Dreams come in all dimensions and magnitudes  
Hold fast to dreams**

**Dream in color, dream colorless  
Hold fast to dreams  
Dreams sometimes help us find our way  
Hold fast to dreams**

Keeping your dream alive and well is going to take what action from you?

**Listed below are ten important rules you must remember to keep your dream alive:**

- Be ready when opportunity knocks.
- Be patient.
- Stop comparing yourself to others.
- If you believe what's for you is for you--let your actions reflect.
- Pay it forward.
- When you learn –teach.
- Read more books.
- Journal.
- Realize either you are moving forward, or you are moving backward, there is no such thing as staying the same.
- Celebrate every victory.

**What is your greatest takeaway from Chapter THREE?**

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Pre-requisite for reviewing this information – Read Chapter FOUR  
Chapter FOUR talks about:

### **Next Level Integrity**

Proverbs 20:7 informs us:

*The good people who live honest lives will be a blessing to their children.*

It's very important to define the three words below.

**INTEGRITY** Acting in a way you know to be correct and kind in all situations.

**HONESTY** Being truthful and sincere with your words, actions, and thoughts.

**RESPECT** Treating people, places, and things with kindness.

- What is your own definition of “integrity”?
- Have you ever had consequences for doing the most appropriate thing?
- What did you do when you needed to admit your mistake?
- Do others consider you to be trustworthy?
- How did you deal with awkward situations, i.e., when you witnessed something that made you feel uncomfortable?
- What steps would you take after witnessing one of your best friends do something questionable?
- Think about a time when you had to comply with a policy or a rule you disagreed with. How did it turn out?
- How do you typically respond to gossip?
- How have you dealt with failure or disappointment in your life?
- Describe a situation in which the pressure to compromise your integrity was the strongest.

**What is your greatest takeaway from Chapter Four.**

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Pre-requisite for reviewing this information – Read Chapter FIVE  
Chapter FIVE talks about:

**Laughter Is Like a Medicine with No Side Effects**

*He who laughs last, laughs best.*

John Heywood

Quiz.

Answer each thought-provoking question/statement honestly.

- What do you feel is the one thing missing in your life?
- What do you spend the most time thinking about?
- Define happiness.
- Define joy.
- Based on your definitions of numbers 3 and 4, which do you prefer?
- What stands between you and the joy you want to experience?
- What do you feel you need most in your life right now?
- What would you do that you have always wanted to do if fear was not a factor?
- What do you fear the most?
- When are you are the most joyous?

It has been said that happiness is a state of mind. What do you say?

**The scriptures below are passages for meditation and medication.**

**Genesis 21:6**

And Sarah said, "God has made me laugh. Everyone who hears about this will laugh with me.

**Job 8:21**

God will yet fill your mouth with laughter and your lips with shouts of joy.

**Psalm 2:4**

But the one who sits in heaven laughs; the Lord makes fun of them.

**Psalm 30:11-12**

You changed my sorrow into dancing.  
You took away my clothes of sadness,  
and clothed me in happiness. I will sing to you and not be silent. LORD, my God, I will  
praise you forever.

**Psalm 37:13**

But the Lord laughs at the wicked because he sees that their day is coming.

**Psalm 42:5-6**

Why am I so sad? Why am I so upset? I should put my hope in God and keep praising  
him, my Savior and So I remember you where the Jordan River begins, near the peaks of  
Hermon and Mount Mizar.

**Psalm 96:12**

Give me back the joy of your salvation. Keep me strong by giving me a willing spirit.

**Proverbs 15:13**

Happiness makes a person smile, but sadness can break a person's spirit.

**Psalm 98:4**

Shout with joy to the Lord, all the earth; burst into songs and make music.

**Ecclesiastes 8:15**

The best that people can do here on Earth is to eat, drink, and enjoy life because these  
joys will help them do the hard work God gives them here on Earth.

**What is your greatest takeaway from Chapter FIVE?**

## **Great Day VIP Warrior:**

Pre-requisite for reviewing this information – Read Chapter SIX  
Chapter SIX talks about:

### **Identity Crisis**

#### **Do not allow anyone to define you**

*“Before I made you in your mother's womb, I chose you. Before you were born, I set you apart for a special work. I appointed you as a prophet to the nations.” Jeremiah 1:5*

- What is your self-perception?
- On page 80 of the book, the author suggest that you probably have some of Joseph (the biblical character), in you. Can you relate to that, and if so, how?
- On page 82 of the book, the author emphasizes the important of displaying the love of Christ in your day-to-day walk. Have you considered the ways you can make a huge impact just by displaying God's love?
- Romans 5:18 speaks in this way: But God shows his great love for us in this way: Christ died for us while we were still sinners. Did you find anything profound about this verse? If so, what resonated with you?
- What are you most passionate about?
- Have you ever considered what is your life mission?
- What are your most important values?
- What are your roles in society?
- What is your purpose in life?
- How would you answer this question? Who am I?

**What is your greatest takeaway from Chapter SIX?**



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**Let's Do This.**

Pre-requisite for reviewing this information – Read Chapter Seven  
Chapter Seven talks about:

**When I Get Where I'm Going Where Will I Be?**

In Chapter Seven of the book, the author offers a three-fold formula that will help fill your life with joy, help you enjoy each day, and bless your journey.

The first recommendation is to initiate a special time for daily prayer and a meditation schedule.

This recommendation may be the most difficult if you're a busy person. But, if you're too busy for prayer, you are much too busy. I have found that starting your day without prayer is, to me, like not brushing your teeth.

Can I just say it, like I feel it? Unbusy yourself and pray.

The second recommendation is to realize and accept that your life will not be perfect and neither will you.

Growing up, I am sure you wondered what your life would look like at ages 18, 21, 25, 35, 50, and beyond. Just because it might not look like what you expected at those ages, make the adjustment within your control, and appreciate every chapter of your life.

The last recommendation is to take ownership of your vision.

Seeking God's will which is His word is ideal for the dreamer-- the visionary. Having a clear vision of your life will help you launch out into the direction of the Lord has for you.

You will never regret seeking the will of God. God's will is God's win for you.

**What is your greatest takeaway from Chapter SEVEN?**

## Great Day VIP Warrior:

### Let's Do This.

Pre-requisite for reviewing this information – Read Chapter Eight  
Chapter Eight talks about:

#### **Bring Your Flavor to The Table**

*“Your smile is your logo. Your personality is your business card. How you leave others feeling after having an experience with you becomes your trademark.”*

— Jay Danzie

#### **What is one thing you know now but wish you had known in your youth?**

For me, it would be knowing and accepting the fact that not being like everyone in my circle was ok. I wish I had known that trying to fit in was not *even* necessary.

I wish I had known that using what the Lord has given me to impact someone else is better than trying to be like someone else.

As believers of the Lord Jesus Christ, we are called to bring flavor to the blandness.

Maybe you are the type of person that loves your food well-seasoned. Keep in mind, salt serves a variety of functions.

Prior to refrigeration salt was commonly used as a preservative.

For the sake of this discussion, salt is symbolically used to help you to realize to not only make a difference in the world but to be the difference.

There are a number of references to salt in the bible.

However, the first one that comes to mind for me is Matthew 5:13. This passage informs you—hands down that you are flavorful.

*“You are the salt of the earth.*

*But if the salt loses its salty taste, it cannot be made salty again. It is good for nothing, except to be thrown out and walked on.*

In other words—you are the plug—you are the resourceful one. Let's face it. The world can be a cold dark place, but you can make a difference.

One of the most powerful lessons I have learned in life is to be willing to let go of what culture dictates is right and embrace, display, and stand on the gospel truth. How about you?

Salt suppresses other flavors, such as bitterness and it balances sweetness.

Just as salt gives flavor to food, Christ's followers add flavor to the world by living out the life that we have been called to.

According to what we learn from Romans 12:2, we are called to be conformers and not transformers.

If I could speak to my younger self---I would say never try to fit in.

Remember to use your gifts, talents, and abilities to keep the earth seasoned.

Your saltiness matters. Repeat those words after me. My saltiness matters. Write it down and place it with somewhere you will see on a daily.

What are some ways you can salty up the earth?

**What is your greatest takeaway from Chapter EIGHT?**

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Pre-requisite for reviewing this information – Read Chapter NINE

Chapter NINE talks about:

### **Slay Your Race**

Ecclesiastes 9:11 informs us:

*I have observed something else under the sun. The fastest runner doesn't always win the race, and the strongest warrior doesn't always win the battle. The wise sometimes go hungry, and the skillful are not necessarily wealthy. Those who are educated don't always lead successful lives. It is all decided by chance by being in the right place at the right time.*

The journey has not always been pretty but it's always been worth it.

Everyone created by God is on a journey...run your race

We are not competing; the focus is on completing...run your race

Be steadfast  
Set your pace;  
But run your race

Do not get distracted  
By what is happening around you  
Do not look to the left  
And do not look to the right  
Look upward and inward

Your race is your race  
Increase your faith  
Your angels are surrounding you  
Slay your race

What I have learned while on my race is  
not to make anything any more difficult than it has to be...  
Don't sweat the small stuff is my new reality  
I am unstoppable  
I am unblockable  
I am totally remarkable  
I am running my race

If negative narratives are ever been spoken over you  
I can so relate  
Remember, there's no cap on your success  
Don't even accept the bait  
Run your race

While others are watching and citing your wrongs  
Listen to that still small voice  
saying

YOU ARE GOING TO FINISH STRONG

**What is your greatest takeaway from Chapter NINE?**

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Pre-requisite for reviewing this information – Read Chapter TEN

Chapter TEN talks about:

### **Decoding The Myth of Unforgiveness**

*See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it, many become defiled.*

Hebrews 12:15

Who has not been hurt, rejected, or disappointed? Unfortunately, we all have been in these spaces. Life is full of lessons and sometimes unfortunate situations that turn into blessings. Being hurt is an inevitable part of living in a broken world with broken people. Living in a broken world often causes you to feel a lack of self-worth, a feeling of alienation, and a loss of confidence.

Perhaps you have experienced disappointments and rejection or been mistreated by a close family member or friend. Experiencing these feelings and emotions causes you to become withdrawn, angry, and even vengeful. One of the biggest mistakes is to replay the offense over and over in your mind.

Misconceptions will keep you trapped in an emotionally draining state of unforgiveness. If you only knew that unforgiveness is a blessing blocker, you would not stay there long at all.

Regrettably, harboring bitterness, resentment, and unforgiveness in your heart takes a toll on you physically and spiritually. Jesus taught his disciples, "Whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses" (Mk. 11:25).

The Apostle John wrote it best when he said that it's impossible for someone to love God and hate another person because people are made in God's image and likeness (1 Jn. 4:20). Therefore, holding onto unforgiveness robs people of being able to experience the fullness of God's love and deep intimacy with him.

I am the first one to admit that forgiveness is not as simple and easy as it sounds. But keep in mind, the Lord says vengeance is mine; I will repay.

God is the only one who can only repay, and the only one who can pick up your broken pieces, and use them for His glory.

Pray this prayer.

Dear Heavenly Father,

This is the day You have made; I will rejoice and be glad in it.

Thank you for the power of forgiveness.

I now realize that true forgiveness empowers me to recognize the pain suffered without allowing the pain to define me.

I thank you for the sense of freedom that not only allows me to keep moving forward but to be made whole on my life journey.

Thank you for your peace and your wisdom.

Continue to strengthen me.

In Jesus' name, I pray, Amen.

**What is your greatest takeaway from Chapter TEN?**