



Chase Your Brave

CHAPTER-BY-CHAPTER

workbook

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CHASE YOUR BRAVE



WHAT ARE THREE THINGS YOU WOULD LIKE TO HELP DEVELOP YOUR "CHASE YOUR BRAVE" MUSCLE IN? WHAT SITUATIONS ARE YOU ENCOUNTERING THAT WOULD BENEFIT FROM YOUR BRAVERY? ARE YOU LIVING COURAGEOUSLY?

I am feeling:

Date:

MY ACTIVITY RESPONSE:

1

2

3



SENTENCES THAT STOOD OUT TO ME

HOW CAN I APPLY THIS?

I am NOT letting fear hold me back : ★ ★ ★ ★ ★

"When I am afraid, I put my trust in You." - Psalms 56:3



FILL IN THESE 8 BLANKS WITH YOUR SELF DECLARATIONS. YOU CAN FAIL AND GUESS WHAT? YOU'RE STILL WORTHY! YOU CAN MAKE MISTAKES. YOU'RE NOT PERFECT AND WERE NEVER INTENDED TO BE.

I am feeling:

Date:

MY ACTIVITY RESPONSE:

- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____
- I'M WORTHY EVEN _____



SENTENCES THAT STOOD OUT TO ME

HOW CAN I APPLY THIS?

I am WORTHY and LOVED: ★ ★ ★ ★ ★

"You are precious in my eyes, and honored, and I love you." - Isaiah 43:4



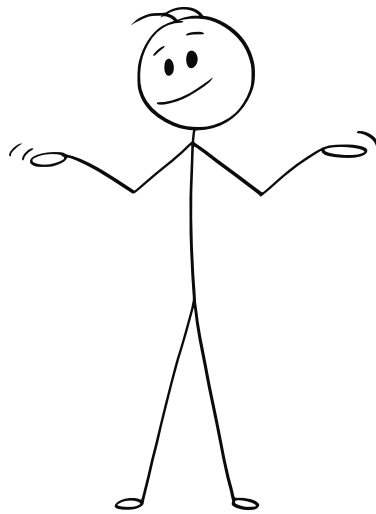
BE INTENTIONAL FOR WHAT YOU ARE WORKING FOR! FIND YOUR WHY. FIND WHAT IS DRIVING YOU AND HOW WILL YOU GET THERE? WHAT IS YOUR DREAM?

I am feeling: _____

Date: _____

MY ACTIVITY RESPONSE:

my dream is...



I AM GOING TO DO THESE STEPS IN ORDER TO GET THERE.

A large, empty rectangular box with a light pink background and a thin orange border, intended for writing the steps to achieve the dream.

I know MY WHY : ★ ★ ★ ★ ★

"Go teach us to number our days that we may get a heart of wisdom." - Psalm 90:12

SAY "YES" TO YOUR FUTURE SELF. THINK BEFORE/AFTER. FROM ASHES, GOD CAN MAKE BEAUTIFUL THINGS! WRITE 5 BEFORE SENTENCES BEING BRAVE VS. "HOW YOU WANT TO FEEL/BE" AFTERWARDS. IT'S NOT OVER. YOU CAN DO IT.

I am feeling: _____

Date: _____

MY ACTIVITY RESPONSE:

Before

After

①

①

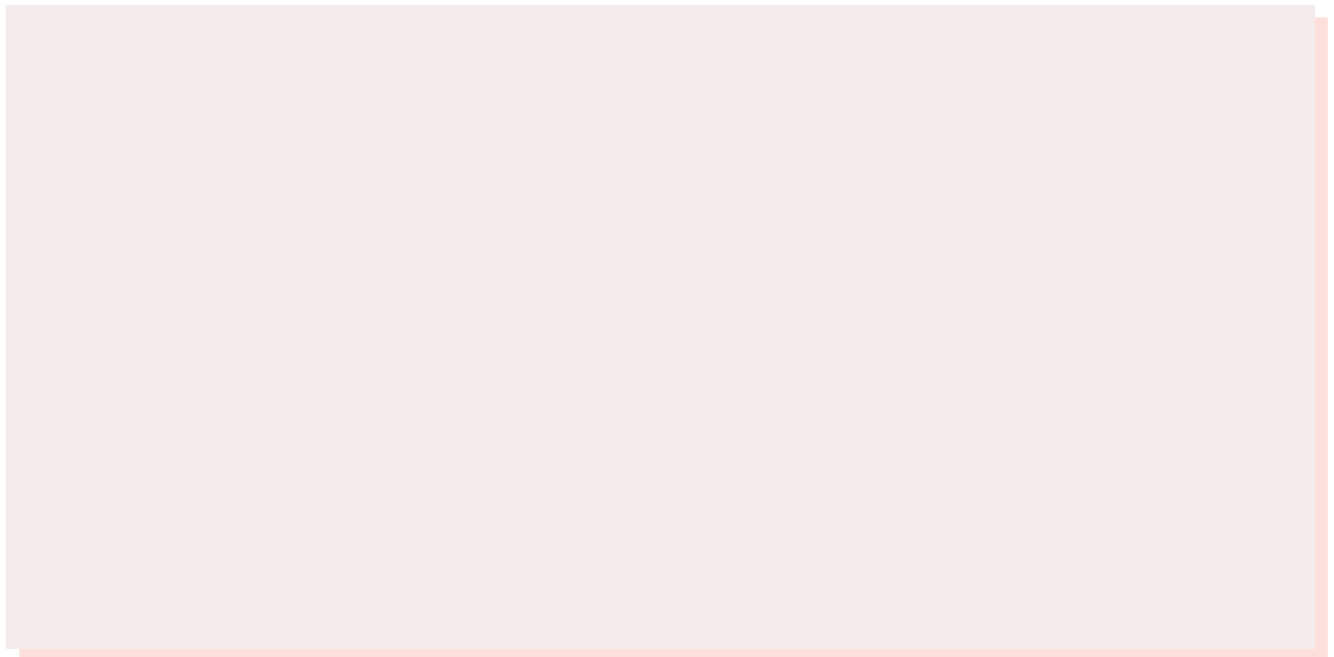
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SENTENCES THAT STOOD OUT TO ME AND HOW I CAN APPLY THEM



I'm working towards my FUTURE: ★ ★ ★ ★ ★

"In all your ways submit to him, and he will make your paths straight." - Proverbs 3:6

MATCH UP THESE NEW THOUGHTS. LET GO OF ANY DOUBT YOU HAVE OF YOURSELF AND KNOW YOU ARE CAPABLE OF ANYTHING YOU SET YOUR MIND TO. YOU CAN DO IT. YOU ARE BRAVE.

I am feeling: _____

Date: _____

MY ACTIVITY RESPONSE: **MAKEOVER YOUR THOUGHTS**

MAKEOVER THESE

- I MIGHT MAKE A MISTAKE
- I'M NOT SMART ENOUGH.
- I MIGHT LOOK FOOLISH TRYING.
- I GET REALLY NERVOUS TRYING NEW THINGS.
- I'M WORRIED WHAT OTHERS THINK.

INTO THOUGHTS LIKE THESE

- A. I GET EXCITED WHEN I TRY SOMETHING NEW.
- B. I CAN'T CONTROL WHAT OTHERS THINK OF ME.
- C. I CAN LEARN WHAT'S NEEDED TO BE SUCCESSFUL.
- D. EVERYONE MAKES MISTAKES & I CAN LEARN FROM MINE.
- E. I'LL FEEL STRONGER IF I TRY.

WHAT I TOOK FROM THIS ACTIVITY

I am MAKING OVER MY THOUGHTS : ★ ★ ★ ★ ★

*"For God gave us a spirit not of fear but of power and love and self-control."
- 2 Timothy 1:7*

INTUITION REQUIRES PRESENCE. PRACTICE BEING AWARE IN THE PRESENT MOMENT, AND TUNE OUT ALL THOUGHTS, OTHER THAN THE REALIZATION OF HOW THINGS LOOK, SOUND, SMELL, AND FEEL AROUND YOU. LET'S PRACTICE THIS.

I am feeling:

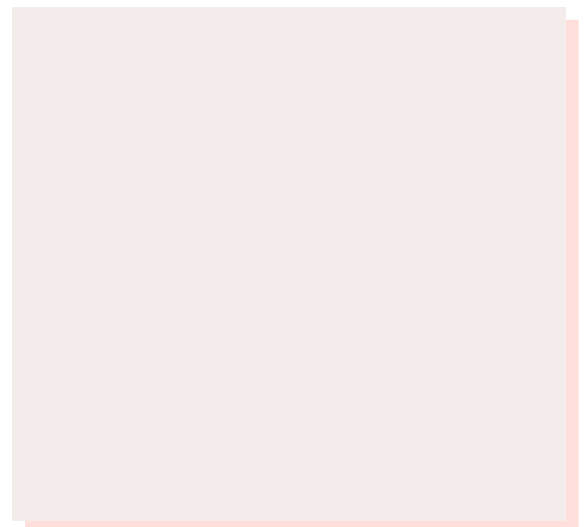
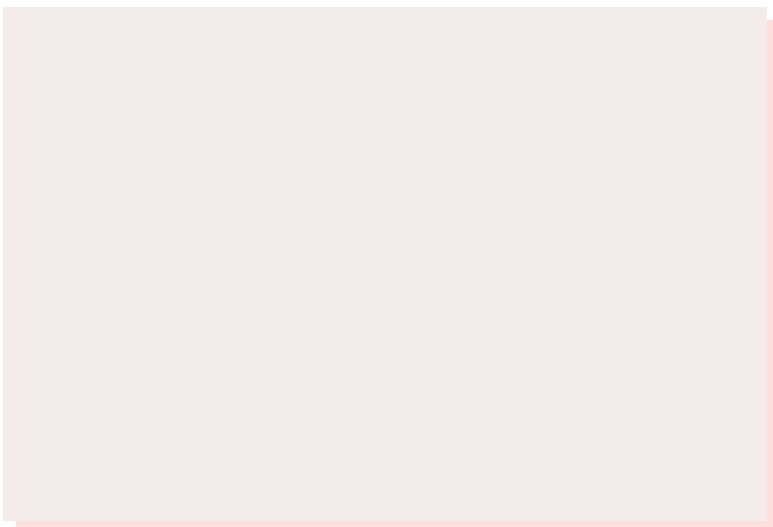
Date:

MANY PEOPLE WALK AROUND COMPLETELY UNAWARE OF WHAT'S REALLY GOING ON AROUND THEM. THINGS HAPPEN, AND THEY DON'T EVEN NOTICE. THEIR INTUITION GIVES THEM SUBTLE SIGNS AND MESSAGES, AND THEY JUST FLOAT ON BY, UNRECOGNIZED. THE MORE YOU NOTICE EVERYTHING - FROM THE COLOR AND FABRIC OF SOMEONE'S DRESS, TO THE SOUND OF THE GRASS BLOWING IN THE BREEZE - THE MORE AWARE YOU WILL BECOME.

LOOK AROUND YOU AND FILL THIS PAGE WITH DESCRIPTIVE WORDS OF YOUR ENVIRONMENT - THE SOUNDS, SMELLS, TEXTURES, VISUALS...ECT.

SENTENCES THAT STOOD OUT TO ME

HOW CAN I APPLY THIS?



I am PRESENT : ★ ★ ★ ★ ★

"Who has put wisdom in the inward parts or given understanding to the mind?" Job 38:36



WHAT DOES THE WORD "COMMITMENT" MEAN TO YOU? WHAT DO YOU THINK OF WHEN YOU BRAINSTORM "COMMITMENT"?

I am feeling:

Date:

MY ACTIVITY RESPONSE:

to me commitment means...

WHAT SUPPORT AND RESOURCES WILL YOU NEED TO HELP YOU ACHIEVE YOUR DEFINITION OF COMMITMENT? DO YOU HAVE PEOPLE WHO CAN HOLD YOU ACCOUNTABLE? TEXT OR CALL THEM AND SHARE YOUR DEFINITION OF COMMITMENT?

WHAT COMMITMENTS ARE YOU ACTIVELY WORKING TOWARDS?

I am COMMITTED : ★ ★ ★ ★ ★

"Commit your way to the Lord; trust in him, and he will act." - Psalm 37:5



SET YOUR ALARM FOR 5 MINUTES AND SPEND THAT TIME IN PRAYER. PRAY FOR YOUR RELATIONSHIPS WITH FRIENDS, FAMILY, AND THOSE CLOSE TO YOU. MAKE A PRAYER LIST OF PEOPLE IN YOUR LIFE. THEY ARE YOUR SUPPORT SYSTEM.

I am feeling:

Date:

MY ACTIVITY RESPONSE:

my prayer list

WRITE THE NAMES OF YOUR 4 CLOSEST RELATIONSHIPS. HAVE YOU TOLD THEM HOW MUCH THEY MEAN TO YOU RECENTLY? REACH OUT AND LET THEM KNOW THEY ARE VALUED AND APPRECIATED.

<i>name</i>	<i>contacted</i>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

I am SUPPORTED : ★ ★ ★ ★ ★

"Iron sharpens iron, and one man sharpens another." - Proverbs 27:17

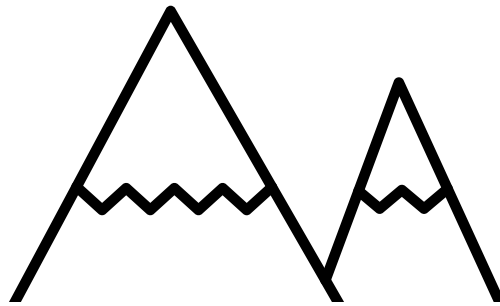
THINK OUTSIDE OF THE BOX

I am feeling: _____

Date: _____

MY ACTIVITY RESPONSE:

TAKE A MOMENT AND THINK OUTSIDE OF THE BOX. GET CREATIVE AND FINISH THIS DRAWING. IT CANNOT BE A MOUNTAIN.



SENTENCES THAT STOOD OUT TO ME

HOW CAN I APPLY THIS?

I am CREATIVE : ★ ★ ★ ★ ★

"I can do all things through Christ which strengthens me." - Phillipians 4:13

BY TELLING MY STORY AND BEING BRAVE, I HOPE TO ACHIEVE AND GAIN THESE 5 THINGS.

circle your top 5

I am feeling:

Date:

MY ACTIVITY RESPONSE:

HOPE

UNDERSTANDING

BELIEF IN MYSELF

MORE GRATEFUL

A HEALTHY OUTLOOK ON LIFE

MORE TIME WITH FAMILY

CONFIDENCE

EMPOWERMENT

MORE RELATIONSHIPS

CONTENTMENT

JOY

DETERMINATION

SELF- CONTROL

LESS TIME STRESSING

SENTENCES THAT STOOD OUT TO ME

HOW CAN I APPLY THIS?

I am BRAVE : ★ ★ ★ ★ ★

*"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."
- Deuteronomy 31:6*

WHAT ARE YOUR TOP 3 VALUES THAT DEFINE YOU AND MEAN THE MOST TO YOU? IF YOU HAD TO CHOOSE ONE PRINCIPLE TO LIVE BY, WHAT WOULD IT BE AND WHY?

I am feeling:

Date:

MY ACTIVITY RESPONSE:

My top 3 values are...

In my ideal life I am....

My distractions are...

I am chasing my brave by...

I am CHASING MY BRAVE : ★ ★ ★ ★ ★

"Look to the Lord and his strength; seek his face always." - 1 Chronicles 16:11



NOTES

Date:

