

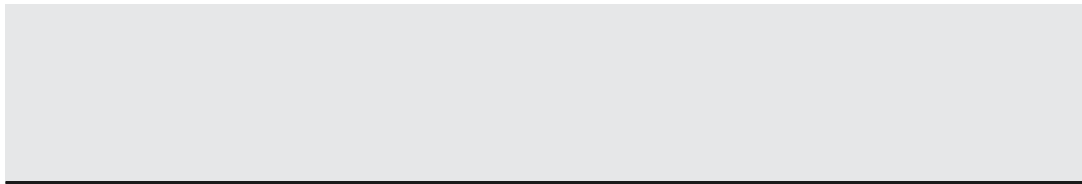
DAY 1 – The Power of Your Thoughts



Scripture: “As a man thinketh in his heart, so is he.” – *Proverbs 23:7*

Reflection: Every action begins with a thought. Your thoughts shape your words, your words shape your actions, and your actions shape your life. Today is about becoming aware of the mental seeds you are planting.

Prompt Question: What are three thoughts you’ve been repeating lately, and how have they shaped your recent actions?



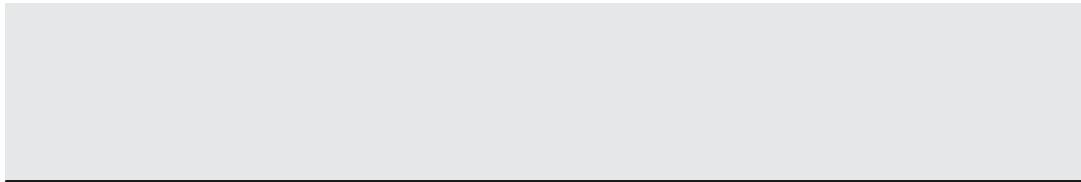
Action Step: Identify and replace one old habit or thought pattern today.



Affirmation: I am the gardener of my mind, and I choose to plant seeds of hope, peace, and purpose..



Evening Reflection: What thought did you replace today, and how did it change your mood or actions?



DAY 2 – You Are Worthy of New Beginnings



Scripture: “See, I am doing a new thing! Now it springs up; do you not perceive it?” – *Isaiah 43:19*

Reflection: God has already declared you worthy of a fresh start. Your past does not define your future. Today is about believing that you are worthy to receive new opportunities and blessings.

Prompt Question: Where in your life are you longing for a new beginning?



Action Step: Identify one area of your life where you need renewal and write down three practical steps you can take toward it.



*I am worthy of new beginnings and open to the fresh things
God is bringing into my life.*



Evening Reflection: What step did you take toward a new beginning today, and how did it feel?

DAY 3 – Stronger Than the Lies



Scripture: “Then you will know the truth, and the truth will set you free.” –
John 8:32

Reflection: Lies lose their power the moment you replace them with truth. Today is about rejecting the false stories that have held you back and standing on the promises of God.

Prompt Question: What is one lie you’ve believed about yourself that you now see isn’t true?

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Action Step: Write down the lie and then write the truth that replaces it.
Keep the truth somewhere visible.



*I am stronger than the lies I once believed. I walk in truth
and freedom.*



Evening Reflection: How did speaking truth over yourself
change your confidence today?

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Week 1 Reflect & Review

This Week's Focus:

- Awareness of thoughts
- Releasing comparison
- Speaking truth and wisdom
- Aligning mindset with Scripture

Journal Prompts:

- What patterns did you notice this week in your thoughts or habits?
- What surprised you about your emotional responses?
- What wins can you celebrate, no matter how small?
- What mindset are you ready to shift or release in Week 2?
- Prayer or Gratitude Space:
- Leave space for a written prayer, declaration, or a list of 3 things you're grateful for this week.
