



Workbook

TRANSFORMING YOUR LIFE

7 EASY STEPS FOR WOMEN IN
REENTRY & REHABILITATION

janetlynngarcia.com


INSPIRE



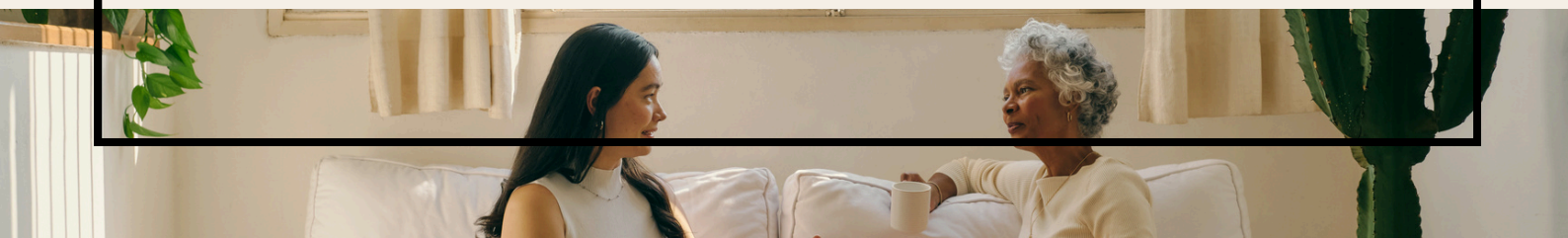
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Introduction

Romans 12:1-2 is a powerful passage that calls believers to a transformed life in response to God's mercy. The Apostle Paul urges Christians to present their bodies as a living sacrifice, holy and pleasing to God, as an act of true worship. He warns against conforming to the patterns of the world and instead calls for a renewal of the mind. This transformation allows believers to discern and live out God's good, pleasing, and perfect will. These verses serve as a foundation for spiritual growth, emphasizing a lifestyle of devotion, renewal, and alignment with God's purpose.

Welcome Page

Welcome to this empowering journey! This workbook is designed with a clear purpose - to guide you towards a more fulfilling and meaningful life.



This guide is generated just for women. Your commitment to this personal transformation process is the key to unlocking a path of self-discovery and positive change.



Remember, this is your journey, and the commitment you make today is a powerful step towards living a life that reflects your true desires and potential. Let's begin this transformative process together!

Sincerely,

**Janet L. Garcia
Author, Motivational Speaker
US Marine Corps Veteran
Leadership Development Consultant**



01

Surrender to God's Will

Step 1: This step really comes down to surrender to God's will for your life.

The first step to transformation is surrender. Just as Paul encourages believers to present themselves as living sacrifices, you must give God full control of your life. This means trusting Him with your past, present, and future. Pray daily, seek His guidance, and allow Him to direct your steps. Surrendering is the beginning of true change.

What can I surrender to God today?

Can I trust Him with my life?

What am I holding on to that creates the fear of letting go?

Point to Remember: Surrender to God is the first step.



01

Self-Discovery

In this Self-Discovery section, a profound journey into understanding yourself and your life goals.

Self-Reflection Exercises: Begin this journey with a series of exercises designed to stimulate your self-reflection. Answer the following questions honestly, exploring your core values, the passions that drive your life, and the desires that fuel your heart.

1. Personal Values:

- What principles do you consider most important in your life?
- What gives your life meaning and inspiration?

2. Life Goals:

- What are your short-term and long-term goals?
- What do you wish to achieve in different areas of your life?



Just keep
moving forward

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Gerçekleşmesini istediği şeye dâir beklenti duyan. Umutlu. Dilimize Farsçadan geçmiştir. Ümit kelimesiyle, sâhiplik mânâsı veren -vâr kelimesinden oluşmuştur.

“ Ümitvâr görünmeye çalışarak, içimde mahşer kabarıken bir taş sükuneti ta onu uyutmaya çalıştım.
Halide Edib Adıvar
Handan

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02

Renew Your Mind

Transformation starts in the mind. The world may have influenced your thoughts, but Romans 12:2 reminds us not to conform to worldly patterns. Replace negative thoughts with God's truth by studying Scripture, listening to uplifting messages, and surrounding yourself with positive influences. Your mindset determines your path.

02

Goal Mapping

Start this journey with a detailed guide on how to define clear and attainable goals. Answer the following questions to identify your personal and professional objectives:

1. Personal Goals:

- What milestones do you want to achieve in your personal life?
- What would make your life more fulfilling?

2. Professional Goals:

- What are your ambitions and achievements in your career?
- How do you envision yourself professionally in one or five years?



03

Embrace Your New Identity

In Christ, you are a new creation. Your past does not define you. Accept God's grace and see yourself through His eyes—as redeemed, valuable, and capable of new beginnings. Meditate on scriptures that affirm your worth and identity in Christ. You are loved, forgiven, and purposed for great things.



04 Build a Support System

Step 4: Build a Support System

No one can walk this journey alone. Seek out a faith-based support system, whether through a church, mentorship, or a women’s ministry. Accountability partners and encouraging friends will help you stay strong in your transformation.

Community is essential for growth.

Visit my website:
www.janetlynnngarcia.com
[@notonmywatchwoman](https://www.instagram.com/notonmywatchwoman)



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Passion

EMPOWERMENT COACH
JANET LYNN GARCIA





05

Develop Healthy Habits

Your body is a temple, and taking care of it is an act of worship. Establish routines that honor God, such as healthy eating, exercise, and consistent prayer and Bible study.

Healthy habits create a strong foundation for lasting change.

Point to remember: Get a journal or calendar and begin healthy habits start by tracking yourself making changes for a minimum of twenty-one (21) days.

Start today!



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06

Serve Others

One of the best ways to grow spiritually is by helping others. Look for opportunities to serve in your community or church. Whether through volunteering, mentoring, or simply being a friend to someone in need, serving shifts your focus from past struggles to future impact.

Point to Remember: The salvation message leads us vertically to our heavenly father and horizontally to the love, honor, and respect of others in community.



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07

Walk in Faith Daily

Transformation is a continuous journey. Each day, choose faith over fear, progress over perfection. Keep seeking God, trusting Him, and taking steps forward. When challenges arise, remember His promise—He is with you always.

Points to Remember: We can trust God to help us. by taking one step of obedience at a time.



Conclusion

Take the Next Step

If you're ready to take your transformation to the next level, reach out for coaching and one-on-one support. Visit janetlynnngarcia.com to learn more about how personalized guidance can help you stay on track and achieve your goals. Don't walk this journey alone—let's take the next step together!



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Women's Weekend Online Intensive on March 7-9

Register

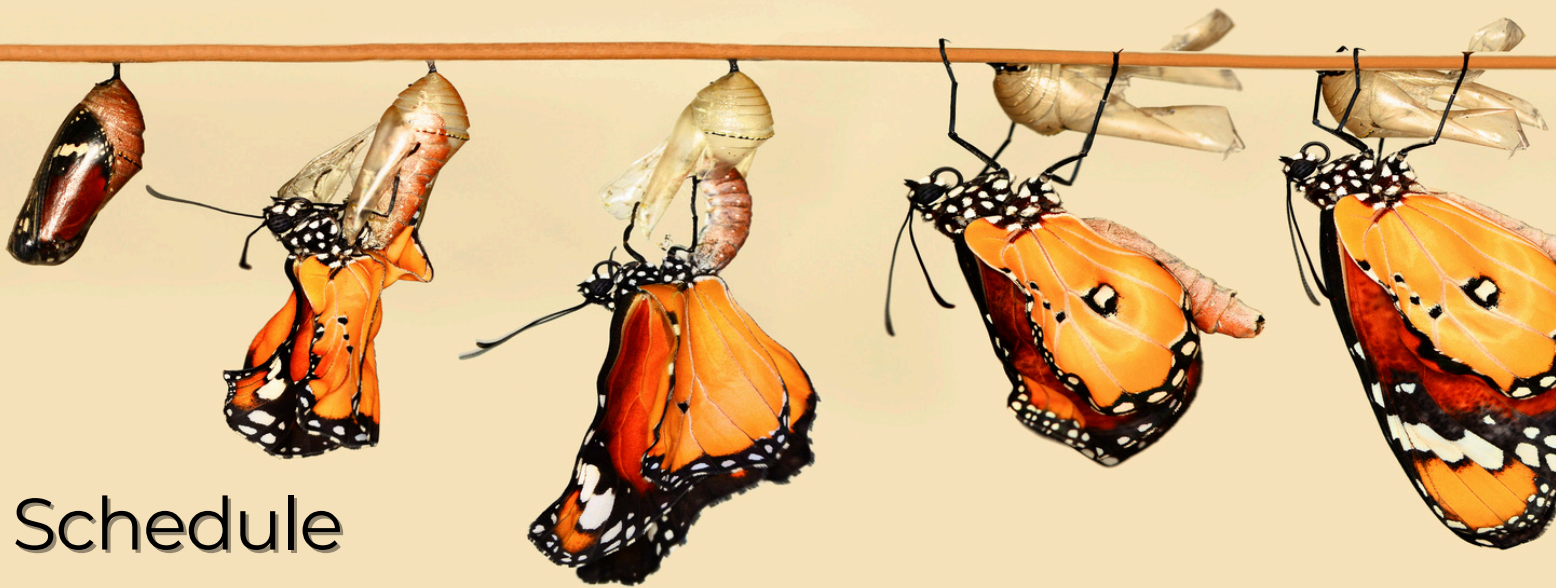
Register for the Women's Weekend Intensive

Take a bold step towards transformation by joining the upcoming Women's Weekend Intensive on March 7-9.

This life-changing event will provide you with the tools, support, and inspiration needed to move forward in your journey. Register now and invest in your future!

CLICK HERE





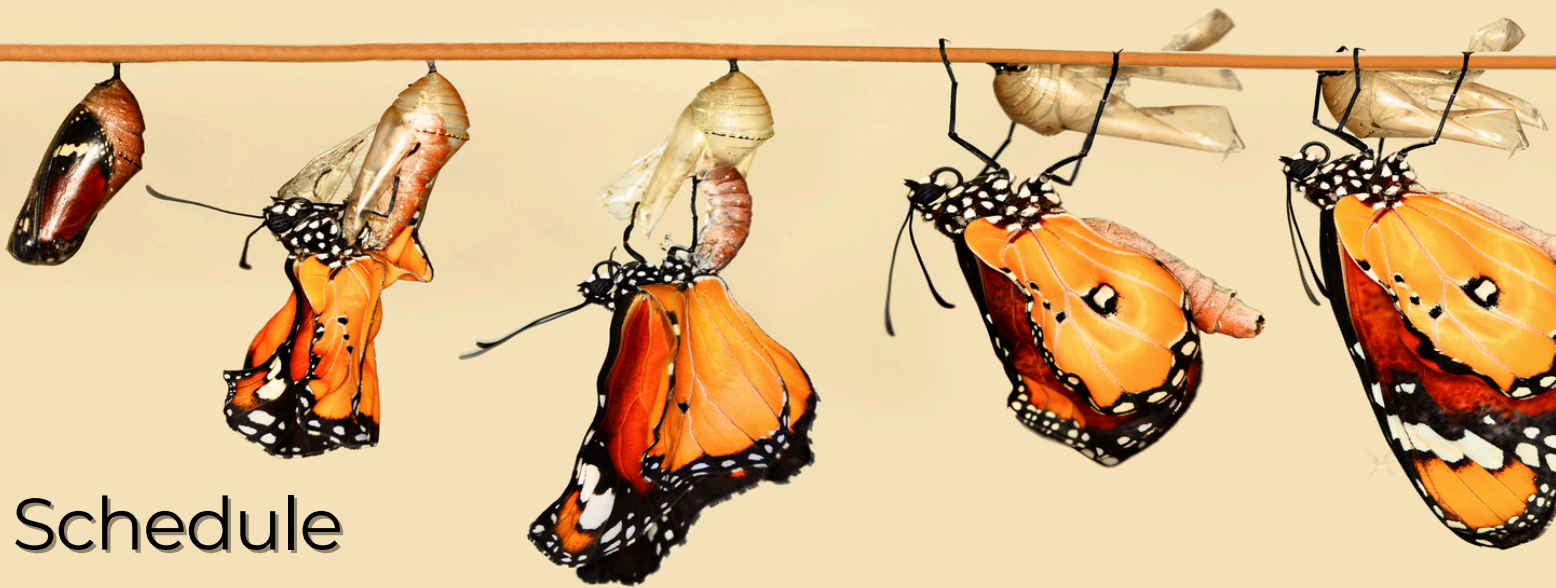
Schedule

- **This Weekend Intensive Workshop**
- **March 7 - Friday: 6:00pm - 9:00pm 3 Hours**
- **March 8 - Saturday 6:00pm - 8:00pm 2 Hours**
- **March 9 Sunday 6:00pm - 9:00pm 3 Hours**

- **Total 8 Hours ONLINE PROGRAM**

- **SIMPLE REQUIREMENTS TO ATTEND:**
- **REQUIRED**

- **iPhone or LARGE SCREEN TV**
- **GREAT AUDIO**
- **STRONG WIFI & ZOOM MEETING LINK WILL BE SENT FOR THOSE THAT REGISTER**



Schedule

1 Heal from the Inside Out

Discover how trauma-informed principles can guide your journey toward emotional, mental, and spiritual healing. Learn to break free from past wounds and step into wholeness.

2 Grow Spiritually & Renew Your Mind

Develop a deeper connection with God and strengthen your faith through powerful spiritual growth practices. Align your body, soul, and spirit for lasting transformation.

3 Transform Pain into Purpose

Turn your personal struggles into a source of strength. Gain the tools to not only heal yourself but also to empower others on their path to restoration and renewal.

4 Lead with Confidence & Compassion

Step into your divine calling as a trauma-informed leader. Learn to guide, uplift, and inspire others with wisdom, empathy, and purpose-driven leadership.

✨ Are you ready to break free and step into your God-given purpose?

📍 Join us for this life-changing experience!

**INSPIRE**