





Introduction

Primary goal of course

Areas of Focus

Summary



## **66** If we make proactive choices, we will reduce reactive stress!

Cheryl Parris





#### Introduction

We live in a world that is full of choices that can either provide good or bad consequences. We can make decisions and choices all day, however if we don't act, a decision will be made for us by default. This is a course that will give you a deep dive into the importance of your choices so that you can have a more abundant life here and know where you will spend eternity.





## Primary Goal of Course

Depending on where you are in life will be the direction in which you need to take action steps. This course will help you to reach your desired destination!





## What you will learn from this Course

The need of a strong spiritual foundation.

Learn who you are as a woman.

The strategies on how to deal with your different positions.

How to set goals to reach your destination.

Motivation to launch into your purpose.



# Areas of focus

- Foundation
- Identity
- Strategy
- Goals
- Launch

#### Foundation

- Building on a strong foundation is very important. To become a Kingdom woman, you will have to first belong to the Kingdom of God.
- The book **"Living on the Positive Side of IF"** by me Cheryl Parris will give you the basic framework on how to make wise spiritual choices.

#### Living on the Positive Side of IF by Cheryl Parris

• Chapters in the Book!

- Accept the Gift
- Keep the main thing up front!
- Do these two things!
- Choose what is best!
- Manage these!
- Plant the seeds!
- Nourish the seeds!
- Maintain your lane!
- Don't Delay!
- Pass this on!

## Identity

- Knowing who you are as much as possible.
- What experiences have you had.
- What is your world view?
- Have you addressed those broken issues in your life?
- Are you happy in that you are an original?

## Identity Continued

• What phase of life are you in?

- Phase 1 is for those young ladies just "Starting Out"
- Phase 2 is for those that have tried it their way and it is not working out, so they need a **"Reset"**
- Phase 3 is for those who have traveled this life journey but want to **"Finish Strong"**



## Purpose of being a Woman

Empower and Teach

Multitask

Multiply

Nurture





#### Wisdom from experienced women

Save Time

Don't repeat the same mistakes

A different prospective





## Balance outward and inward beauty!

Don't Compare!

Celebrate you being an original!

True lasting beauty that has power!



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#### Starting Out Phase 1

- Don't look for someone to validate you.
- Don't compare!
- Pursue your goals while still looking good!

#### Need a Reset Phase 2

- Sometimes life with the stressors and challenges may beat you down.
- Get back up and start taking care of yourself.
- Eat healthy and exercise.

- Just because you are older doesn't mean to stop taking care of how you look.
- Do it for yourself!
- Others that are younger are looking to you to set an example.
- Look your best, do your best and be your best.

## Strategy

- Are you depending on just yourself and/or others to reach your goal?
- How will you handle the obstacles that will come into your path?
- What do you do with the negative voices that will come into your mind and from others?
- Are you taking care of yourself physically and emotionally to be able to pursue your goals?



## Managing our Emotions

Deal with offenses

Manage the ebb and flow of feelings

Know what is real and false.



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#### Starting Out Phase 1

- When starting out in life there will be so many different opinions that you will hear. Manage what bothers you now.
- You have so much to deal with in the future when it comes to the different voices that speak to you.

#### Need a Reset Phase 2

- You have been through the entire spectrum of opinions, personalities and challenges.
- Manage your boundaries and tune into God and you and then your family. If not, you will be lost in the sauce of life.

- At this point in life, you truly understand that people can have smiling faces, and an ugly heart.
- Since you know this, don't allow anything that will affect your health, your mood and your peace come into your space.



### Deal with your circle of influence

People take on your output

Keep a healthy environment

Pray to water the seeds of faith

Positive Affirmations





- Start with your self in how you speak to yourself. Positive affirmations is an important practice.
- Regarding the people who you come in contact with on a daily basis, be sure to stay true to you.
- Treat others how you want to be treated.

#### Need a Reset Phase 2

- By now you have a large circle of influence. You must learn how to balance all of the different people pulling at you and take care of yourself at the same time.
- You can't pour from an empty cup so be sure to get rest, eat healthy, and get exercise.
- Set boundaries from all the gossip and different opinions.

- In this phase of life, it is quite often that most of the major life experiences have taken place. Now is the time to enjoy adult children, latter years of employment and retirement.
- Keep a focus on your peace but still teach those that are willing to listen.



### Prepare for future challenges!

Put on the whole armor!

Learn patience!

The Fruit of the Spirit





- Everything in most cases is nice and fresh. You have no idea what is up and coming.
- Get ready by asking the Holy Spirit to guide you with your choices and decisions.

#### Need a Reset Phase 2

- You have seen the hurtful challenges in life and in some cases, you are trying to heal from bad choices or by nothing you have done, just life happenings.
- You will see when you get a stronger relationship with God, you can overcome some of the scars that have marked you in the journey of life.

- Some mistakes have been made but you realize that on the Christian journey there will be forgiveness as well as storms.
- You continue to pray, speak God's word and praise Him in the midst and keep the faith along with thankfulness.
- Ask God daily to fill you with the Fruit of the Spirit so that you can finish strong.



## Intentional Dating!

Know why you are dating!

Learning the "Red Flags"

Look at any patterns!

Realize, consequences of your behavior!





## Red Flags in Dating

Lack of communication

Irresponsible, immature, and unpredictable

Lack of trust

Your family and friends don't like your partner

Controlling behavior

Feeling insecure in the relationship



## Red Flags in Dating Cont'd

A dark or secretive past

Non-resolution of past relationships

The relationship is built on the need to feel needed

Abusive behavior

https://www.psychologytoday.com/us/blog/in-flux/201407/10-relationship-red-flags





#### Starting Out Phase 1

- This is a very serious stage. So many are wanting to date you, and you are dealing with your own desires.
- Pray daughter pray, so you can choose wisely and learn.
- When you date, do it with intention.
- One MAJOR wrong move can change the course of your life.

#### Need a Reset Phase 2

- It is in this phrase that you have learned a lot about men.
- So, if you are planning to date now all I can say is pray about it and think with the assistance of the Holy Spirit.
- Don't trust yourself only, and if you do decide to date again, be sure to look at the "red flags"

- Depending on if you are a widow, been divorced or never dated, be sure as to why you want to start now.
- For companionship that is awesome, just be sure that what is Yours is Yours regarding your money and possessions.
- We as women, can be so trusting and believing and the next thing you know you may wonder how did you get into this mess?



## Sharing your life with others!

Dealing with different ages, genders and emotions! Holding yourself in place while dealing with others! What will you teach others?





- In most cases during this phase, it is just you!
- Enjoy this season in life.
- Use this time to plan and execute what you would like and what you want.

#### Need a Reset Phase 2

- Having a good understanding of the people that you are sharing life with is crucial.
- You are fulfilling multiple roles.
- Depend on the wisdom of God through his word to empower you as you deal with others along with dealing with yourself.

- Focus your energy on how to take care of yourself.
- Be there for others to a certain extent.
- The stress of dealing with others can affect your health in a negative way. Learn to manage the stress.
- Everybody must learn for themselves just like you had to.



#### The Latter Years

Seeds that have been sown! How to deal with regrets! What about your physical health? Set boundaries to promote peace! Paperwork in place! Legacy building, Finishing Strong!

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• Learn from the mistakes of others that are older than you.

#### Need a Reset Phase 2

• Also, learn from the mistakes of others that are older than you.

- This is an amazing stage when you can enjoy the fruits of your labor.
- Make things easier for others by taking care of yourself.
- Keep your paperwork in a place that others can obtain it in case you become sick.
- There is nothing like a sweet older person that doesn't sit and complain all the time, even though God knows they are hurting.



#### Two more powerful strategies to navigate life!

#### Communication and Mindset



## Communication

- How you listen to others.
- Your body language.
- Your tone of voice.
- Understanding other people's perspective

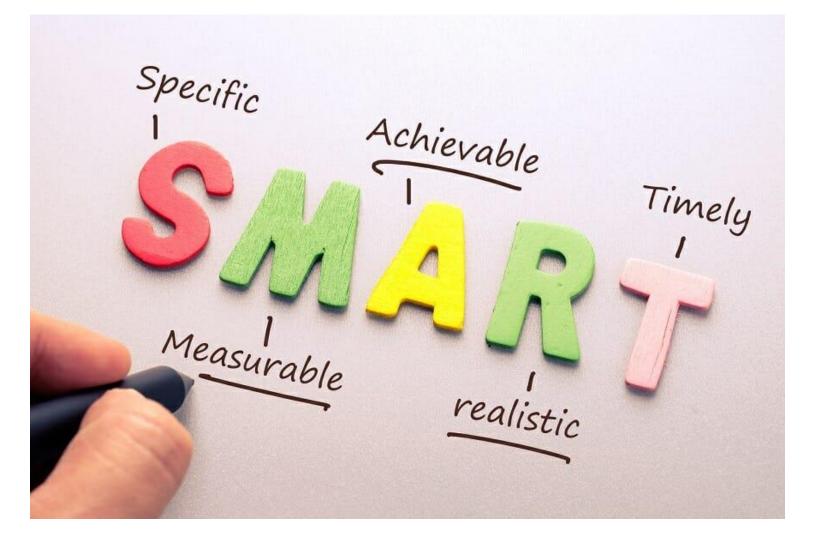
## Your Mindset in life

- How you handle the different voices in your head.
- Your self talk, is it negative?
- What do you allow to stay in your mind?
- Understanding that your mind controls your actions.

## Goals

- Do you realize that time is not waiting on you?
- Do you know when to make the changes by prioritizing your goals.
- How do you prepare while waiting for the time to start?
- What happens if it turns out that you are not supposed to do what you were pursuing?

What are Smart Goals?



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## Understanding Smart Goals

- Specific: Well, defined, clear, and unambiguous
- Measurable: With specific criteria that measure your progress toward the accomplishment of the goal
- Achievable: Attainable and not impossible to achieve
- **R**ealistic: Within reach, realistic, and relevant to your life purpose.
- Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

Starting Out Phase 1

• Set you goals and stay focus!

#### Need a Reset Phase 2

• It is not too late to set different goals as you reset your life.

- Whatever you want to change in your life during this season just start doing it.
- Stay focus on stretching, eating healthy, moving, building good memories with family and friends.
- Be sure you are right with God!

## Launch

- Sometimes you can't wait until everything is perfect to start. Read Ecclesiastes 11: 4
- Don't share what you are about to do with so many people.
- If you don't feel like taking action, just start and the feeling will catch up later.
- Nothing ventured, nothing gain. Sometimes you must do it afraid and fail your way to success.



• Start executing your goals in life.

#### Need a Reset Phase 2

- The clock is ticking, and time is not waiting on you.
- Whatever is in your way that is not necessary, move it out of your way to reach your goals.

- Finish Strong by building the type of legacy you want to be remembered by.
- Young, middle aged and older people do not know when they will leave earth. However, when you are older you have so much wisdom you can share if you just do it.



#### Summary

Throughout this course you can now navigate through life better! You understand who you are and who you belong to. You do not need any outside person to validate who you are and your worth. You know that you are here for a purpose, and you only have a season to be here. It is up to you to do what you need to do to reach your desired destination. Always keeping in the mind that the seeds you sow daily will be the harvest you will reap in the future. Sow good seeds! Hopefully, you can use this **power point** in a group discussion with other women along with the book. Be Blessed in all that you encounter in life is my prayer!



## Thank you



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