

# FOUNDATIONS OF

*A Journey of Restoration*

**Companion Journal**

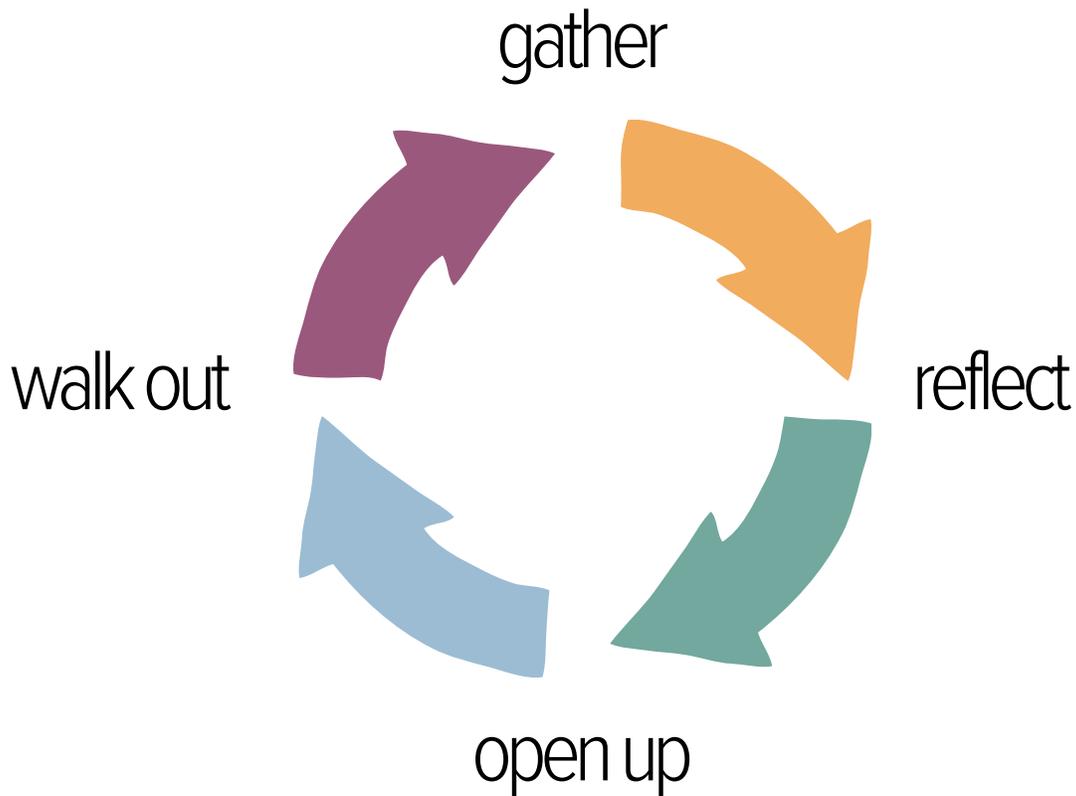


**NO BOUNDARIES  
INTERNATIONAL**

RESTORATION • TRAINING • OUTREACH



# *This Will Be Your Weekly Rhythm*



*gather* insights for this week's journey

*reflect* on a testimony

*open up* and share with your community

*walk out* your experience with intentional exercises in the companion journal



# *Introduction and Brain Basics*

## OBJECTIVES

- Understand how thoughts and experiences shape brain structure and perception
- Recognize the brain's ability to rewire itself through neuro-plasticity
- Apply practical strategies to rewire negative thought patterns
- Engage in the CPR process, which is that connection, psycho-education, and routine for brain transformation





## OPEN UP

Let's check in with your motivation. This class isn't about getting everything right—it's about being real and present.

1. Why are you here today?

2. What do you hope to receive from this journey?

3. How do you currently feel about the healing process—hopeful? Hesitant? Curious?

Match each brain level with its function (emotions/imagination, survival instincts, thinking/intellect):

- Top brain = \_\_\_\_\_
- Middle brain = \_\_\_\_\_
- Lower brain = \_\_\_\_\_



## DAY 2

- Was it easy, hard, or somewhere in between to maintain a positive mindset today?
  
- What negative thought showed up?
  
- What truth or scripture did you replace it with?

## DAY 3

- Was it easy, hard, or somewhere in between to maintain a positive mindset today?
  
- What negative thought showed up?
  
- What truth or scripture did you replace it with?

## DAY 4

- Was it easy, hard, or somewhere in between to maintain a positive mindset today?
  
- What negative thought showed up?
  
- What truth or scripture did you replace it with?

## DAY 5

- Was it easy, hard, or somewhere in between to maintain a positive mindset today?
  
- What negative thought showed up?
  
- What truth or scripture did you replace it with?

## DAY 6

- Was it easy, hard, or somewhere in between to maintain a positive mindset today?
  
- What negative thought showed up?
  
- What truth or scripture did you replace it with?

## DAY 7

- Was it easy, hard, or somewhere in between to maintain a positive mindset today?
  
- What negative thought showed up?
  
- What truth or scripture did you replace it with?

# 2

## *Connection with God*

### OBJECTIVES

- Deepening your connection with God
- Moving beyond routine practices to cultivate an intimate daily relationship
- Trusting in uncertainty
- Learning to lean on God in moments of doubt and fear, rather than letting them disrupt your connection
- Engaging both heart and mind: understanding that knowing God is more than just scripture memorization
- Jesus restores not condemns, discovering how He calls us to stay connected, not out of obligation, but for true fulfillment



## REFLECT

Anne Nolen shared a powerful story of crisis that exposed her surface-level connection with God. Raised in a deeply Christian home, she had strong head knowledge—but it wasn't until she hit rock bottom that she encountered Jesus in a deeply personal way.

### Reflection Prompts:

- Have you ever realized your faith was more intellectual than relational?
- Can you identify a time in your life when God was at work behind the scenes—even if you didn't recognize it then?
- What does the phrase “I was there for you then, I'm here for you now, and I'll be there for you tomorrow” mean for you today?

### Journaling Prompt:

Write about a moment when God met you in your fear, disappointment, or confusion. What changed after that encounter?

## OPEN UP

This session invites you to create a space of connection with Jesus through sanctified imagination.

1. Draw your happy place – a place where you feel peace, joy, and safety. It can be real or imagined. Use color and creativity.

• Now connect with your senses:

- What does it smell like?
- What sounds do you hear?
- How does it make you feel?

2. Invite Jesus into this place.

- Where do you sense Him? What is He doing or saying?
- Add Him to your drawing, or write down what you hear or feel.

3. Ask Jesus:

- “What do you want me to know in this place?” Write down any impressions, thoughts, scriptures, or words of encouragement you receive.

Optional Group Sharing:

If you're in a group setting, share what Jesus revealed to you. If you didn't sense anything, that's okay—go to His Word and reflect on His promises of presence and peace.

## WALK OUT

This week's challenge: Step inside Scripture using your imagination.

- Day 1 – Read John 21:1-19 on the next page
  - Imagine the scene where Peter is restored by Jesus. Engage your senses. What do you see, hear, smell, or feel? Journal what you experience.
- Days 2–7 – Choose one scripture each day. Use the same process: step into the story, engage your imagination, and journal what you sense or feel. Let Jesus meet you personally in His Word.

Extra Practice: The Carabiner Check-In

- Attach a carabiner to your keychain, purse, or backpack. Every time you see it, pause and ask: “Jesus, is there anything you want me to know right now?” Jot down any insights you receive and bring them to your next session. Remember: Scripture is not just meant to be read—it's meant to be experienced.

## JOHN 21:1-19 (THE MESSAGE)

After this, Jesus appeared again to the disciples, this time at the Tiberias Sea (the Sea of Galilee). This is how he did it: Simon Peter, Thomas (nicknamed “Twin”), Nathanael from Cana in Galilee, the brothers Zebedee, and two other disciples were together. Simon Peter announced, “I’m going fishing.” The rest of them replied, “We’re going with you.” They went out and got in the boat. They caught nothing that night. When the sun came up, Jesus was standing on the beach, but they didn’t recognize him.

Jesus spoke to them: “Good morning! Did you catch anything for breakfast?” They answered, “No.” He said, “Throw the net off the right side of the boat and see what happens.”

They did what he said. All of a sudden there were so many fish in it, they weren’t strong enough to pull it in. Then the disciple Jesus loved said to Peter, “It’s the Master!”

When Simon Peter realized that it was the Master, he threw on some clothes, for he was stripped for work, and dove into the sea. The other disciples came in by boat for they weren’t far from land, a hundred yards or so, pulling along the net full of fish. When they got out of the boat, they saw a fire laid, with fish and bread cooking on it.

Jesus said, “Bring some of the fish you’ve just caught.” Simon Peter joined them and pulled the net to shore—153 big fish! And even with all those fish, the net didn’t rip.

Jesus said, “Breakfast is ready.” Not one of the disciples dared ask, “Who are you?” They knew it was the Master. Jesus then took the bread and gave it to them. He did the same with the fish. This was now the third time Jesus had shown himself alive to the disciples since being raised from the dead.

After breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” “Yes, Master, you know I love you.” Jesus said, “Feed my lambs.”

He then asked a second time, “Simon, son of John, do you love me?” “Yes, Master, you know I love you.” Jesus said, “Shepherd my sheep.”

Then he said it a third time: “Simon, son of John, do you love me?” Peter was upset that he asked for the third time, “Do you love me?” so he answered, “Master, you know everything there is to know. You’ve got to know that I love you.” Jesus said, “Feed my sheep. I’m telling you the very truth now: When you were young you dressed yourself and went wherever you wished, but when you get old you’ll have to stretch out your hands while someone else dresses you and takes you where you don’t want to go.” He said this to hint at the kind of death by which Peter would glorify God. And then he commanded, “Follow me.”

# DAY 1

Read John 21:1-19

- Imagine the scene where Peter is restored by Jesus. Engage your senses. What do you see, hear, smell, or feel? Journal below what you experience.

## DAY 2

Today's scripture: \_\_\_\_\_

- Use the same process: step into the story, engage your imagination, and journal what you sense or feel. What do you see, hear, smell, or feel? Let Jesus meet you personally in His Word.

## DAY 3

Today's scripture: \_\_\_\_\_

- Use the same process: step into the story, engage your imagination, and journal what you sense or feel. What do you see, hear, smell, or feel? Let Jesus meet you personally in His Word.

## DAY 4

Today's scripture: \_\_\_\_\_

- Use the same process: step into the story, engage your imagination, and journal what you sense or feel. What do you see, hear, smell, or feel? Let Jesus meet you personally in His Word.

## DAY 5

Today's scripture: \_\_\_\_\_

- Use the same process: step into the story, engage your imagination, and journal what you sense or feel. What do you see, hear, smell, or feel? Let Jesus meet you personally in His Word.

## DAY 6

Today's scripture: \_\_\_\_\_

- Use the same process: step into the story, engage your imagination, and journal what you sense or feel. What do you see, hear, smell, or feel? Let Jesus meet you personally in His Word.

## DAY 7

Today's scripture: \_\_\_\_\_

- Use the same process: step into the story, engage your imagination, and journal what you sense or feel. What do you see, hear, smell, or feel? Let Jesus meet you personally in His Word.



## *Connection with Self*

### OBJECTIVES

- Encourage self-reflection and honesty
- Provide a Biblical standard for inner alignment
- Challenge individuals to invite Jesus into every area of their lives
- Offer a practical path to healing and transformation



## REFLECT

Anne Nolen vulnerably shared how her strength—strong presence—could also become a weakness. When she lost control during a crisis, her reactions didn't line up with the fruits of the Spirit. But she found that staying connected to God's peace changed her countenance and her atmosphere.

### Reflection Prompts:

- What behaviors or emotions come out of you when you're under pressure?
- Which fruits of the Spirit do you struggle with most?
- What content are you taking in through news, entertainment, or conversations—and how does it affect your peace?

### Journaling Prompt:

Where in your life are you holding onto something instead of laying it down at Jesus' feet? What would it look like to release it?

## OPEN UP

Imagine your life is being filmed—no edits, no filters—and that your unedited story will be shown to others.

Write your honest responses to the following 10 questions in your journal. Then, if you're in a group, pause and share what feels safe to share.

1. If I saw the videos, how would I feel?

2. What's my first reaction?

3. What moments would I hope they highlight?

4. What moments would I be terrified to see on screen?

5. What does that say about the connection with myself?

6. What does that say about my connection with God?

7. When am I most aligned with who I want to be? When do I feel farthest away?

8. Would I feel exposed, embarrassed, or anxious? Why?

9. Would I feel proud of certain moments? Which moments led me to feel that way?

10. How much do I “edit” myself in daily life? Where do I filter what people see?

Wrap-Up Thought:

God already sees your unedited life—and He loves you completely. What do you want to change, not for the crowd, but for Him?

## WALK OUT

This week's walk-out includes two simple daily activities to increase self-awareness and bring alignment with God's Word.

### 1. Daily Fruit of the Spirit Inventory

- Each evening, reflect on your day and assess how much you demonstrated each fruit of the Spirit. Check "Often," "Sometimes," or "Rarely."

#### Daily Fruit of the Spirit Inventory Questions

- Which fruits were easy to express today?
- Which ones were difficult, and why?
- Where do I need to invite Jesus to grow something new in me?

### 2. Philippians 4:8 Thought Tracker

- At the end of each day, review your thoughts and choose one that aligns with Philippians 4:8.
  - "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

#### Daily Thought Tracker Questions:

- What was one thought today that matched this list?
- How did that thought affect my attitude or behavior?
- Did I notice any thoughts that didn't belong? How can I shift those tomorrow?

#### Bonus Challenge:

Write Philippians 4:8 on a sticky note or card and post it where you'll see it multiple times a day—like Anne Nolen did in her bathroom.

# WALK OUT: DAY 1

## ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
<b>Love</b> – Did I act in selfless, Christ-like love today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Joy</b> – Did I express joy rooted in Christ, regardless of circumstances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peace</b> – Did I live with a calm assurance and trust in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patience</b> – Did I respond with patience to people and delays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Kindness</b> – Was I considerate, generous, and caring toward others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Goodness</b> – Did I choose what is right, honorable, and pleasing to God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Faithfulness</b> – Was I loyal and dependable in my relationships and commitments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-Control</b> – Did I exercise discipline in my words, actions, and desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which fruits were easy to express today?

Which ones were difficult, and why?

Where do I need to invite Jesus to grow something new in me?

## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

<b><u>Attribute</u></b>	<b><u>Reflection Question</u></b>	<b><u>Often</u></b>	<b><u>Sometimes</u></b>	<b><u>Never</u></b>
<b>True</b>	Were my thoughts grounded in God’s truth and reality today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Honorable</b>	Did I think about things that reflect dignity, respect, and integrity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Just</b>	Were my thoughts aligned with fairness, righteousness, and justice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pure</b>	Did I keep my mind free from impure, unwholesome, or critical thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lovely</b>	Did I notice and dwell on beauty, grace, and kindness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Commendable</b>	Did I reflect on things that are admirable and worth sharing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Excellent</b>	Were my thoughts focused on excellence and spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Worthy of Praise</b>	Did I praise God or dwell on praiseworthy things today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?

## WALK OUT: DAY 2

### ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
<b>Love</b> – Did I act in selfless, Christ-like love today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Joy</b> – Did I express joy rooted in Christ, regardless of circumstances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peace</b> – Did I live with a calm assurance and trust in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patience</b> – Did I respond with patience to people and delays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Kindness</b> – Was I considerate, generous, and caring toward others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Goodness</b> – Did I choose what is right, honorable, and pleasing to God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Faithfulness</b> – Was I loyal and dependable in my relationships and commitments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-Control</b> – Did I exercise discipline in my words, actions, and desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which fruits were easy to express today?

Which ones were difficult, and why?

Where do I need to invite Jesus to grow something new in me?

## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

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<b>Pure</b>	Did I keep my mind free from impure, unwholesome, or critical thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lovely</b>	Did I notice and dwell on beauty, grace, and kindness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Commendable</b>	Did I reflect on things that are admirable and worth sharing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Excellent</b>	Were my thoughts focused on excellence and spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Worthy of Praise</b>	Did I praise God or dwell on praiseworthy things today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?

## WALK OUT: DAY 3

### ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
<b>Love</b> – Did I act in selfless, Christ-like love today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Joy</b> – Did I express joy rooted in Christ, regardless of circumstances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peace</b> – Did I live with a calm assurance and trust in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Kindness</b> – Was I considerate, generous, and caring toward others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Goodness</b> – Did I choose what is right, honorable, and pleasing to God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Faithfulness</b> – Was I loyal and dependable in my relationships and commitments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-Control</b> – Did I exercise discipline in my words, actions, and desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which fruits were easy to express today?

Which ones were difficult, and why?

Where do I need to invite Jesus to grow something new in me?

## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

<b><u>Attribute</u></b>	<b><u>Reflection Question</u></b>	<b><u>Often</u></b>	<b><u>Sometimes</u></b>	<b><u>Never</u></b>
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<b>Honorable</b>	Did I think about things that reflect dignity, respect, and integrity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Just</b>	Were my thoughts aligned with fairness, righteousness, and justice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pure</b>	Did I keep my mind free from impure, unwholesome, or critical thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lovely</b>	Did I notice and dwell on beauty, grace, and kindness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Commendable</b>	Did I reflect on things that are admirable and worth sharing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Excellent</b>	Were my thoughts focused on excellence and spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Worthy of Praise</b>	Did I praise God or dwell on praiseworthy things today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?

# WALK OUT: DAY 4

## ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
<b>Love</b> – Did I act in selfless, Christ-like love today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Joy</b> – Did I express joy rooted in Christ, regardless of circumstances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peace</b> – Did I live with a calm assurance and trust in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patience</b> – Did I respond with patience to people and delays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Goodness</b> – Did I choose what is right, honorable, and pleasing to God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Faithfulness</b> – Was I loyal and dependable in my relationships and commitments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-Control</b> – Did I exercise discipline in my words, actions, and desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which fruits were easy to express today?

Which ones were difficult, and why?

Where do I need to invite Jesus to grow something new in me?

## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

<b><u>Attribute</u></b>	<b><u>Reflection Question</u></b>	<b><u>Often</u></b>	<b><u>Sometimes</u></b>	<b><u>Never</u></b>
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<b>Lovely</b>	Did I notice and dwell on beauty, grace, and kindness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Worthy of Praise</b>	Did I praise God or dwell on praiseworthy things today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?

## WALK OUT: DAY 5

### ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
<b>Love</b> – Did I act in selfless, Christ-like love today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Joy</b> – Did I express joy rooted in Christ, regardless of circumstances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peace</b> – Did I live with a calm assurance and trust in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patience</b> – Did I respond with patience to people and delays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Kindness</b> – Was I considerate, generous, and caring toward others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Goodness</b> – Did I choose what is right, honorable, and pleasing to God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Faithfulness</b> – Was I loyal and dependable in my relationships and commitments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-Control</b> – Did I exercise discipline in my words, actions, and desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which fruits were easy to express today?

Which ones were difficult, and why?

Where do I need to invite Jesus to grow something new in me?

## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

<b><u>Attribute</u></b>	<b><u>Reflection Question</u></b>	<b><u>Often</u></b>	<b><u>Sometimes</u></b>	<b><u>Never</u></b>
<b>True</b>	Were my thoughts grounded in God’s truth and reality today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Honorable</b>	Did I think about things that reflect dignity, respect, and integrity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Just</b>	Were my thoughts aligned with fairness, righteousness, and justice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pure</b>	Did I keep my mind free from impure, unwholesome, or critical thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lovely</b>	Did I notice and dwell on beauty, grace, and kindness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Commendable</b>	Did I reflect on things that are admirable and worth sharing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Excellent</b>	Were my thoughts focused on excellence and spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Worthy of Praise</b>	Did I praise God or dwell on praiseworthy things today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?

## WALK OUT: DAY 6

### ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
<b>Love</b> – Did I act in selfless, Christ-like love today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Joy</b> – Did I express joy rooted in Christ, regardless of circumstances?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Peace</b> – Did I live with a calm assurance and trust in God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patience</b> – Did I respond with patience to people and delays?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Kindness</b> – Was I considerate, generous, and caring toward others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Goodness</b> – Did I choose what is right, honorable, and pleasing to God?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Faithfulness</b> – Was I loyal and dependable in my relationships and commitments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Self-Control</b> – Did I exercise discipline in my words, actions, and desires?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which fruits were easy to express today?

Which ones were difficult, and why?

Where do I need to invite Jesus to grow something new in me?

## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

<b><u>Attribute</u></b>	<b><u>Reflection Question</u></b>	<b><u>Often</u></b>	<b><u>Sometimes</u></b>	<b><u>Never</u></b>
<b>True</b>	Were my thoughts grounded in God’s truth and reality today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Honorable</b>	Did I think about things that reflect dignity, respect, and integrity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Just</b>	Were my thoughts aligned with fairness, righteousness, and justice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pure</b>	Did I keep my mind free from impure, unwholesome, or critical thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Commendable</b>	Did I reflect on things that are admirable and worth sharing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Worthy of Praise</b>	Did I praise God or dwell on praiseworthy things today?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?

# WALK OUT: DAY 7

## ***Part 1: Fruit of the Spirit Inventory***

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22–23 (ESV)

Take a moment to reflect on your day. How were the fruits of the Spirit evident in your life? Check the box that best describes your experience.

<b>Fruit of the Spirit</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>
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<b>Gentleness</b> – Did I speak and act with humility and tenderness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## ***Part 2: Daily Thought Tracker***

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8 (ESV)

Use this tracker to evaluate your thoughts from today.

<b><u>Attribute</u></b>	<b><u>Reflection Question</u></b>	<b><u>Often</u></b>	<b><u>Sometimes</u></b>	<b><u>Never</u></b>
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<b>Honorable</b>	Did I think about things that reflect dignity, respect, and integrity?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Just</b>	Were my thoughts aligned with fairness, righteousness, and justice?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pure</b>	Did I keep my mind free from impure, unwholesome, or critical thoughts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Lovely</b>	Did I notice and dwell on beauty, grace, and kindness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Commendable</b>	Did I reflect on things that are admirable and worth sharing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Excellent</b>	Were my thoughts focused on excellence and spiritual growth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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What was one thought today that matched this list?

How did that thought affect my attitude or behavior?

How can I invite the Holy Spirit to transform my thoughts tomorrow?



## *Connection with Others*

### OBJECTIVES

- Understanding the power of connection
- Evaluate the influence of your social circle
- Recognize the importance of setting healthy boundaries and relationships
- Embrace forgiveness as a key to personal freedom



## REFLECT

Anne Nolen shared how she intentionally created a circle of support by inviting two trusted friends into the Journey of Restoration process. It changed everything. They prayed together, grew together, and held each other accountable. She reminded us: “We need people who lift our eyes when we get shaky in our faith.”

### Reflection Prompts:

- Do you have someone you can pray with and grow alongside spiritually?
  
- Are there “fun” friendships in your life—but few faith-based ones?
  
- What keeps you from being fully known by others?

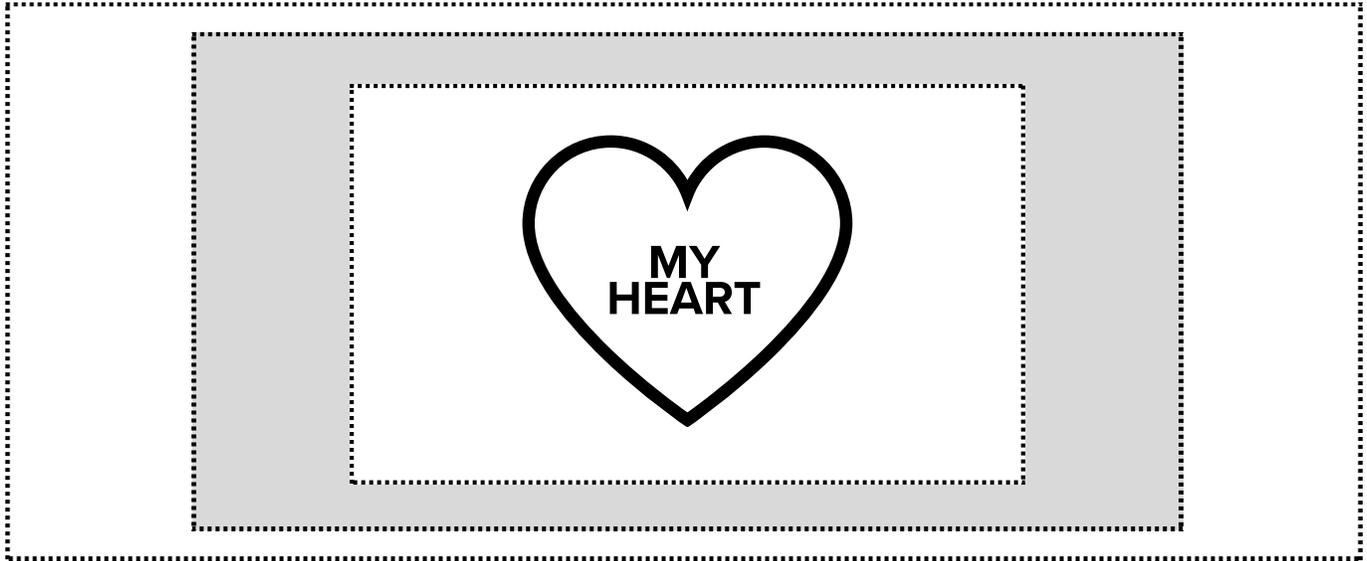
### Journaling Prompt:

Reflect on a time when the right relationship made a difference in your walk with Jesus. What did that connection provide for you?

## OPEN UP

Think of this square as your Trust Zone Map with layers of access:

1. Inner Square: Deep trust—people you confide in, who respect and support you
2. Middle Square: Familiar, casual friends—not deeply connected
3. Outer Square: Acquaintances or people who have not earned emotional access



**REMEMBER: Boundaries aren't walls—they're gates. They don't keep people out. They help you decide who is healthy enough to be let in. Jesus set boundaries. You can too.**

1. Who do you trust most? Take a moment to think about it.
  
2. Write down the names of those in your inner square—the ones you trust fully with your emotions, time, and energy.
  
3. Are there people you've kept at arm's length who actually deserve to be closer? Maybe it's someone you've distanced yourself from. Do they belong in a closer part of your trust square? What's holding you back?



## WALK OUT

This week's walk-out, focus on building deeper, more intentional connections with others.

Daily Walk-Out Prompts: (additional space on the next page)

Take a few minutes each day to reflect on the following questions.

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 1

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 2

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 3

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 4

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 5

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 6

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

## WALK OUT: DAY 7

Take a few minutes to reflect on the following questions:

- What am I spending my time doing today? Think about the activities you're engaging in.
  - Is it building connection with others in a meaningful way or are they distractions taking your focus elsewhere?
  
- Who am I spending the most time with today?
  - Are these people lifting me up and helping me grow or are they pulling me down?
  
- Who am I investing in—and who is investing in me?
  - Are my relationships balanced?
  
- Who can I connect with today who supports my growth? Or is there someone that I need to connect with to support their growth? Ask God to highlight someone who is life-giving or needs encouragement.

# 5

## Psycho-Education: Amygdala

### OBJECTIVES

- Understanding your brain's alarm system
- Recognizing your patterns
- Taking back control
- Rewiring for freedom



## REFLECT

Anne Nolen opened up about a devastating call that changed everything—her daughter had been sexually assaulted. Despite the trauma, she responded differently this time, not with panic, but with peace. In earlier crises, Anne Nolen’s amygdala was constantly triggered by worry and a need for control. However, after encountering God, practicing healing tools, and finding support in a caring community, she learned to navigate trauma with a sense of peace. When she saw her daughter showing signs of bottom-up anxiety—sensory memories and fear that shaped her daily life—Anne Nolen knew it was crucial to interrupt this pattern early, aware that it could deeply impact her daughter’s brain and future.

### Reflection Prompts:

- Have you ever felt “on alert” for too long?
- What past trauma or thought patterns might be keeping your brain in survival mode?
- What would it look like to respond with peace, instead of fear?

### Journaling Prompt:

Write about a time your body responded to stress before your brain had time to catch up. What did you learn about your mind-body connection?

## OPEN UP

Today, we explore how anxiety affects your mind and body—and how your amygdala may be playing a bigger role than you realized.

<b>Self-Check Questions for Anxiety Awareness</b>	<b>Yes</b>	<b>No</b>
1. Do you often feel an intense reaction to stress, even when there's no immediate danger?		
2. When you're anxious, do you notice physical signs like a racing heart or tightness in your chest?		
3. When anxiety hits, is it hard to focus on anything else?		
4. Does your body constantly feel "on alert" when you're anxious?		
5. Do you struggle to calm down or relax after feeling anxious?		
<b>TOTALS</b>		

### Discussion Questions:

1. When anxiety hits, what is the first thought that comes to mind?
2. How does your body feel when you're anxious? Is it the same every time?
3. Think of a recent moment when anxiety took over. What triggered it, and how did your body respond?

## WALK OUT: DAY 1

This week, you'll track your daily mindset using these 9 self-reflection statements. Simply rate yourself often, sometimes, or rarely.

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?

## WALK OUT: DAY 2

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?

## WALK OUT: DAY 3

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?

## WALK OUT: DAY 4

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?

## WALK OUT: DAY 5

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?

## WALK OUT: DAY 6

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?

WALK OUT: DAY 7

Reflection Statement	Often	Sometimes	Rarely
1. I live in hope, joy, and peace. <i>(Did I feel hopeful, joyful, and peaceful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I do not ruminate. <i>(Did I let go of negative thoughts?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The impossible seems reasonable. <i>(Did I believe challenges are manageable?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I like myself. <i>(Did I feel good about who I am?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I know my strengths. <i>(Did I recognize what I'm good at?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I know my weaknesses. <i>(Did I recognize where I need improvement?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am thankful. <i>(Did I feel thankful?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I believe in others. <i>(Did I trust and believe in people?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I give others the benefit of the doubt. <i>(Did I give grace to others?)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- What triggered stress in me today?
- How did I respond—fight, flight, or freeze?
- What truth or practice helped me calm down?



# Psycho-Education: Reticular Activating System

## OBJECTIVES

- How your Reticular Activating System shapes your perception
- How your focus creates your reality
- How to train your Reticular Activating System for positive change
- How to align your Reticular Activating System with your faith



## REFLECT

Anne Nolen shared how trauma once made it difficult to control her focus—until she discovered that her RAS was reinforcing negativity. With the support of guidance, community, and faith, she began to shift her thinking—and helped her daughter do the same. She learned that constantly repeating a traumatic story, even in safe spaces, can trap the mind in negative loops. But the RAS can ruminate or restore, depending on what it's fed. Practical tools like counting blessings, writing down decisions and setting them aside, and redirecting thoughts with Scripture played a powerful role in renewing their minds. Anne Nolen realized she could take thoughts captive—and train her mind to return to peace.

### Reflection Prompts:

- Have you experienced a loop of thoughts that made your situation feel worse?
- What have you been “feeding” your RAS lately?
- What's one way you can help someone else refocus on God's peace?

### Journaling Prompt:

Write about a time when someone else's calm, peace, or faith shifted the atmosphere of a difficult situation for you. What changed?



## WALK OUT

Every day, write down 3 things you're thankful for. These can be big or small, like “I'm thankful for my morning coffee,” or “I'm thankful for friends who give me kind words of encouragement.” Keep it short and simple. Don't overthink it. Just write what comes to mind. Try to do it at the same time each day, either in the morning or before bed, just to help make it a habit. By doing this, you're training your brain to notice the good things in your life. This simple practice will help you feel more positive, peaceful, and connected to what's good around you.

### DAY 1

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....

Gratitude reprograms your RAS to focus on God's goodness. Over time, your brain will naturally look for what is true, lovely, praiseworthy—and you'll feel more connected, joyful, and anchored in peace.

## DAY 2

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....

## DAY 3

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....

## DAY 4

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....

## DAY 5

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....

## DAY 6

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....

## DAY 7

- Today I was grateful for....

- Today I was grateful for....

- Today I was grateful for....



## *Routine: Self Care*

### OBJECTIVES

- Understand the impact of daily choices
- Develop practical habits
- Embrace accountability and spiritual discipline
- Transition from reactive to proactive living



## REFLECT

Anne Nolen shared how trauma caused a disconnect between her and her daughter, leaving them out of sync. Healing began with small, intentional acts of self-care—prioritizing sleep, movement, spiritual focus, and ultimately, surrendering control. She learned that it takes 72 hours for stress chemicals to start leaving the body, making early self-care vital. As her daughter slowly re-engaged with routines like basketball, life began to return. Instead of trying to fix things, Anne Nolen prayed and waited on God’s timing, until her daughter finally said, “Yes, do it.” Their journey showed that true healing comes not through control, but through inviting God in and following His lead.

### Reflection Prompts:

- What daily rhythms help you feel safe, grounded, or peaceful?
- What happens when those rhythms are disrupted?
- Is there something you’ve been waiting for God to confirm before moving forward?

### Journaling Prompt:

Write about a time when a small change—sleep, food, prayer, or movement—shifted your whole day or helped restore your peace.

## OPEN UP

Part 1: Take a moment and write down five ways you could improve your self-care. These don't have to be big changes, just small intentional shifts.

- What drains me the most right now? Emotional, physical, or spiritual exhaustion?
- What self-care practice have I stopped that I need to bring back? Time in nature? Creative expression? Intentional rest?
- What is one small shift I can make this week?

### Discussion Prompts:

- Which question stood out the most?
- What's one change you want to commit to?
- What surprised you about yourself?

Part 2: What is one seemingly unimportant decision (SUD) that you have been avoiding that could make a big difference in your healing or spiritual life? Examples: A boundary you need to set, a conversation you need to have, or a habit you need to restart.

Mark 12:30 says to love God with all your heart, soul, mind, and strength. That means taking care of every part of yourself. Stewardship isn't selfish—it's spiritual. Let's commit to small shifts that lead to big freedom.

## WALK OUT

This week, reflect daily on how well you're caring for yourself in body, mind, and spirit. At the end of your day, take a few minutes to reflect on these questions. Rate yourself on a 1-10 scale (1 = I didn't care for myself at all, 10 = I took a great deal of care for myself) based on how you did that day.

### DAY 1: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

## DAY 2: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

## DAY 3: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

## DAY 4: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

## DAY 5: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

## DAY 6: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

## DAY 7: Self Care Inventory.

- **Stress/Worry:** Did I manage stress or anxiety in a healthy way today?  
 1  2  3  4  5  6  7  8  9  10
- **Regulation:** Was I able to calm myself when overwhelmed or emotionally dysregulated?  
 1  2  3  4  5  6  7  8  9  10
- **Sleep Hygiene:** Did I get enough restful sleep last night (7–9 hours)?  
 1  2  3  4  5  6  7  8  9  10
- **Caffeine & Blue Light:** Did I limit caffeine and screen time before bed?  
 1  2  3  4  5  6  7  8  9  10
- **Exercise:** Did I move my body in a healthy way today (walk, stretch, etc.)?  
 1  2  3  4  5  6  7  8  9  10
- **Food/Nutrition:** Did I eat in a way that nourished and energized my body?  
 1  2  3  4  5  6  7  8  9  10
- **Schedule:** Did I follow a daily routine that helped me stay balanced and productive?  
 1  2  3  4  5  6  7  8  9  10
- **Substances/Medication:** Did I avoid harmful substances and take medications as prescribed?  
 1  2  3  4  5  6  7  8  9  10
- **Accountability:** Did I check in with someone who supports and grounds me?  
 1  2  3  4  5  6  7  8  9  10
- **Activities of Daily Living:** Did I take care of hygiene, chores, and basic life tasks?  
 1  2  3  4  5  6  7  8  9  10
- **Expectations:** Did I keep realistic expectations of myself and others today?  
 1  2  3  4  5  6  7  8  9  10
- **Thankfulness:** Did I notice and express gratitude today?  
 1  2  3  4  5  6  7  8  9  10
- **Prayer/Scriptures:** Did I connect with God in prayer or read Scripture?  
 1  2  3  4  5  6  7  8  9  10
- **A Project Outside of Myself:** Did I do something meaningful that helped or encouraged others?  
 1  2  3  4  5  6  7  8  9  10

### At the end of each week:

- Look back at your journal. What do you notice? Were there areas that you were doing well and areas that you want to improve?



## *Routine: Reframing*

### OBJECTIVES

- Understand reframing
- Recognize how trauma is stored in the brain
- Engage the senses
- Practice reframing



## REFLECT

Reframing is a powerful tool that allows people to look at trauma through a new lens — one shaped by Jesus’s truth, not by pain. During a time of prayer and sensory recall, Anne Nolen’s daughter was able to revisit a traumatic memory safely, invite Jesus into it, and reclaim what had been lost. By confronting the event with Jesus by her side, she found healing, freedom, and forgiveness in ways that transformed everything. What once felt heavy and shameful was released, leaving her lighter, freer, and ready to step into her future without the burden of the past. Anne Nolen witnessed firsthand the miracle of restoration that Jesus offers to each of us.

### Reflection and Journaling Prompts:

- Anne Nolen's daughter found freedom when she realized Jesus was holding her hand during her hardest moment. How does knowing Jesus is with you right now change the way you see your current season?
- Reframing helped her see that what once seemed powerful (the person who hurt her) was actually small next to Jesus. Where in your life do you need to remember that Jesus is bigger than what you're facing?
- Anne Nolen’s daughter was able to give her shame and burdens to Jesus. If Jesus offered to carry something heavy for you today, what would you want to hand over to Him?

## OPEN UP

We're going to draw the four steps of reframing together. Think of a frustrating or maybe an overwhelming situation. Nothing huge, just something that maybe stuck with you. It could be a tough conversation that you felt like things were just impossible in the moment and you were overwhelmed and discouraged.

1. Activate: Draw how this made you feel. Draw the scene or use the colors to help draw how you felt.

2. Regulate: Be sure to stay calm and use 4 square breathing to stay regulated.

3. Investigate: Ask yourself questions--

- Is this about this moment or is this a trigger about something deeper?
  
- Who taught me to react like this?
  
- When was the first time that I felt like this?
  
- What did I really need or want in this moment?

4. Reframe: When we shift our thinking, it changes our perspective to His perspective.

- Ask Jesus:

- “Where are you, Jesus, in my picture? Where were you during this time?”
  - When He speaks to you, draw Him into your picture on the previous page.

- “How do you see this moment, Jesus?”

- “What do you want me to know about this time in my life?” This could be a word, phrase, image, scripture, or simple sense of peace. This is your new frame.

















# *Routine: Something Bigger*

## OBJECTIVES

- Recognize the importance of having a vision bigger than yourself
- Understand the difference between post-traumatic stress and post-traumatic growth
- Embrace the shift from transactional healing to transformational healing

## GATHER HIGHLIGHTS

This session we talk about stepping into something bigger. Up until now, the work has been deeply personal—healing, growth, awareness. But this session asks a bold question: What if everything you've walked through wasn't just for your healing, but for the healing of others too? The truth is, transformation doesn't stop with us. It flows through us. You were made to reflect God's love, to carry His presence into dark places, and to live with vision. And to do that, we need to shift from survival to purpose, from transactional healing (where we receive) to transformational healing (where we give). Healing isn't just a destination—it's fuel for your mission.

### Key takeaways:

- You were created for a bigger purpose — not just to survive, but to advance God's kingdom, bring hope, and love others.
- Vision and community are essential — you need a vision bigger than yourself and a team to pursue it alongside you.
- Suffering can lead to transformation — by choosing a redemptive perspective on pain, you can grow stronger instead of staying stuck.
- Healing must become who you are — it's not just a process to learn, but a way of life that brings lasting change to you and those around you.
- This is just the beginning — the journey of restoration now becomes a call to action, where your life and healing will impact the lives of others for eternity.

### Questions to gather insight:

- What bigger vision has God placed on your heart that is beyond just yourself?
  
  
  
  
  
  
  
  
  
  
- How can you choose a redemptive perspective on the challenges you have faced?
  
  
  
  
  
  
  
  
  
  
- Who is part of your community that will walk with you as you step into your purpose?

## REFLECT

Anne Nolen's story is a powerful testimony of God's restoration and calling. Five years ago, she was at her lowest, but through the journey of restoration, she found healing, broke old patterns, and reconnected deeply with God. This transformation impacted not just Anne Nolen's personal life but also her family, church, and ministry opportunities around the world. She shares that every hard moment was worth it because it led her to true purpose and connection. Anne Nolen encourages others to say yes to God's call, trust the process, and step into the bigger plans He has for their lives.

### Reflection and Journaling Prompts:

- Where in your life might God be inviting you to say "yes" to something bigger than yourself?



## WALK OUT

This week, you'll explore what it means to walk in purpose. Not someday—now. Let your reflections guide real action.

### Daily Practice:

- Pray each morning: “God, show me one small thing I can do today that’s part of something bigger.”
- Journal one way each day you were used by God—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 1

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 2

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 3

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 4

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 5

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 6

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

## DAY 7

- Pray “God, show me one small thing I can do today that’s part of something bigger.”
  - Journal about one way you were used by God today—through a word, a conversation, an act of kindness, or simply your presence.

### **At the end of the week:**

- Look back on the small moments. Which ones felt significant? Where did you sense God at work?

# What's Next?

"Are you ready to dive deeper into 'A Journey of Restoration: CPR Style'? Below, you'll find two additional resources to support you as you continue on your journey."



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