



The Book of H.O.P.E

WORKSHEETS

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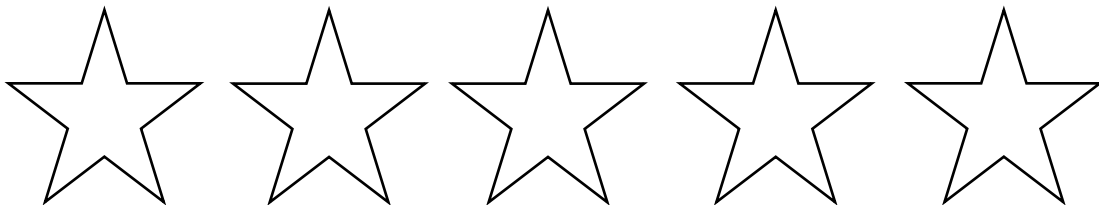
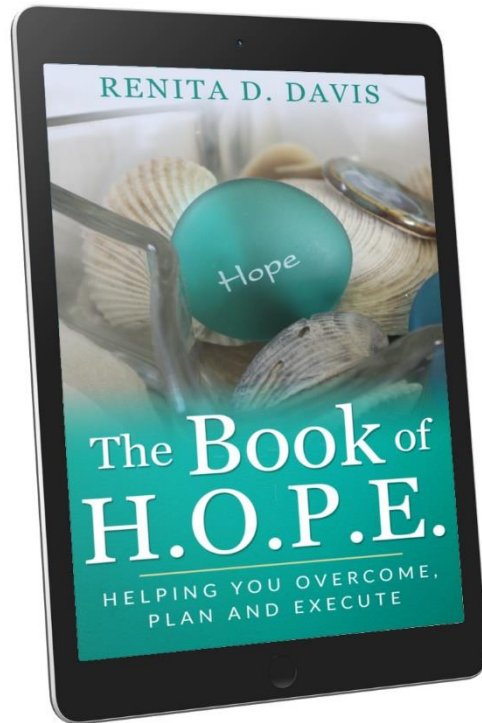
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Welcome and Thank You So Much!

Thank you for purchasing The Book of H.O.P.E. Have you started reading yet? Well, you are in for a treat.

If you would be so kind, I would love for you to take a few minutes and leave an [Amazon review](#).



I wrote this book to not only to encourage you but to let you know that you are not alone in your journey. There is a way to move from stagnation and begin a momentum of successes in your thoughts, your actions and renewing your conviction of faith. Use these worksheets as the beginning or your first steps to moving away from that thing that has caused you discomfort, concern, or frustration. That inner pain that is located in your secret place within your soul that you dare not express to others. –

Helping

Scripture: God is our refuge and strength; a very present help in trouble. Psalm 41:6*

The definition of the word has many meanings: to make something easier by offering one’s services or resources; not being able to avoid; to serve; the action of giving assistance; or an appeal for urgent assistance.

When writing this book, I found myself utilizing all of these definitions. I wanted to provide assistance, it was an urgency in my spirit that I could not avoid, I wanted give people resources so they would not struggle as I had in my past

Helping is **assistance**, something that increases **capacity** and is **long lasting**.

What I am presenting to you is **a method** not **the method**. What I am saying is that there are many ways to get from point “A” to point “B”. I am giving you my road map and the one thing that is always in the forefront of my method... God. Notice the first words that I entered (minus the heading) was a scripture.

TAKEAWAY #1

Recognize that I cannot do this on my own. If I want this to be a long-lasting process, I need to build my capacity to sustain this new position and I do this with the help of others. Who am I going on this journey with? Where is God in my process. Do I see him as my help?

Overcoming

Scripture: And they overcame him by the blood of the Lamb and by the word of their testimony; and they loved not their lives unto the death. Revelation 12:11 *

This scripture is famous if you listen to Christian music and it is very uplifting. So, how do you overcome? It sounds wonderful to say you have overcome but have you really or did you just stuff that feeling, emotion or reaction back and you **think** you have conquered it. In essence you are just ignoring it and refusing to acknowledge that it's still there. To effectively overcome there are some things you need to address one of the big obstacles of truly overcoming is our mind. How we think about our situation. What are your thoughts telling you?

TAKEAWAY #2

Identify how your thoughts effect your reactions. In order for me to be completely free from my reactions I must rethink my current situation and acknowledge me. Have I allowed the Holy Spirit to come in and speak to my heart concerning me?

Plan

Scripture: For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it? Luke 14:28 *

Planning is a strategic step that the bible mentions often. The key to planning is to identify your target. Asking yourself what is the result I am looking for at the end of this. Not being afraid to do something different. Most of all is God in this plan? Is your end result giving honor to God? Can you see the victory?

TAKAWAY #3

Recognize that your plans require divine intervention and approval. In order for my plans to work on conquering my obstacle, I must understand that there are some things that I must adjust in order for my vision to happen which means the adjustment may include me. Am I willing and ready?

Execute

Scripture: And whatsoever ye do, do it heartily, as to the Lord, and not unto men;
Colossians 3:23 *

As you come to the final stage of this book understand this is only the beginning. This is where the rubber meets the road. Have your **thoughts** adjusted; are your **plans** established? What does your **capacity** look like? How does your walk with Christ play into your execution of all that you have purposed to do?

As you read the book and are thinking of these takeaways on how they relate to your life my hope for you is that:

1. You will be able start thinking about moving forward with your goals and dreams.
2. You will recognize that your thought process can be adjusted for success.
3. You know that our connection is not by mistake and I am here to provide support for you in this journey.

*Any scripture that is cited on these pages is the King James Version unless otherwise noted.

Is there more to this?

Thank you for taking the time to take a step toward changing your life. If you want to know more about how I can assist you more on this journey reach out.

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