

Using This Coaching Workbook

This personal coaching workbook consists of 15 lessons which are from three (3) modules.

Each lesson within the module is designed to help you heal and mature in a certain area of your life. You are not required to do each lesson in order. You may skip around and work any lesson of your choice that you feel you need to work on or you may work them in the order presented.

You will need your bible for this study as you will be looking up scriptures for the fill-in the blanks.

The lessons will have a teaching that applies to the topic then a section for you to complete as homework. This is an interactive workbook where you will have to look up scriptures to gain more understanding as you go along.

Dedication

Grace to Live Coaching is dedicated to all the women that desire to live in a place with Him that they've never lived before.

To all the women of the world that want to be His beloved and none other. To all the women of the world that want to walk a walk of faith without the intense struggle and anxiety of their daily life as though it is the norm.

To all the women of the world that want to be empowered with His ability to do something extraordinary with a life surrendered to Him in complete obedience and love. To those of you that want to simply depend on the grace of God for every breath you breathe. Breathe.

How Grace to Live Coaching Developed

Grace to Live Coaching was developed out of a great sense of need to help women get from where they are to where they wanted to be in their personal lives, their faith, their families, and their purpose in life for the kingdom of God.

I received this program from the Holy Spirit as He healed me and showed me the same healing I received is what He wanted for others. This came out of a great deal of personal suffering and labor. It came foremost out of my own purpose which the Lord gave to me over 20 years ago. My purpose in life is to 'instill discipline, integrity and an uncompromising spirit of character within women.'

Little did I know how that would look or be lived out in my life.

I saw that women were coming to me with a lot of the same problems over and over. The pain was the same even though the scenarios they were living out were different. The result or the answer for them was the word of God but in a more targeted way for each.

Some women needed more discipline to be added to their lives and others needed to develop an uncompromising faith and stance about their choices. Some needed to know who they were as a woman.

It wasn't long before I realized that I was walking in my God given purpose as I talked to women. I was guiding them to live a life of discipline, integrity and an uncompromising spirit and faith. I was actually helping them to become unstuck from life consequences.

I was already doing Grace to Live coaching and didn't really realize it. Holy Spirit told me that the 3 areas of my purpose were contained in the modules to give to women for coaching.

As I prayed, God said to me "write the program". Write what women needed and what I was already using with them that was working. He said that it would work for them if they, the client, did the work for themselves and I coached them. He said it would work for them in tremendous ways.

This study was birthed out of a need to help women live in grace. Women have a lot of different struggles and areas they simply don't know how to live through. Through several books I have written I tell how I lived through intense pain from a failed marriage and the depression that followed. I learned step by step from Holy Spirit how to live through it by grace and recover all. I lived to tell my story and help other women tell theirs. Because I can only see a limited number of women in a week, Holy Spirit had me to create this program and put it in a workbook format so you can self-coach yourself. My prayer is that through this workbook you will be able to do that. This workbook is not an end-all. You may need more help than what is here. But, this book should get you started to a life of wholeness and your own story.

What is coaching?

Coaching is more than sitting, talking, and giving instruction. Coaching to me is a fancy name for discipleship, mentoring and connecting with a person on a more personal level. It is being transparent to a person in their pain place. It is feeling their pain and making a connection with that pain. It's hearing the words behind the words or tears a person speaks.

Everyone can benefit from coaching. Everyone needs a personal coach for a season in their lives. Why? Because we all can hit a hard place in our lives that throws us and life gets hard and we can't really see what to do, how to do and where to go.

Coaching is helping you see what you couldn't see before. Coaching is giving a name to what you know is there but can't give it a name. Coaching is a push to help you get from where you are to where you know you should be and maybe moving obstacles out of the way in the process. Those obstacles could be and are many different things in each woman. I help to discover this and move those mountains.

Who is the ideal client for coaching?

The ideal person for Grace to Live coaching is the person that wants to go further in Christ and needs help getting there. It is the person that needs help walking out their life as a Christian or believer. It is for those with pain from the past that are knocking on your present and preventing you from having a future. It is for those that are soul broken. It is for the one that knows something is wrong but can't figure it out. It is the person that is hurting and wants to stop hurting. It is someone that is paralyzed with fear of moving on in their life. It is for the person that has a dream and wants to finally reach it. It is for the person that needs help planning, focusing, seeing the triggers of negatives in their life. It is for the person that wants to please God but feels like they are a failure. It is for the person that feels they are stuck in situations and consequences that they created or someone else created. It is for the one who wants to know how to study the Bible and let it open

up to you what God is saying. It is for you. It is for the one that wants more of God and is not afraid to face their own demons. It is for you because you are holding this book and you want to know what is wrong even if ever so faint you think something is not right. Everyone needs a coach.

Disclaimer

Disclaimer: I am not a licensed counselor, therapist, or doctor. I cannot and will not give you professional counselling. I can refer you to a licensed professional therapist if you need professional counselling and feel that will work for you. I am a life coach and minister. My mission is to equip women to hear God's voice, unlock their gifts, and pursue their passion – using their gifts for God's glory, doing what they love and achieving success.

The Program

The program consists of modules. Within each module are lessons that require you to read the material and use a Bible to find the scriptures and answer the self-reflective questions. You will find several thought provoking questions that are designed to get you to think about yourself in areas that you probably are not used to or have locked away in your soul and refuse to deal with. This is not just a mere reading workbook. For change to occur you need to be involved in the process.

How you see yourself and how you see God is key to living in wholeness and living your best life for Christ and His glory. Seeing who you are in Christ and not how your behavior is will help one to stop acting in habitual destructive ways.

Do not get discouraged if at first you have no answers for the self-reflective questions. They will come.

Do you want to be a woman of influence and impact other's lives? Have you wanted to start life coaching but didn't know if you needed it or if you were ready for it?

You probably wonder does life coaching really help people? The answer is yes!

Coaching is used to inspire, motivate and bring about positive change in other's lives and is a tool to solve a problem or reach a goal.

Grace to Live coaching is a coaching program that uses the foundation of Biblical principles to help you become more equipped to succeed in your personal and spiritual life in Christ.

If you want to live a more focused, devoted and passionate life for Christ you may need coaching. If you want to get to the root of some background issues that are plaguing you from going forward in some areas of your goals, dreams, purpose, and more you may need coaching.

The Modules

Identity Module

The Identity Module. How you see yourself will determine how you express yourself to those around you. The message that you send to the world about who you are needs to be both truthful and the true message you are trying to send. Who you tell the world you are, you must believe that is who you are. Both must be in line with God's message of who you are as his daughter and beloved. Identity will do that.

The areas of study are:

- Identity as a Woman

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- Vision & False Sources
 - Boundaries
 - Your Purpose

Discipline Module

The Discipline Module is designed to help you live a life of discipline. To learn how to be Christ's disciple, take up your own cross and to put those personal disciplines into your own life daily. These disciplines are a daily dying to self. The key areas of discipline will develop this character trait in your life that will lead to other disciplines for a fulfilled life in Christ.

The areas of study are:

- The discipline of thoughts
- The discipline of speech
- The discipline of the balanced life
- The discipline of your body health & fitness
- The discipline of prayer & spiritual life
- The discipline of accountability

Faith Module

The Faith Module is designed to help you live a life that is uncompromising to sin and dedicated to your faith in different areas. It will help you live a life of integrity to your beliefs and heart towards God. It is designed to strengthen you and help you to have a resolute heart towards the word of God and to live an uncompromising stand against the failing, sinful morals and values of our society.

The areas of study are:

- A life of integrity
- A life of obedience & surrender
- A life free of the orphan spirit
- A life of intentionality
- A life of grace

Personal Message

This coaching workbook will help you, if you work through it. This may be the first self-coaching workbook you have ever done. That is great! I applaud you. Looking into yourself and then out to God is not that easy because a lot of the time we do not like what we see. The lessons here are designed to help you see you in a positive and godly way and to help you reflect on where you are. Be encouraged that you will see yourself.

Workbook Guidelines & Encouragement

1. **Do the lessons** Work your lessons in any order you like. You will need a Bible and a separate journal if you like to write down things you do not want to forget.
2. **Set aside time** to work through the self-reflective questions. The goal of lessons is to help you get to know yourself again and to know what God has for you.

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3. **Listen to God's voice** speaking inside of you. You will hear Him begin to speak to you and tell you marvelous truths about you.
 4. **Celebrate yourself** in your growth. Do not get down on yourself if you feel that at this point you have no goals or cannot see a direction to go in. You will. It comes in time. But celebrate the journey you are on.
 5. **Stay confident** knowing that Christ is for you, He loves you and that you do have a purpose in the earth and it will be fulfilled by you.
 6. **Do not** be afraid to make change. As you learn who you are and the changes you need to make, make them. Step out and "do it afraid". (that is a great Joyce Meyer saying)

What is Grace?

To understand this study, you must first gain an understanding of what grace is. You have probably heard many, many things about grace. You may have heard it is unmerited favor or that it is a free gift. But, it is more.....far more.

Grace is more than salvation,

Grace is more than favor,

Grace is more than a ticket to heaven,

Grace is more than love,

Grace is more than a free gift,

Grace is more than a cover on you.

Grace is God's empowerment on your life that gives you the ability to go beyond your natural ability.

Grace gives you the ability to rule in life.

Grace enables you to walk as Jesus walked.

Grace is an empowerment that comes on your life to make the impossible possible for you to do.

*Grace is seen
and grace is what is worked out on the inside of you that will show on the outside.*

Grace empowers you to do what truth demands of you.

*Grace gives you the power to live what God has for you.
Grace is a higher standard of living.*

~excerpts by John Bevere

Grace is an inexhaustible topic that can be taught forever. I am only going to give you the main highlights of the grace of God.

According to one definition I have heard, and totally agree with, grace is not undeserved favor. If it were underserved favor, our Lord Jesus never had any because He grew in grace. Jesus never did one thing wrong. Since, He never sinned, He never had anything to be undeserving about.

A better working, biblical definition of grace is this: Grace is the empowering presence of God that comes on your life that enables you to be the woman that God has purposed you to be.

Because of Grace you can become who He wants you to be.

The grace of God says that He wants to be in your walk with you. He doesn't care how many times you stumble or miss it. Now, be clear, grace is NOT an excuse to sin. It is not a license to live a sloppy lifestyle. No, no. Far from it. Grace is strength you need to live the way He knows you can for His glory.

He knows that you and I have been on this earth living as mere men and that when we come to Him we are now kingdom people and we have to live in a new dimension. We now have to live out our purposes. To do that we need grace. So, God is with us as grace to walk with us and we are able to walk out everything He purposed for us.

Once you really get a good hold of grace, there is nothing that you cannot do or achieve in Him and with Him.

Grace is the expression of confidence in you of who you are in Christ and what He is for you. You are now able to live your life from a place of deep fellowship with Him not from a place of having to earn something from Him.

You will find and live out your purpose and be fulfilled. Thus, the reason for this book. So, let's begin!