



LESSON 1

*Your Wholeness
Journey Begins*

You have to do your part – we can't do it for you. This means your interior work, reflection, and self-work are essential for you to see results. Just listening to the videos is not enough. If you want to see life-changing results by the end of these four months, that means committing to:

1. Doing the homework
2. Actively writing and rewiring your scripts & mindsets each day
3. Working with an accountability partner
4. Having the courage to put your homework into practice.

But most importantly, you must approach this season with an attitude of humility, mercy, and receptivity. You WILL fail as you begin to develop these habits. You WILL NOT be perfect as you develop new skills. You WILL need lots of grace. If you go into this process aware of this truth and are open to all of it, it will be a lot easier.

WHAT WERE YOUR THREE MOST IMPORTANT TAKE-AWAYS FROM THIS LESSON?

Self-Image Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

Are you happy with who you are right now?

Is your current personality opening doors for you?

Are you clear on the image of the person you want to become?

Are you confident in your ability to make the best choices for your future?

Do you protect yourself from allowing other people's opinions to influence your decisions?

Are you aware of the roadblocks that are inhibiting you from creating the best version of you?

Do you know how to develop your self-image?

Are you aware of the conditions that you are placing on your self-worth?

Do you consider yourself to be a competent and confident person?

Do you have a positive self-image?

Health Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

Do you nurture your physical, mental, emotional, and spiritual health?

Are your mind and body operating at their optimal level?

Do you see your health as the vehicle to your contribution?

Are you exercising at least three times per week?

Are you managing your nutrition by studying how different foods affect you?

Are you making regular time for quiet prayer, meditation, and self-reflection?

Are you getting enough sleep every night?

Are you able to manage your emotions on a daily basis?

Does your health enable you to be anchored in the present moment?

Are you grateful for your health?

Friendship Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

Are you nourishing your current friendships?

Are you intentionally developing yourself to contribute your best self in your friendships?

Do you consider yourself an impactful friend?

Are your friends intentional about cultivating their contribution?

Do you have role models for your friendships?

Do you allow your friends to hold you accountable?

Do you hold your friends accountable?

Do you ever fall into gossip or unkind criticism of others?

Do you have healthy boundaries in your friendships?

Intimacy Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

- Do you understand that your worth is unconditional and does not depend on a romantic partner?
- Are you happy, fulfilled, and nourished in your intimate relationship (with your spouse and / or God)?
- Are you free to fail, dream, and be your authentic self in your intimate relationship?
- Are you intentionally learning new skills to grow into deeper intimacy in your relationship?
- Do you ever fall into comparison in your intimate relationship?
- Do you hold your partner accountable? (if single: do you hold yourself accountable to grow in intimacy with your creator?)
- Do you allow yourself to be held accountable in your intimate relationship?
- Can you confidently say that your relationship will be sweeter in three years?
- Do you hold healthy boundaries in your intimate relationship?
- Do you intentionally cultivate an awareness of your behavioral conditioning in your intimate relationship so that you can learn from it?

Contribution Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

Do you contribute your best self in all the parts of your life?

Do you see your life as a contribution?

Are you intentional about caring for yourself so that you can contribute to others?

Are you contributing from a place of abundance, rather than depletion?

Do you know how to dream intentionally?

Are you taking bold steps to pursue your dreams?

Are you aware of your unique purpose, call, and contribution?

Are you detached from your dream so that you can pursue it in freedom?

Do you inspire those around you with your contribution?

Do you see your contribution as a journey, rather than an arrival?

Environment Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

Do you have an awareness of both your internal and external environments?

Are you impacting your environment positively?

Does your environment inspire you?

Does your environment inspire other people?

Are you quick to identify, clarify, and replace negative influences in your environment?

Do you know how to manage yourself in toxic environments?

Do you know how to create healthy boundaries in your environment?

Are you intentionally learning new skills to cultivate your environment?

Are you grateful for your environment?

Is your environment a source of nourishment for you?

Wealth Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

- Do you understand the holistic definition of wealth (an abundance of time, treasure, and talent)?
- Do you see sustained generosity as the purpose of wealth?
- Are you grateful for what you have?
- Do you intentionally tackle limiting beliefs that you hold about wealth?
- Do you live with a mindset of abundance, rather than scarcity?
- Do you have role models who cultivate wealth for the purpose of generosity without compromising their values?
- Do you understand that wealth is neutral and can be used for good or for evil?
- Are you free from worry and guilt when it comes to creating and cultivating wealth?
- Are you intentionally learning new skills to cultivate your wealth?
- Do you detach your self-image from the state of your wealth?

Family Assessment

Use the tables below to rate yourself in response to each question from 1 to 10 with 10 being the best.

RATING
1-10

Are you intentional about contributing your best self to your family?

Are you clear on your roles within your family - as a wife, mother, sister, or daughter?

Do you have healthy boundaries within your family?

Do you inspire your family to become their best selves?

Are you expanding your dreams regardless of your state in life (single, married, children)?

Have you intentionally worked through past wounds from your family?

Are you able to harvest the good from your family and release and forgive the bad?

Are you grateful for your family?

Are you intentional about spending time with your family?

Do you prioritize growing together with your family?

Optional Journaling Prompts

What irrational demands have you tolerated? Why?

Do you understand that you have a role to play in fighting the generational crisis of depletion among women? Can you be bold enough to claim your responsibility?

Do you understand your irreplaceable value? What is your evidence for this?

Do you believe that you were created for a life of wholeness? Why?