



1. **ASK YOURSELF – WHAT’S IMPACTING ME?**
  - Write from your heart for your eyes only
  - Be raw and authentic
  
2. **WRITE DOWN THOUGHTS AND FEELINGS AROUND WHAT’S IMPACTING YOU.**
  
3. **WHAT’S GOD’S PERSPECTIVE?**
  - Ask God to speak from His Spirit and Word to your spirit. Write down any thoughts and ideas
  
4. **SPECIFIC SCRIPTURES THAT ARE SOLUTIONS TO WHAT’S IMPACTING YOU.**
  - You could paraphrase and personal specific Scriptures that are appropriate for you right now
  - You could write down the exact Scriptures and meditate upon God’s perspective
  
5. **CREATE A SPECIFIC PETITION TO GOD AND PRAY IT OUT LOUD. ADD GOD’S WORD AND DECLARE IT OVER WHAT IS IMPACTING YOU.**
  - “In everything by prayer and petition with thanksgiving present your requests to God.”  
Philippians 4:6.
  
6. **END YOUR JOURNALING WITH: “Today I will ... ”**
  - Today I will believe ... *or*
  - Today I will take action ...

*The key is to reflect and review. Tune into your heart and tune into God’s heart. Martin Luther King said, “Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”*

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