

Breakthrough Worksheet

In this worksheet I want you to know that nothings is impossible with God. Change isn't easy and can trigger anxiety; but there is a verse I want to share with you:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4: 6-7

Prepare your heart to receive a miracle.

BREAKTHROUGHS I WANT TO SEE IN MY LIFE & CHANGES I WANT TO MAKE:
HOW IMPORTANT IS IT FOR ME TO MAKE THESE CHANGES? (SCALE FROM 1-10)
HOW CONFIDENT AM I THAT I CAN MAKE THESE CHANGES ON MY OWN? (SCALE FROM 1-10)
THE MOST IMPORTANT REASON I WANT TO MAKE THESE CHANGES ARE:

THE STEPS I PLAN TO TAKE IN CHANGING ARE:

HOW OTHERS CAN HELP ME:

I WILL KNOW THE PLAN IS WORKING WHEN:

SOME THINGS THAT COULD TRIP ME UP ARE:
