

LIFE >>>

Living Intentionally Focused Everyday

Transformation



ALEXANDER LIGONS



LTN is an Internet-based group for support and encouragement for your journey.

In association and affiliation with U eMerge Academy, LLC,
<https://wwwuemergeacademy.com>.



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P R E F A C E

Change is inevitable—life delivers unexpected turns, and how we respond, defines our trajectory. Reacting leaves us scrambling; being proactive empowers us to control outcomes. Imagine facing a federal job layoff without preparation. The financial stakes are high—bills don’t pause, and neither can we.

This Transformers group is about leveraging and equipping you to navigate uncertainty with strategy. The future may be unknown, but your readiness isn’t. By investing here, you’re investing in a future where you’re not just surviving but thriving.

Why work with me? You see a track record—my achievements and relentless growth. But more than credentials, I’m in the trenches with you.

Unlike distant influencers, I offer:

- | | | |
|--|--|--|
|  1) | Relatable  | <i>Real-time insights and weekly engagement are gained, not just past triumphs. We are facing today's challenges as a group who relate, share, and engage.</i> |
|  2) | Current Strategies  | <i>Tactics are tailored to challenging barriers, not outdated formulas.</i> |
|  3) | Role Modeling  | <i>Opportunities to participate in a valuable live case study experience by joining the pivot to adapt and progress intentionally to your transformation</i> |
|  4) | Challenge  | <i>You'll define your transformation vision and confront gaps holding you back. Discontentment with the current status of life fuels growth.</i> |
|  5) | Clarity  | <i>Eye-opening insights reveal your path forward. If you can't see the destination, you'll never arrive.</i> |

Yes, finances are tight—but this is the investment that breaks the cycle. What is the alternative? Stagnation. Let’s build a future where you’re not just prepared but unstoppable.

Introduction

If you have completed the revised edition of the *Understanding Your Path* book, you have gained awareness of your passion, purpose, and path for your life. The reflective questions after most chapters were to help you gain the insight for new perspective on your journey. It was designed to give you better references to life so that your navigation leads to a purposeful life.

Congratulations on completing your first major step of increasing your awareness as you move towards LIFE Transformation for fulfillment. If you haven't gotten the book, you can purchase it on Amazon.

The milestones in the book are:

- | | |
|---|---------------------------------|
|  | <i>Identifying your journey</i> |
|  | <i>Accepting the process</i> |
|  | <i>Defeating the challenges</i> |
|  | <i>Pursuing transformation</i> |
|  | <i>Discovering significance</i> |

Hitting the Targets



Acknowledge Patterns of Life to Reach new Milestones

- ★ Once you identify a milestone—whether past or present—you enter cycles and processes in your challenges. These recurring phases are not setbacks but catalysts for growth.



Pursue Transformation with Intention

- ★ To progress in this stage of your journey, deliberate effort is essential. Actively seek transformation by re-framing challenges as opportunities to ascend to the next level of your personal or professional life.



Turn Challenges into Victory

- ★ By persistently overcoming these obstacles, you create a rhythm of triumph. Each victory fuels greater significance, compounding it into lasting transformation.

Using the *LIFE Transformation Workbook* is a tool to capture and reveal new insights about your life that prompts, prepares, and provides clear perspective for intentional efforts to transform.

You are embarking upon an exciting network for LIFE Transformation. So, let's get started!

How the LIFE Transformation Network Program Works

The LTN Program is an optional online component to the *Workbook*. The online enrollment to attend the Zoom sessions that will meet 2 times a month can be found at <https://www.uemergeacademy.com>. You will create an account online (at <https://www.uemergeacademy.com>) to access your LTN resources.

Your value in the LTN (LIFE Transformation Network) Program includes:

- »»» Free access to three chapters in digital format of the *Understanding Your Path Revised Edition*
- »»» Free access to the 1st Module of the *LIFE Transformation Workbook* in digital format and access to the Life Transformation Network (LTN)
- »»» Two 1 hr. 30-minute online LIFE Transformation sessions about the next intentional steps for your LIFE Transformation journey
- »»» The initial 3-month session covers the *Workbook*. The sessions meet on Mondays at 7:00 p.m. EST. wks. 3 & 4

As you embark upon your LIFE Transformation journey, you have the option to continue your group enrollment by transitioning into one of the following course tracks:

Transformer Skills Track:

Unlocking your potential by amplifying your skills and transforming your future with unlimited possibilities

Mondays 7:00 p.m. - 8:30 p.m. EST (1st. & 2nd. wks. of month)

This transformative track unlocks a world of possibilities for skill mastery. You'll explore diverse disciplines that empower professional growth, creative expression, and digital media leadership. Review key areas of focus below:

Author & Thought Leadership: Craft compelling books and establish authority in your field

Social Media Mastery:

Build influence in an evolving era with spontaneous responses and future-driven strategies for viral content creation

Communication with Impact:

Word pictures, public speaking techniques, and value-add language to elevate audience response

Tech & Innovation:

Utilize AI, leverage web technology, and employ innovative approaches to future-proof your career

Customized Topics

Transformer in Business Track:

Unleashing and igniting the entrepreneurial spirit within you

Thursdays 7:00 p.m. - 8:30 p.m. EST (1st. & 2nd. wks. of month)

This track will cover the things you need to know to start a business. Personal experiences of small business ownership shared, small business resources explored, business plan resources reviewed, business software applications explored, various business approaches discussed, and business challenges investigated to ignite your business venture.

LTN is the *LIFE Transformation Network* subscription to join others in the journey to transformation.

LTN will be an opportunity to learn from others and make valuable connections to reach your next milestone.



Prologue

Welcome to the journey of transformation. We will explore multiple questions to gain perspectives, to provoke thoughts, to generate ideas, to confront mindsets, and to determine the next steps of action. It is critical to spend time in each unit thoroughly reflecting and providing sincere transparent answers to the questions that are presented before moving to the next journalism questions. Each unit will incorporate biblical references, personal reflections, and business thoughts to serve as case studies or examples for individual or situational analysis. We will approach various perspectives and subtopics about life transformation with assessments and extensive questions for profound self-discovery to assist you in reaching new levels of success that lead to life transformation.

So, let us begin the journey. Do not be hesitant to explore the destinations that the answers to your questions lead you. Your transparency and willingness to address the real aspects of your life are your steps in the right direction for transformation.



Introduction

Once the “why” is answered, the “what,” “when,” “where,” and “how” becomes more meaningful. We will start this first lesson with the most significant part of the *LIFE Transformation Workbook*.

“Why” is the first question we look at in the journalism questions. For our purposes we start with “why” to understand the type of questions produced that relates to your transformation efforts. Why do you pursue the idea of life transformation? Why is this topic important to you? Why now is this something you want to pursue in your life? Why has there been such disruption, disorientation, or dissatisfaction at this stage in your life? We will not address these questions at this point. Our task throughout the *LT Workbook* is to probe clues, pursue insight, and produce answers to these significant questions which will move us to the next journalism questions.

Considering the Life Experiences of Biblical Characters

In the Old Testament biblical narratives, we see situations about Moses, Joseph, Daniel, Esther, and Nehemiah that were beyond their control.

The tasks throughout the *Workbook* are to observe scenarios, ask questions, reflect upon the insights, and answer questions while seeking understanding about the stories, patterns, and insights that are presented. Attempt to see your personal situations through the lens of the biblical stories and determine to navigate the situation with spiritual guidance. Here are examples of probing questions we should consider. Have you experienced an unexpected and undesirable development? Did you react in a practical or spiritual manner? Did you react at all? Did you see the essential factors to be proactive practically or spiritually? Why or why not?

Joseph was in a dungeon remained true and served others by interpreting the dreams of a butler and baker. Eventually, he served the king by interpreting his dream that led to greater changes in his life. How do you maneuver until your doors of opportunity open?

Daniel took a stand to remain holy and pure before God, and it was his spiritual stand that provided access to be a benefit by interpreting dreams for Nebuchadnezzar, the king. Will you choose a physical and spiritual posture despite the difficulties, dilemmas, and distractions that are staring you in the face?

Nehemiah was a cup bearer who served the king, and he had a heart to pursue rebuilding the walls of Jerusalem and restoring the temple.

“The king assigned them a daily amount of food and wine from the king’s table. They were to be trained for three years, and after that they were to enter the king’s service. But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.”

DANIEL 1:5,8
(New International Version)



“‘We both had dreams,’ they answered, ‘but there is no one to interpret them.’ Then Joseph said to them, ‘Do not interpretations belong to God? Tell me your dreams.’”

GENESIS 4:8 (NIV)



Living Intentionally Focused Everyday for Transformation

“They said to me, ‘Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.’

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.”

NEHEMIAH 1:3-4 (NIV)



As we pay attention to story after story, we will see clues of a process that prepared the person for their assignment while in hardship. Is it necessary to experience hardship? Were we ever promised a life without hardship? Transformation is birthed out of opposition that reconstructs the heart for a life of purpose.

Have you considered the opportunities that opposition present for transformation? Why do we need to transform? Why is it necessary? Change is essential, especially in these uncertain times. If you understood the impact of sudden shifts from imposed developments or unexpected situations, you are aware of the frustrations of change. At a time in your life when you long to walk the path of fulfillment, a lack of preparation could lead you in the opposite direction. Could you be impacted by poor leadership, confined to an unfair system, and restricted to pursue an empowered future? Unexpected shifts in life circumstances can profoundly shift your perspective. Do you exercise intentional decisiveness for a desirable, delightful, and dynamic life rather than a dreadful, dissatisfied, and dull existence? Will you pursue a path that causes you to be practically and spiritually proactive instead of reactive?

As you reflect on the module inquiries that you need to answer, you will begin to understand the approach to your life transformation using the journalism questions, why, what, how, when, who, and where for the new version of you.

Brainstorm and think about the questions you need to ask yourself as you move forward in your LIFE Transformation. List the questions that are resonating with you and the challenges, reasons, or situations that are blocking you from reaching a new level. You must identify and address the critical issues to develop a plan to remove the roadblocks.



Let's talk about Transformation

Although we have a significant amount of Bible character references and scriptures intertwined with business concepts and approaches, we are required to consider human psyche (soul and mind).

The conscious part of the mind will deal with the current thinking and processing of a situation while the subconscious part of the mind will be rooted in natural instinctive information. The subconscious mind has been programmed to react in a certain way in situations or conversations. Before we can address transformation, we must consider the comfort zone of our life that can pose a roadblock. Has a salesperson ever tried to sell you a product or service, and it was an undesired experience? The salesperson ignored your disinterest. Is a sales agent viewed as a person you prefer no interaction? If so, this example displays latent thinking that recall experiences.

Mindset is our frame of mind to consider in every situation including how we relate to God. Is it possible to subconsciously have the wrong interaction with God? Review the “Read & Reflect” for more thoughtful consideration.

Complete the assessment below to obtain your score and understand your subconscious and conscious thinking.

Subconscious vs. Conscious Mind Quiz

SL1 = Subconscious Level 1, SL2 = Subconscious Level 2

CL1 = Conscious Level 1, CL2 = Conscious Level 2

1. When faced with a sudden challenge, you tend to:

- A) Act on gut instinct without thinking. (SL1)
- B) React based on how you feel in the moment. (SL2)
- C) Pause to analyze the situation logically. (CL1)
- D) Consider the possible outcomes before deciding. (CL2)

2. When meeting someone new, you:

- A) Instantly judge them based on appearance. (SL1)
- B) Notice your emotional response to their energy. (SL2)
- C) Ask questions to understand them better. (CL1)
- D) Reflect on first impressions before forming opinion. (CL2)

3. When you make a mistake, your first reaction is to:

- A) Blame circumstances without thinking. (SL1)
- B) Feel embarrassed or upset. (SL2)
- C) Analyze what went wrong. (CL1)
- D) Consider how you can learn from the experience. (CL2)

Continue the quiz on the next page.

Thoughts for today

Allow life’s challenges that present issues to force new perspectives that have been “comfortably closed in your heart and mind.”¹



Read & Reflect

“But the natural [unbelieving] man does not accept the things [the teachings and revelations] of the Spirit of God....”

1 CORINTHIANS 2:14
(Amplified Bible)

1 Think about the importance of your relationship with God to walk towards your transformation.

2 Understand your need for transformation through the awareness of God, the Creator’s intentions for your life.

3 Resolve that your purpose and transformation will connect to His plan and will for your life.

“For what profit is it to a man if he gains the whole world, and loses his own soul?”

MATTHEW 16:26
(New King James Version)



ASSESSMENT INSTRUCTIONS

For the 10-question assessment, each question has four options

Two options reflect subconscious mind levels:

Level 1: Instinctive/ (A) automatic

Level 2: Emotional/ (B) associative

Two options reflect conscious mind levels:

Level 1: Rational/ (C) logical

Level 2: Reflective/ (D) intentional

Choose the option that best describes your typical response or preference. At the end, tally how many:

subconscious (A/B)
conscious (C/D)

answers you selected to see which aspect of your mind is more active in your decision-making.

Add the total A's and B's

"A's" ___ + "B's" ___ = ___

Add the total C's and D's

"C's" ___ + "D's" ___ = ___

Subconscious vs. Conscious Mind Quiz Continued

4. When making a big decision, you:
 - A) Go with your initial impulse. (SL1)
 - B) Let your mood guide your choice. (SL2)
 - C) Weigh the pros and cons. (CL1)
 - D) Take time to align the decision with your long-term goals. (CL2)

5. When you receive criticism, you:
 - A) Instinctively defend yourself (SL1)
 - B) Feel hurt or offended (SL2)
 - C) Try to understand the feedback logically (CL1)
 - D) Reflect on whether the criticism can help you grow. (CL2)

6. When you wake up in the morning, your thoughts are:
 - A) On autopilot, following your routine. (SL1)
 - B) Influenced by your mood or dreams. (SL2)
 - C) Focused on planning your day. (CL1)
 - D) Thoughtful, reviewing goals or intentions for the day. (CL2)

7. When learning something new, you:
 - A) Mimic what others do without thinking. (SL1)
 - B) Rely on how comfortable or uncomfortable it feels. (SL2)
 - C) Break down the steps logically. (CL1)
 - D) Reflect on how it fits into your bigger picture. (CL2)

8. When resolving conflict, you:
 - A) React automatically, maybe defensively. (SL1)
 - B) Let your emotions lead the conversation. (SL2)
 - C) Try to stay objective and reasoned. (CL1)
 - D) Consider the other person's perspective and your values. (CL2)

9. When you feel stressed, you:
 - A) Fall into old habits without realizing. (SL1)
 - B) Notice your emotions intensify. (SL2)
 - C) Use problem-solving strategies. (CL1)
 - D) Practice mindfulness or intentional coping techniques. (CL2)

10. When setting goals, you:
 - A) Choose whatever comes to mind first. (SL1)
 - B) Set goals based on what feels good right now. (SL2)
 - C) Make specific, measurable plans. (CL1)
 - D) Align your goals with your deeper purpose. (CL2)¹

DAY 1

Why is LIFE Transformation needed?

After completing the quiz, you have gained an awareness of the capacity you use your conscious or subconscious mind. By consciously addressing the questions in each module, you will engage and confront your subconscious mind.

Decide to answer each question honestly and transparently. If you must step away and give more thought to the question, it is an indicator of your seriousness for transformation. Consider the level two questions as an indicator of the complexity of the inquiries. Obtaining answers to key questions for a life shift often requires spending intentional time before God to get clarity before moving on to other inquiries.

The question, “why transform,” addresses the foundation of your pursuit to a new version yourself.

Level 1 Questions:

- 1** Why is personal transformation necessary?

- 2** Why now is this something you want to pursue in your life?

- 3** Why has there been such disruption, dissatisfaction, disorientation, or discontentment at this stage in your life?

- 4** Write any observations, collect thoughts about 1 Cor. 2:14, reflect on other scripture(s), and make notes of your findings.

Thought for today



“For it is God who works in you to will and to act in order to fulfill his good purpose.”

PHILIPPIANS 2:13
(English Standard Version)



DAY 2

Thoughts for today



Think about the life challenges you have experienced that was intended to improve your relationship with God.

Your transformation includes a renewed life in Christ.

“Therefore, if anyone is in Christ, he is a new creation...”

2 CORINTHIANS 5:17
(NIV)



Consider the influences, values, and principles that guide your life.

“Those who are led by the Spirit of God are sons of God.”

ROMANS 8:14
(New American Standard Bible)



Considerations for Transformation

Other reasons for LIFE Transformation can stem from brokenness, sin, dissatisfaction, or discontentment. Lastly, there could be a greater awareness of the consequences of ignoring a LIFE Transformation.

Level 2 Questions:

1 Are there areas of brokenness or sin that must be addressed?

2 If an elevated level of dissatisfaction currently exists, what is the root of it?

3 What are the long-term consequences of not changing?

4 What underlying beliefs or values have been confronted to determine the need for transformation?

Additional Notes:

Reflection

DAY 3

Reflect upon material from the previous days, review the “Thoughts for today,” answer the questions, and complete the assessment below.

- 1 Have you experienced an unexpected and undesirable development?

- 2 Did you react? If so, describe the reaction.

- 3 How can you take initiative practically and spiritually?

- 4 How do you maneuver until your doors of opportunity open?

- 5 What will be your position and posture despite the difficulties confronting you?

How do you view challenges?

- | | |
|---------------------------------|------------------------------------|
| A) As opportunities to grow. | C) As obstacles that slow me down. |
| B) As necessary, but stressful. | D) As things to avoid if possible. |

What person or group of people do you feel assigned to that will assist you during challenging times?

The story of Esther is about an undesirable situation.

Key points in the biblical narrative are accepting opportunities, being proactive, and being decisive in a critical time.

Esther was positioned to be a deliverer.

“For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father’s family will perish. And who knows but that you have come to your royal position for such a time as this?”

ESTHER 1:14
(NIV)

Is it time for your impact to significantly help others?

When will you step into your assignment to influence and invigorate others?



DAY 4

Thoughts for today



The path of common things creates a blindness to new possibilities.²

Desiring a new destination by closing the gaps requires dealing with the present facts and fabricated perspectives.³

The subconscious mind is a structure and threshold between the conscious mind.⁴



Understanding our experiences

1 As a reminder, consider your conscious and subconscious mind. The present unconditioned thinking in a current situation is associated with the conscious mind. The situation we naturally react to without thinking about are in the subconscious mind.

2 It is important to understand the internal obstacles that can hold us back. What experiences have you encountered that can hinder you moving forward to a new version of yourself? Review the statements in the left column.

3 List the things below that you have discovered about yourself from days 1 – 4.

4 Focus on all the questions presented, scriptures (Bible stories) referenced, and quotes included in this Module that profoundly got your attention.

5 If you selected “B”, “C”, or “D” for the answer to the assessment question on the previous page, consider, reflect, and journal how you could decide to embrace challenges. Challenges are an unavoidable part of the journey.

Reflection

DAY 5

Thoughts for today



“No weapon that is formed against you will succeed; And you will condemn every tongue that accuses you in judgment...”

ISAIAH 54:17
(NASB)



REMINDERS

- Be prayerful before or after reading each module
 - Be transparent and honest in all your responses
 - Be consistent in your efforts
 - Be dependent upon God showing you things to move forward
 - Be a student that journal or note all your discoveries for future references.

1 Give considerable thought to the invisible boundaries, oppositions fences, walls, and ideas (mental barriers) that must be confronted. For example, you had a negative experience attempting a new venture that led to failure. As a result, you avoid new things due to the potential to fail. How will this negatively impact or impede your progress to transformation?

2 **Spend time reflecting** on what you have written. After reflecting on your personal discoveries that have enhanced your awareness and perspective, write positive statements that contribute to essential change.

3 **Include scriptural references** for your positive statements. Incorporate the statements into your personal prayer about why transformation is required for your journey to a fulfilling life.

Remember, LIFE Transformation is L = Living, I = Intentionally, F = Focused, E = Everyday Transformation.

DAY 6

Thoughts for today



You must see that positive or creative production does not emerge from “business as usual.”⁵



PERSPECTIVES OF AN EPITAPH

Traditional view

An epitaph is a lasting tribute of how the deceased is to be remembered.

Non-traditional view

Prompts self-reflection on potential, life's value, accomplishments, intentional living, appreciative awareness of life, and consciousness about living meaningfully.

Thought

Embracing the non-traditional view includes embracing the traditional view.

Answering the need for LIFE Transformation

Before we wrap up this module, we will consider additional examples, business principles, and perspectives to answer the question why pursue a LIFE (Living Intentionally Focused Everyday) Transformation.

Can you think of one famous or notable person that has passed away 2, 5, or 10 years ago? We can all think of someone. What is the point? Whether reflecting on King David, Apostle Paul, King of Pop Michael Jackson, or Pope Francis, everyone faces issues and challenges within their lifespan that require persistence to maximize their life's endeavor.

What businesses do you know that are closed because of the lack of growth and focus for continuous improvement? Churches that did not remain relevant to the rising generations becoming less impactful and, in some cases, closed their doors. Are the costs of clinging to comfort and resisting personal growth greater than the rewards of embracing change and producing an empowered version of yourself?

If you were 80 years old reflecting on your life based on where you are currently, would you sense an elevated level of satisfaction and fulfillment? Did you live in such a way that you made a mark on others? Did you operate in a capacity that your influence empowered others? If you could not respond positively to the previous questions, a fundamental change for your life is urgently required for your future path.

Your Last Words

Imagine you were sharing with your child your last words. What would those words be? Use the necessary time to reflect deeply to write those words in the space below.

Thinking and reflecting

Think about the activities throughout the week and identify times you felt God's direction and guidance as you went through the material. Consider confirmations through Bible study, church messages, or other impactful scenarios that resonated with you that was God-inspired moments and experiences to reaffirm your journey to LIFE Transformation.

Reflect on the questions below to become aware of your passion and anticipation for your LIFE Transformation journey. Are you in to win? Have you sensed a point of no return? Have you decided that there is only one direction, and that is forward movement? If failure occurs, it is failing forward! Relinquishing is not an option.

- 1** Why now? What are the opportunities in your opposition?

- 2** Is there a sense of urgency or a specific catalyst (job loss, major unexpected life events, etc.) for change?

- 3** What opportunities for a fulfilled life are you losing by delaying your LIFE Transformation?

- 4** Is there a prominent level of intolerance to remain in the current situation or a strong awareness that there is a fulfilling life to tap into?

DAY 7

Thoughts for today



2 Kings 2:9-14 is an account of Elisha desiring a double portion of spiritual power from Elijah. It was not Elijah's place to honor his request. However, it was an honorable request to carry out God's work.



MEMORY LANE

Each time I decided to earn a degree to develop for my future, it was a process.

From day one, my achievement was already determined.

If I followed the necessary steps, it was a matter of time that I would be walking across the graduation stage.

What will be your transformation?

Introduction

When we look at various Bible characters, a reference to the person conducting God's work by choosing their assignment does not exist. The people who were in their assignment for God was in a natural part of their being. Reviewing the life of Noah, Abraham, or Moses, they were performing everyday activities. At a favorable time, they were influenced by God and recognized the work that was for a cause greater than their everyday life. While performing your daily tasks and navigating your course of life, **recognize the moments that are divine impressions upon your path towards destiny.** Reviewing the passage about Noah in Genesis chapter 6, it reads,

"The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time. The Lord regretted that he had made human beings on the earth, and his heart was deeply troubled. So the Lord said, 'I will wipe from the face of the earth the human race I have created—and with them the animals, the birds and the creatures that move along the ground—for I regret that I have made them.' But Noah found favor in the eyes of the Lord."

Noah was surrounded by activities that were unpleasing to God, but Noah remained honorable to God in his actions. In the world around us, we are to remain honorable to God that He can recognize us for an assignment that will promote His agenda.

In the story of Abram whose name was changed to Abraham, we see that God selected him for an assignment. He was obedient and faithful to pursue the unknown. Do you ignore the activities around you and remain focused on obeying God while demonstrating your faith? Is this the season that God is calling you to step into an assignment that will cause you to be a blessing to many?

In Genesis 12 (NIV) is the account of Abram that reads, "The Lord had said to Abram, 'Go from your country, your people and your father's household to the land I will show you. I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.' So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he set out from Harran."

QUESTIONS FOR OBSERVATION

What are the things around you? Is there a need to reflect a person of honor?

Do you recognize God's agenda? Are you aware of your life's assignment? Do you operate in faith to pursue the unknown?

With all the unknowns that confront God's people today, are you called to a higher order to represent God?

In what way(s) are you called to walk into an unknown land that God will show you?



The story of Moses at the burning bush is an example of being intrigued enough to consider the mystery of life while having an encounter with God. Moses was drawn to God and given an assignment that would be completed by God's hand. While he was challenged with taking the assignment, God gave him insight to know that he would not be alone.

The scripture reads in Exodus 3 (NIV),
 “Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God.² There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up.³ So Moses thought, ‘I will go over and see this strange sight—why the bush does not burn up.’⁴ When the Lord saw that he had gone over to look, God called to him from within the bush, ‘Moses! Moses!’ And Moses said, ‘Here I am.’⁵ ‘Do not come any closer,’ God said. ‘Take off your sandals, for the place where you are standing is holy ground.’⁶ Then he said, ‘I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.’ At this, Moses hid his face, because he was afraid to look at God.⁷ The Lord said, ‘I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.⁸ So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites.⁹ And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them.¹⁰ So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.’¹¹ But Moses said to God, ‘Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?’¹² And God said, ‘I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain.’¹³ Moses said to God, ‘Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?’¹⁴ God said to Moses, ‘I am who I am. This is what you are to say to the Israelites: I am has sent me to you.’¹⁵ God also said to Moses, ‘Say to the Israelites, ‘The Lord, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.’”

The example of Abraham’s encounter with God about tasks that he could not perceive his accomplishment was a natural human response. It is important to keep focus on the work and plan of God.

REFLECTIVE THOUGHTS

Do you consider your transformation as a work that includes your will and God’s presence?

How much do you see God as part of your transformation?

CONSIDER THE TARGET OF YOUR TRANSFORMATION

Is your LIFE Transformation a personal endeavor?

Is your LIFE Transformation serving others or building a product that will help others?

Approaching God must be in an honorable and respectful way. Our understanding of God must recognize that all things can be accomplished through Him, regardless of our limited perception.

The LIFE Transformation work in you will be a step of faith and a walk through the unknowns. As Noah, Abraham, and Moses serve as examples, it is important to stay connected to God for the journey He desires you to complete. Noah was a builder, Abraham was a cattle owner, and Moses was a prophet.

Think about the qualities of each of these men and reflect on the path that you are on. Are you a builder? Noah was a builder who operated as a creator, engineer, developer, or designer. Abraham was a cattle owner, which would be considered in today's terms an entrepreneur. Moses was a spiritual leader and operated in the capacity of a prophet, priest, mediator, and deliverer.

Consider the practical or physical and spiritual side that your assignment will serve. While Paul served temporary housing needs by creating tents, he was a missionary to establish the early church. He was called to the non-Jewish people. Peter was an apostle and a fisherman. His spiritual assignment was to serve the Jewish believers. Jesus was the embodiment of God, a carpenter, master teacher, and servant to all.

As you have understood why you need to transform, the next step is to determine your transformation. It is time to decide what your transformation resembles. We might automatically associate our transformation with success. Our view of success should not contain a worldly perspective.

Your success could be your transformation identified in the list below. There are endless possibilities of the picture of success. Review the list associated with successful life transformations to see which best identifies your target. If the list below does not include your target for transformation success, list it in item 12.

- | | |
|--|---|
| 1. A highly knowledgeable Entrepreneur | 7. A highly effective Teacher, Instructor, or Trainer |
| 2. A disciplined Independent Learner | 8. A Strategist to build wealth |
| 3. An advanced Technology User | 9. An independent learner as a Digital Media Artist |
| 4. A published book Author | 10. A Financial Investor Strategist |
| 5. A Social Media Strategist | 11. A highly effective Communicator |
| 6. A successful Online Business Owner | 12. Other _____ |

DAY 1

Knowing your preference

Working with People, Things or Data?

If you are unsure about the options to consider from the previous page, take the assessment below to confirm your preference of working with people, things, or data.

People, Things, or Data: Skill Preference Assessment

Instructions:

For each question, choose the option that best identifies your response, preference, or typical behavior. Note your answers on this page and the following page. Return to this page to follow the steps in the right column.

1. When given a group project, you prefer to:

- A) Lead group discussions & coordinate team. (People)
- B) Handle the technical or hands-on aspects. (Things)
- C) Organize and analyze the project data. (Data)
- D) Support wherever needed. (Neutral/Mixed)

2. Which activity sounds most appealing to you?

- A) Mentoring or teaching others. (People)
- B) Building or repairing something. (Things)
- C) Creating spreadsheets or reports. (Data)
- D) Planning a schedule. (Neutral/Mixed)

3. In your free time, you're most likely to:

- A) Attend social gatherings or network. (People)
- B) Work on DIY or craft projects. (Things)
- C) Solve puzzles or play strategy games. (Data)
- D) Read or watch documentaries. (Neutral/Mixed)

4. Your ideal work environment is:

- A) Collaborative and team-oriented. (People)
- B) Hands-on and practical. (Things)
- C) Quiet and focused on analysis. (Data)
- D) Flexible and varied. (Neutral/Mixed)

Thoughts for today



1

Before you can set out to accomplish remarkable things, define your target

2

Using personal assessment tools is a good approach to gaining insight into your interests, skills, and abilities.

3

After taking the assessment, review the scoring guide below:

A = People
B = Things
C = Data
D = Neutral/Mixed

How to interpret:

Count the number of times you chose each letter.

The letter you chose most often indicates your natural preference.

As you understand yourself and how you best contribute to the needs of others is similar to one of Jim Collins (*Good to Great*) ideologies. To have people properly positioned in an organization, they must be in the right function to maximize their contribution.⁶



How to Interpret

Count the number of times you chose, "A", "B", "C" or "D."

A = People _____

B = Things _____

C = Data _____

D = Neutral/Mixed _____

5. When faced with a problem, you usually:
 A) Talk it through with others. (People)
 B) Try to fix or adjust something physically. (Things)
 C) Gather and review information. (Data)
 D) Take a break and come back to it later. (Neutral/Mixed)

6. You feel most accomplished when you:
 A) Help someone achieve their goal. (People)
 B) Complete a physical task or project. (Things)
 C) Find a pattern or solution in data. (Data)
 D) Finish a variety of small tasks. (Neutral/Mixed)

7. Which task would you choose?
 A) Mediating a conflict. (People)
 B) Operating or fixing equipment. (Things)
 C) Auditing financial records. (Data)
 D) Organizing an event. (Neutral/Mixed)

8. You are most comfortable:
 A) In a group, sharing ideas. (People)
 B) Using tools or technology. (Things)
 C) Working with numbers or information. (Data)
 D) Doing a mix of activities. (Neutral/Mixed)

9. Others often ask you for help with:
 A) Advice or support. (People)
 B) Setting up or repairing devices. (Things)
 C) Analyzing or interpreting information. (Data)
 D) Organizing or planning. (Neutral/Mixed)

10. You're most likely to volunteer for:
 A) Leading a team or committee. (People)
 B) Setting up equipment or logistics. (Things)
 C) Managing records or tracking progress. (Data)
 D) Coordinating communications. (Neutral/Mixed)⁷

PEOPLE	THINGS	DATA	NEUTRAL/MIXED
Working with people comes naturally and is welcomed. This person thrives working with others.	Working with equipment, materials, technology, or outdoors are items of focus for this person.	Utilizing research, facts, statistics, raw information, and numerical details, are items of preference for this person.	Combining more than one preference (people, things, and/or data); not one specific area of focus; use the mixed areas in a positive manner.

DAY 2

Capacity to help others

As you have thought about the biblical characters, review the assessments of working with people, things, or data, consider the capacity you will help others. As we look at Bible characters, we will see that they impacted someone, something, or some group of people.

Product or Service?

If you enjoy working with things, you might consider building, repairing, or inventing a product. If your preference is collaborating with people, you would thrive in a service-oriented role. Abraham's wealth in the form of livestock, silver, and gold allowed him and others to provide offerings to God. Moses was a leader for God's people. He provided a service of leadership. Noah built or produced a product that provided salvation for his family and the animals of the earth. While he was not opposed to providing salvation to others, the human race was sinful.

As we begin to explore your transformation, let's begin to review questions that provide insight.

- 1** What area(s) of life will be transformed (e.g. communication, career, relationships, health, finances, personal growth, etc.)?

- 2** What will your transformation contribute to?

- 3** What specific behaviors or habits need to change?

- 4** What skills or knowledge will you need to acquire?

Thoughts for today



"So God created man in his own image in the image of God he created them..."

GENESIS 1:27 (NIV)

God created man after his qualities to be creators with authority in the Earth.

CONSIDERATIONS

Can you manage wealth and be a **servant** of God?

Do you have in your hands the ability to build a **product** to impact millions in a positive way?

Do you have the character qualities that can lead others? Is your transformation to impact others through your **service**?

LIFE Transformation comes at a cost. Are you willing to count the cost and continue to pursue an honorable endeavor?

DAY 3

Thoughts for today



“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

ROMANS 8:28
(NIV)



Filling the gaps

Onward Progress

We have covered the subconscious and conscious mind along with a preference assessment (working with things, data, or people). We have reviewed providing a product versus a service. We have explored various scriptures about the importance of our assignment and alignment with God. You have identified important clues of why you want a LIFE Transformation and assessed factors to contribute to a new version of you.

Now it is important to think about the combination of these different areas. How much are you operating in your subconscious mind versus your conscious mind? How much are you a people-person versus a craftsman or data analyst? How do you fill the gaps? You may work well, teach, or instruct others but not sure how to expand services to others to build the future you desire. If your future requires vital connections with other people and your dominant preference is a craftsman or data analyst, how do you create a bridge to be people-oriented? If you have the thoughts of your subconscious mind keeping you in a comfort zone, how will you step out of those personal limitations? With the consideration of these variables or gaps to your transformation, what is your mental capacity or attitude that will persist to propel your transformation? Review and complete the gap assessment below.

In the columns below, identify the areas you need to fill the gaps. These are the areas that require attention and a plan of action (training, awareness techniques, coaching, support group, etc.).

What area do you have the greatest deficiency (working with)? <input type="checkbox"/> People <input type="checkbox"/> Things <input type="checkbox"/> Data	What offering have you considered but discovered difficulty to complete due to a lack of a LIFE Transformation? <input type="checkbox"/> Building a product <input type="checkbox"/> Providing a service	What is/are the greatest subconscious thought(s) (comfort zone(s)) you will need to address? _____ _____ _____ _____	What attitude do you most identify with that helps or hinders your Transformation? <input type="checkbox"/> Uncertain/Reactive <input type="checkbox"/> Growth/Improvement <input type="checkbox"/> Resilient/Proactive
--	--	--	--

As you reflect on your answers, journal or make notes about any additional thoughts, adjustments, or plans that you need to consider for future endeavors. List your strategies to close gaps in the reflection area.

DAY 4

Determining the skills needed

Day 3 included profound considerations for the journey. We have only dove into the “why” and “what” for transformation. Addressing the tools you need is critical to understand the “why” and “what.”

You should feel good about the things you have identified about yourself to identify tools you need. You have heard it stated that you have everything you need for your endeavors. I would like to put the statement into context. You have everything you need to start and make progress toward your dreams.

On the journey, you understand that additional skills, abilities and insights to maneuver in a changing landscape are required.

Below is a “Skills/Tools Checklist” to identify skills/tools for your future. After considering your proficient areas, use the check boxes to check the skills that are essential to aid you in moving forward.

Skills/Tools Checklist

Computer Skills Communication Social Media

Using AI Design Software Book publish

Business Start Website Video

MS Office Online Course Remote Tools

Leadership Learning Strategy Other

1

List the things below that you discovered about yourself from days 1 – 3. Focus on the things that profoundly got your attention. Note the tools/skills that will highly assist your future.

“I can do all things through Christ who strengthens me.”

PHILIPPIANS 4:11



Which lack of resources do you feel is holding you back?

RESOURCES

- Lack of money
- Lack of support
- Lack of tools
- Lack of time

QUALITIES

- Lack of knowledge
- Lack of network
- Lack of skills
- Lack of focus
- Lack of motivation
- Lack of creative ideas

DAY 5

Considering the sacrifices

It might be a difficult decision to consider delayed pleasure and gratification on your journey to LIFE Transformation. The question to consider, is it worth it? Are there other things in life that hold a higher value that impacts your future? While there are valid answers you can give that are justifiable to your decisions, consider which things in life can take a back seat while you are pursuing the best version of yourself.

As it relates to time-use and personal restraint, you'll need to make decisions of priority for your LIFE Transformation. Select the answer that best describes you.

After work, you most often:	An hour after work is given to:	Over the past week, you've mostly:	If you have a free evening, you:
A) Follow a set routine (e.g., meal prep, exercise, chores) B) Take an online course or read about a new topic C) Watch TV, play games, or browse social media D) Meet friends or family for social time	A) Exercising or organizing your space B) Practicing a language, coding, or instrument C) Scrolling through social media or streaming content D) Chatting or gaming with friends	A) Maintained healthy routines and habits B) Learned something new or practiced a skill C) Focused on entertainment and relaxation D) Socialized or attended gatherings	A) Plan and complete productive tasks B) Research a topic of interest or work on self-improvement C) Order takeout and watch your favorite show D) Try a new restaurant or activity with others

Key for interpreting your responses from the questions:

Mostly "A": highly discipline & self-driven

Mostly "B": prioritize independent learning & skill development

Mostly "C": focus on relation & entertainment

Mostly "D": value social connection & shared experiences

After reflecting on information from days 4 and 5 from this module, answer the question below and add any additional insights from today and previous days.

1 What sacrifices might be necessary?

Reflection

This module included substantial challenges to channel you in a positive direction with momentum to continue your transformation progress.

Think about and journal significant activities throughout the week. These are times you identify and felt God's direction and guidance as you went through the material. Consider the confirmations you received through Bible study, church messages, assessments, or other impactful scenarios. The moments that struck a chord within you were God-inspired experiences reaffirming your journey to LIFE Transformation.

Date: _____

DAY 6&7

Thoughts for today



“Blessed is the person who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!

But his delight is in the Law of the Lord, And on His Law he meditates day and night. He will be like a tree planted by streams of water,

Which yields its fruit in its season, And its leaf does not wither; And in whatever he does, he prospers.”

PSALMS 1:1-3
(NIV)



How will you experience LIFE Transformation?

PRACTICAL LIFE TRANSFORMATION ACTIVITIES

- 1** Be positive in action and conversation; avoid complaining and blaming others, seek a positive outlook in challenging situations
- 2** Surround yourself with positive people and role models who are representing the accomplishments you are seeking.
- 3** Exercise courage when opportunities are presented and see failure as opportunities to be empowered
- 4** Be an independent life learner seeing investments in your future as positive steps
- 5** Journal life events, pay attention to God's impression upon you, and reflect on your thoughts and actions in various situations

Introduction

Have you thought of the steps for your plan to start moving forward and gaining ground toward your transformation? You need to identify some misleading approaches before the discovery of guiding principles and values can assist you. You cannot look outwardly. The successes of others should not be a negative influence on your progress. You cannot look at the activities or goals you have not accomplished and let it paralyze your growth. Your internal focus begins with your thoughts.

Essential transformation is manifested by the way you think. Do you have a belief system that reflects positive thinking and talking? Romans 12:2 states that the mind must be renewed and not conformed to the world but transformed by the renewing of the mind. Hebrews 11:1 defines faith as an assurance in things hoped for but not yet seen. The first scripture provides direction for the conformity of the mind not influenced by worldly values. Secondly, we must have actions that display the intentions of the hidden place in our heart and mindset. Our desired outcomes that have not yet appeared in our reality, we work with anticipation and intention as if they have already occurred. Proverbs 6:6-11 give insight to consider the diligence and discipline of the ant without instruction and direction of a leader. The references from the three scriptures include or infer the following words that we should apply to our transformation journey: mindset change, faith, confidence, action, anticipation, intention, discipline, focus, perspective, work ethic, and self-directed.

Characteristics of transformation are found in spiritual examples in the Old or New Testament. The Old Testament transformations of biblical characters are associated with theophanies. A theophany is a human encounter or experience of a visible or audible form of God. Moses and Paul are examples of unusual transformations by God. Moses had an experience at a burning bush that was not consumed by fire and Paul's experience of being knocked off his horse and hearing a voice with a bright light coming from God were theophanies. While God isn't experienced in outwardly dramatic ways today, He is experienced in a personal internal way that an external transformation is apparent.

Zacchaeus was an example of a person who encountered Jesus that led to a transformed life. Speculations that Zacchaeus was seeking more, desiring to see what Jesus offered, pursuing a path to clear his conscience, and yearning for conviction were his reasons for his actions that led to a purposeful life. Your transformation blossoms by going beyond



an idea of fulfillment to taking courage to live a purposeful life.

It is apparent that we can recognize individuals with significant success have undergone some form of transformation. As previously mentioned, do not allow the success of others to make your success unattainable. Do not look outwardly for answers. However, you can observe their results, analyze their processes, understand their decisions, see their intentions, and consider their level of discipline.

Exceptional athletes, actors, artists, authors, and CEOs have shared internal qualities that reflect in their passion, focus, and relentless effort to accomplish. We can easily see success in others. What specifically is the core of a person's altered life and their view of success? Do we associate high success with life transformation? In many ways we do, but it is the internal practices and actions of a successful person that are important. Everyone has a story. Those who have a story that led to their transformation point back to a change in perspective and action. How effortless does someone change if a situation in their life is dramatic? Their perspective changes which impacted their thinking with corresponding actions. Moses, Paul, and Zacchaeus arrived at different perspectives from their spiritual experiences that produced specific actions for their success.

An example that helps us to identify the challenge to transform is in the story from Bruce Wilkinson's book, *The Dream Giver*. Ordinary was a character that had to make a choice to go beyond the boundaries of his comfort zone or stay in familiar territory.⁸ In order for Ordinary to go forward, he had to leave behind friends, fight against his thoughts of doubt, face his fears of the unknown, and pursue the extraordinary.⁹ Wilkinson describes the comfort zone, bullies in the borderland, and the wasteland as barriers to overcome. With the help of Champion and Faith, Ordinary moves towards his dream. Wilkinson emphasized that it is not possible to reach a "Big Dream" if an individual remains in the seat of comfort.¹⁰ Wilkinson included a quote in his book from Kenton Nairobi from Kenya that dealt with a person who reached levels that superseded the comfort zone. However, it brought a new question about going beyond comfort zones and facing new discomfort. Will discomfort always be present?¹¹

KEY POINTS FOR TRANSFORMATION

Has your perspective changed to impact your thinking?

What new actions have occurred in you as a result of your new perspective?

What spiritual experiences have impacted you?

Are you facing a threshold that you need to go through?

Mark Chironna describes in his book, *LifeQuest* the challenges of moving forward as "a threshold." The profound place of experience is connected to "opposition which becomes opportunity."¹²

If this "threshold" is addressed although *resistance is present in the subconscious mind*, the "threshold guardians" are the barriers that assess your true capacity for transformation.¹³

Digging Deeper

What was illustrated and described from the previous page? Are we back at the conversation of the subconscious and conscious mind? Yes. We initially acknowledged these components of our mental capacity in Module 1. You have completed a quiz to recognize the activity of the subconscious and conscious mind. This module will go deeper into addressing those areas that can hinder your movement to your transformation.

How do you approach fear of failure, fear of judgment, and fear of uncertainty?

Q 1: When faced with an opportunity that could lead to failure, you usually:

- A. *Avoid it to stay safe and comfortable*
- B. *Take small steps, preparing as much as possible*
- C. *Jump in, believing you'll figure it out as you go*
- D. *Ask for advice and support before deciding*

Q 2: If you worry about what others might think of your choices, you tend to:

- A. *Seek out feedback but make your own decision*
- B. *Let their opinions stop you from acting*
- C. *Try to convince others to support your plans*
- D. *Ignore others and focus on your own goals*

Q 3: When the outcome of a big change is uncertain, your first reaction is to:

- A. *Stick with what you know and avoid the change*
- B. *Research and plan to reduce the unknowns*
- C. *Wait for more information or clearer signs before acting*
- D. *Embrace the uncertainty as part of the adventure¹⁴*

Make notes of the actions or decisions you can take to improve your approach to incidents of failure, thoughts of others, and outcomes that have significant uncertainty.

Paying attention to your thoughts

DAY 1

Thought Assessment?

For each question, choose the option that best describes your preference or typical behavior. Circle your answers on this page and the following page. Return to this page to follow the steps in the left column.

1. When you start a new project, you usually think:

- A) I'm excited; this will go well!
- B) I'm hopeful, but a bit nervous.
- C) I worry about making mistakes.
- D) I doubt I'll succeed.

2. When someone compliments you, you:

- A) Feel genuinely proud and happy.
- B) Appreciate it, but wonder if it's true.
- C) Think they're just being polite.
- D) Feel uncomfortable and dismiss it.

3. If you face an unexpected setback, your first thought is:

- A) This is a chance to learn & grow.
- B) It's disappointing; I'll get through it.
- C) Why does this always happen to me?
- D) I'll never recover from this.

4. When thinking about your future, you mostly:

- A) Feel excited and optimistic.
- B) Hope for the best, but worry a little.
- C) Expect some difficulties.
- D) Fear things will go wrong.

5. When you make a mistake, you:

- A) Forgive yourself and move on.
- B) Reflect and try to improve.
- C) Criticize yourself for messing up.
- D) Dwell on it for a long time.

6. How do you view challenges?

- A) As opportunities to grow.
- B) As necessary, but stressful.
- C) As obstacles that slow me down.
- D) As things to avoid if possible.

7. When you hear bad news, you:

- A) Look for a silver lining.
- B) Accept it and move forward.
- C) Feel discouraged.
- D) Assume more bad things will follow.

8. When you compare yourself to others, you:

- A) Feel inspired by their achievements.
- B) Recognize your own strengths and weaknesses.
- C) Feel like you're not good enough.
- D) Think you'll never measure up.

9. When planning for something important, you:

- A) Expect things to go well.
- B) Prepare for both good and bad outcomes.
- C) Worry about what could go wrong.
- D) Assume something will ruin your plans.

10. How do you react to criticism?

- A) See it as helpful feedback.
- B) Consider it, but don't take it personally.
- C) Feel hurt and discouraged.
- D) Take it as proof you're not good enough¹⁵

Assessment Instructions

1 Review and circle your answer for each question

2 Review the following scoring guide that provides insight into the rating of your thoughts.

3 Count your points based on your answer for each question using the points chart below:

A = 4 points (very positive)

B = 3 points (somewhat positive)

C = 2 points (somewhat negative)

D = 1 point (very negative)

4 Place your total score here _____ to identify your quality of thinking:

31-40: Strongly Positive Thinker

21-30: Generally Positive, with some doubts

11-20: Tend toward Negative Thinking

10 or below: Strongly Negative Thinker

Concentrating our focus on changeability is more critical than being concerned and restricted by uncontrollability.¹⁶

We should focus our energies on changing or developing systems rather than confront the efforts of people. A synergistic work culture is one that uses gentleness, wisdom, and strength.¹⁷ A potter gracefully shapes the clay.



Assessment Reflection

After completing the assessment, you have identified if your thought life is healthy or unhealthy. Do not feel bad if your results are not what you expected. It is only a gauge. Remember, before a LIFE Transformation can occur, it is critical to be transparent with yourself and understand your thoughts, perceptions, mental approaches, and perspectives to adjust to affect your intentions and actions.

Until you mentally see differently, it is impossible to act differently. Our doing adjusts for better outcomes by our being. Having a realistic strategy to execute requires culture and systems; without it, an unhealthy culture within the organization will defeat the strategy.¹⁸ Chand identifies CULTURE as C = Control, U = Understanding, L = Leadership, T = Trust, U = Unafraid, R = Responsive and E = Execution. Although Chand relates to organizations, how does his business approach apply to you? Changing your outlook on life for better results is addressing your current mental culture, your shared beliefs, values, behaviors, and practices associated with others.

- 1** What controls you or what do you control?

- 2** What understanding do you currently operate in?

- 3** What is your leadership capacity to direct your current and future goals?

- 4** What is your level of trust in yourself and God to bring your desired future?

- 5** How often do you approach the unknowns of life regardless of fear?

- 6** How are you responding currently to the things around you to direct your desired future?

Transparently answering these questions identifies the culture of your mind. As you are gaining more insight into your frame of thinking, it will be the secret code to unlock your future as you exercise faith, belief, confidence, diligence, intentionality, and determination.

DAY 2

Relating to the past but pursuing more

Jabez was a biblical character whose name was associated with pain, but he had an interesting plea for his future. Wilkinson refers to an interesting scripture reference which was “His mother called his name Jabez, saying, ‘Because I bore him in pain.’”¹⁹ Was Jabez connected to pain all his life because names in biblical times related to the person’s identity? Jabez could have allowed his environmental surroundings to influence his mental CULTURE or outlook on life to effect his future.

The emphasis according to Wilkinson is that Jabez heard about God who worked on the behalf of Israel. God delivered His people from slavery, poverty, and tyranny. They prospered in a land with abundance. Jabez desired abundance beyond his imagination. Jabez’s statement, “Oh, that You would bless me indeed...!”²⁰ encompasses the Hebrew word, “barak” which stresses a depth of sincerity for God’s grace and empowerment. His request included supernatural favor, divine guidance, expanded influence, empowered endeavors, and material resources.

As you are pursuing a LIFE Transformation, it is important to remember a key point from Wilkinson. God orchestrates according to His plans and His agenda must have proper priority in your life.²¹

- 1 List your assignment that aligns with God’s plan and connects to LIFE Transformation:

- 2 Can you identify confirmations by others of the divine plans for your life? If so, list the indications from others.

- 3 Are there ideas, thoughts, or endeavors you have reconsidered if it aligns with God’s plans for your life?

- 4 What are your borders to surpass and desires that transcend your imagination (similar to the prayer of Jabez)?

“Jabez was more honorable than his brothers. His mother had named him Jabez, saying, ‘I gave birth to him in pain.’ Jabez cried out to the God of Israel, ‘Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.’ And God granted his request.”

1 CHRONICLES 4:9-11
(NIV)



PLACE A RANK (1-5) ON THE FOLLOWING

Your skills and abilities
Rank: _____

Your willingness to align
with God’s agenda
Rank: _____

Your weaknesses
Rank: _____

Your faith in God’s will &
supernatural power
Rank: _____

Your experience and
personality
Rank: _____

20-25 is the ideal target

DAY 3

Thoughts for today



You may not have given thought to daily activities for your transformation. Now is the time to put the being to the doing!

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

ROMANS 8:28
(NIV)



Chronos and Kairos time

Daily Activities

LIFE Transformation is similar to a butterfly in a cocoon, grass underneath the ground, and a child in the mother's womb. Each of these examples has in common that the final production is not visible. The references are subjected to the passing of time. During the passing of time, small activity occurs. It is the chronos (chronological) time in motion that will lead to the kairos (opportune) time. David is a prime example of a person who was anointed but during the interim (chronos time). David, in his being, was a person of faith that led to his doing (to develop the warrior, musician, and leader within) which prepared him for his kairos (opportune) time.

Daily Activities that Lead to LIFE Transformation

1

List 3-5 daily activities that define your being (i.e. being inquisitive instead of making it a task to seek information; a practice of “being” is something that is naturally part of your life instead of a task or conscious effort to put forth) that represents movement towards your desired future of LIFE Transformation.

From your previous module activities, that is your daily development, include the most critical steps and details below of what you are doing (include the list above). Remember, this will define you as a person that is “being” that drives your “doing.”

Daily activity 1 tasks:

Daily activity 2 tasks:

Daily activity 3 tasks:

Daily activity 4 tasks:

Reflect and record your tasks; journal and reconsider your thoughts; make plans and adjustments for progress in refining your endeavors as you advance to your future transformation.

DAY 4

Reflection

Weekly Milestones

As you have reviewed the daily tasks that exercise your LIFE (Living Intentionally Focused Everyday) Transformation, you will define weekly milestones to reach.

Take a moment and celebrate your progress. As your awareness increases about activities, moments, attitudes, behaviors, actions, experiences, and intentions around you, it becomes easier to identify your “being” and “doing.” Your awareness provides insight to the requirements to reach your target. Identifying the daily tasks prepares you for the weekly milestones you will accomplish. Now, we need to look at these tasks which are leading to completing bigger weekly tasks.

Below are inquiries to increase your perspective about potential weekly activities (e.g. reading a book, tutorial, how-to guide

Thought and assessment for today



“I can do all things through Christ who strengthens me.”

PHILIPPIANS 4:11
(New King James Version)



EVALUATION OF PROGRESS

STAGES

- Seeking Focus
- Sense Progress
- Generating ideas
- Connecting the dots

OUTLOOK

- Hopeful
- Optimistic
- Developing
- Measuring progress
- No turning back
- Only success progress
- Fail forward

- 1 Have you watched 3-5 videos that provided you with needed insight that leads to a week-long project?

- 2 Did a daily task such as book reading or video watching produce creative ideas toward your next steps for your transformation?

- 3 After completing a daily task, did it lead to starting a bigger project such as an online course, mentorship, coaching program, or rehearsal over a week-long period to produce progress towards your transformation?

- 4 Have you produced (video or audio) recordings, documents, or other physical representations of your week-long production that will serve as a milestone marker to document your progress?

DAY 5

Monthly Milestones Examples

Complete a lengthy book that provides guidance and steps to apply

Complete an extensive online course

Obtain a Certification

Enroll in a coaching program; complete 2 - 3 weeks of activities

Find a mentor and complete 2 - 3 weeks of mentorship activities

Learn software or network with others

Tasks that lead to month milestones

Monthly Milestones

You have come a long way in a brief period. You have daily and weekly tasks. The next focal point is monthly tasks. You will think about your daily and weekly tasks to accomplish that are part of bigger projects that will require a month to complete. The tasks compiled for each day and week become your month-long milestone.

After answering the questions from this module, review the side column and chart below. Provide a response to the question below.

1

What will be ideal targets for your month-long milestones?

Relating to your time-use, consider the sacrifices that you'll need to make for your LIFE Transformation. Select the answer that best describes you.

After work, you most often:

- A) Follow a set routine (e.g., meal prep, exercise, chores)
- B) Take an online course or read about a new topic
- C) Watch TV, play games, or browse social media
- D) Meet friends or family for social time

An hour after work is most likely given to:

- A) Exercise or organize your space
- B) Practice a new language or instrument, or learn software app code
- C) Scroll through social media or streaming content
- D) Chat or play games with friends

Over the past week, you've mostly:

- A) Maintained healthy routines and habits
- B) Learned something new or practiced a skill
- C) Focused on entertainment and relaxation
- D) Socialized or attended gatherings

If you have a free evening, you:

- A) Plan and complete productive tasks
- B) Research a topic of interest or work on self-improvement
- C) Order takeout and watch your favorite show
- D) Try a new restaurant or activity with others

Journal your reflection

DAY 6&7

The module contained exercises and activities to move you to your LIFE Transformation.

Think about the activities throughout the week and identify times you felt God's direction and guidance as you went through the material. Consider confirmations through Bible study, church messages, assessments, or other impactful scenarios that resonated with you. The God-inspired moments and experiences are to reaffirm your journey to LIFE Transformation. Do you feel you are now exercising living intentionally focused everyday to realize your transformation?

Use the space below to journal your progress.

Date:

Thoughts for today



“I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return].”

PHILIPPIANS 1:6 (AMP)



“I press on toward the goal to win the [heavenly] prize of the upward call of God in Christ Jesus.”

PHILIPPIANS 3:14 (AMP)



When will your transformation begin?

If you have reached significant success and feel stuck, it is time to make options and create your future by a LIFE Transformation.

When is the time? Now!

Identify any thoughts or statements that capture your feelings.

- “Enough is enough!”
- “How much more unfairness must be tolerated?”
- “How much harder do I have to work to reach my breakthrough?”
- “I have been on the ‘struggle bus’ and I do not know how to get off it.”

If you identify with column 3 or 4 below, you should be in hot pursuit and using any frustration as fuel to ignite your progress to the new version of you.

Preparation is the key.
Review the stages below.

Not urgent,
more tolerable

My current situation is not problematic, but I do want change.

Introduction

If we look at the story of Joseph, we can see the favor of God at work in his situation but not in Joseph’s desired time. God grants favor to us on His term not ours. Our happiness should be a decision regardless of the situation and experience of God’s favor in a specific circumstance. Joseph’s story illustrates an unpleasant situation and a turn of events when he shared his dream. He was unaware of the timing the dream would manifest, but he stayed true to his dream until God’s favor surfaced. Consider your challenging times and determine if you reflect Joseph’s posture.

Your process while waiting on God’s favor can look bleak while you are expecting your transformation. However, you must stay on the course taking the essential and intentional steps to the new version of you. Do you know the positive outcomes because of God allowing doors to remain closed, keeping you in an undesired situation, or delaying your blessings? It is our situation that challenges our decision, desire, determination, and direction to be altered. God plans could include refocusing your attention on Him to accomplish the greatest work in you. Everything we’ve explored so far should confirm that God’s blessings and patterns for you are found in your process. Your blessings will not be given to you prematurely for you to quickly be drawn away from God.

Joseph was unaware when or how things would happen while making a mistake and telling those who didn’t support him. Do not tell everyone about your dreams, and consider the lack of control in every situation. Your control exists in your response to situations and your preparation for your future.

David was anointed for his future appointment. With our awareness of the appointment and the urgency of a matter determines the level and speed of preparation.

Highly urgent;
not tolerable

My current situation has presented unexpected changes that are not well-received that raises questions of alternatives, God’s plans, and unacceptable situations for my future outlook.

Casually pending
urgent, until less
tolerable

My current situation is
bearable; some issues
but not intolerable.

Nearly urgent and
less tolerable

My current situation
has posed multiple
friction points that has
presented questions of
whether it is time for a
major change.



Putting in the Effort for Transformation

Most individuals have a job or career that requires energy and focus. It can be frustrating that you must pursue your desired future with the remaining hours in your day. Your energy and focus decrease to pursue significant activities for a brighter future. Your determination is assessed. We must shift from the mindset of working for money and find energy to put the time into our passion. Plan A, which is the 9-5 job, supports the Plan B. Your Plan B will be your 5 – 9 schedule. Your fight for focused time for your transformation is on the table. Will you go to the movies, watch football games, or spend time with friends? Will you prioritize your free time for personal development and progress towards your future? Do questions arise while you watch others achieve their success and you wonder about the traction in your life for a brighter future?

Every moment we have, we must work our future development into our schedule and around our work schedule. We must realize the time consumed in our lives that are distractions and time-wasters. You will have to reprioritize the activities that are essential to your future. The urgent matters, critical tasks, and significant projects must remain at the top of the list and in the top time slot of your day to contribute to your desired reality. You will have late nights and early mornings, but your level of determination is apparent in your actions.

Making tough decisions are required for progress. People who spend your time with complaining and speaking negatively will have to be avoided. Such behavior has the potential to minimize the efforts of a person with positive intentions for a purposeful life. Avoid the blame and complain game. The cycle does not contribute to your future transformation. You must want your new destination more than being loyal to others. Complainers cannot see their blessings above disappointments. It is a lack of gratitude and awareness of God's goodness.

List 3-6 things that you immediately need to deal with that hinders progress to your LIFE Transformation.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Thoughts for today



“We must carry out the works of Him who sent Me as long as it is day; night is coming, when no one can work.”

JOHN 9:4
(NASB)



“Now when David had served God’s purpose in his own generation, he fell asleep; he was buried with his ancestors.”

ACTS 13:36
(NIV)



DAY 1

The magnitude of LIFE Transformation

Perspective

Instructions



If you are already following the steps in Module 3 consistently by completing daily, weekly, and monthly tasks, you are applying your LIFE Transformation. This module serves as a reminder of challenges to confront to remain consistent.



It is imperative to be serious about your transformation by positioning yourself to be initiative-taking. Future-proof your career or assignment addresses an unexpected layoff. Think about how much you have minimized stress by being prepared for a layoff. Below are questions to prompt you if you have not started your process of LIFE Transformation.

- 1** If you still have not decided, when will you begin steps toward your LIFE Transformation? What is still holding you back?

- 2** After reviewing the material, reflecting on important life issues, and completing the assessments, what are essential things for you to do now?

- 3** What are things you want to do now, but you still feel resistance or uncertainty? What are the next steps to consider moving forward to your transformation?

- 4** When will you consider your time is valuable to use in purposeful ways with intention to prepare for your future?

Thought for today



- 5** Are you a person initiating and anticipating approaches to potential negative experiences? This causes an urgency to respond to the need for a LIFE Transformation? How?

- 6** Do you need a coach or a support group that provides the structure to move toward your LIFE Transformation? Who will assist you?

- ## 7 Additional thoughts, reflections, and notes

You should see personal duty and responsibility to yourself to identify your “highest probability of success” based upon your growth potential.²²



DAY 2

Thought for today



Andy Stanley, the author of *Next Generation Leader* reflected upon a thought from John Maxwell that recognized the place of value is located where it is provided.²³

Where are you currently providing value? What value are you providing?



Feelings and life scenarios

What is your current situation?

If you have not begun your efforts to a new version of you, today's task is about **identifying your current situation**. Various scenarios are presented below with which you may identify. Answer the questions that most closely relate to you.

- 1** Have you invested in developing high-quality skills and abilities to make positive contributions in your workplace or environment but have not excelled as expected?

- 2** Have you felt overlooked or ignored?

- 3** What will you do about it? When?

- 4** Are there financial difficulties that you are often experiencing that you seem to not have enough money because of unexpected expenses?

- 5** Do you feel there is more financial potential and compensation that you should be receiving than your current salary?

- 6** What salary or level of wealth should you be obtaining because of your LIFE Transformation (per month or per year)?

DAY 3

Assessing and determining alternatives

Is there a transformation that is supposed to occur in you to help you get off the struggle bus? You have wondered about a new version of you, but you are unaware of the path to the next level. Is it your LIFE Transformation that needs to take place?

- 1** Do you feel that you are out of options? You have done numerous things and unsure where to turn now. What are the unknown or unexplored options?

- 2** When does enough become enough? When do you reach a point where you will no longer tolerate the current situation as a result of relying on others to provide growth opportunities?

- 3** When do you decide that your efforts for the future you desire that has not unfolded as expected must find the alternatives? Will you determine that your LIFE Transformation must start now to ensure the future you desire?

- 4** When do you reach the understanding that you are working hard enough to be further along than you are? In other words, you are exercising the quality and quantity of energy into projects and work assignments, but it is untargeted to the transformation you desire. Are you working diligently for someone else's projects and assignments? Are you depleted when it comes to focusing on your projects, dreams, and aspirations? When will you do something about your current situation? Provide your response below and in the right column.

Thoughts for today



We are all familiar with the question, "If not now, when?"

At 45 years of age or above, this question is easier to answer with a resounding, "now!"

"Yet you do not know [the least thing] about what may happen in your life tomorrow. [What is secure in your life?] You are merely a vapor [like a puff of smoke or a wisp of steam from a cooking pot] that is visible for a little while and then vanishes [into thin air]."

JAMES 4:14
(AMP)

Continue answering question 4 below:

DAY 4

Thoughts for today



“Commit your work to the Lord, and your plans will be established.”

PROVERBS 16:3
(ESV)



“Delight yourself in the Lord, and he will give you the desires of your heart.”

PSALMS 37:4
(ESV)



Determination, isolation, and innovation

As you are plowing through the concerns of initiating your transformation, you should profoundly be experiencing reasons why you can sit no longer. Are you the person that can identify with a background of experiencing lack, working hard to make ends meet, pursuing education, obtaining minimal opportunities, achieving various levels of success, and wondering about your life making the greatest impact? The life of significance includes helping people, obtaining prosperity, and being a demonstration of LIFE Transformation.

- 1** What will ignite such a passion within you today that you live, eat, breathe, sleep, dream, and wake up every day driven to take action fully aligned with the transformation you seek?

- 2** What will bring your whole being to silence, isolation, and solitude to gain focus for consistent and persistent efforts for your future evolution? When?

- 3** When is it your time to not work hard but to work smart? When is it your time to lead and not be led by others with limited supervision skills, leadership skills, innovative ideas, and creative approaches? Is it not your time to lead with the skill, experience, talent, creativity, innovation, or technical insight you have been given to advance yourself in your transformation, and add value to the lives of others?

DAY 5

Rising above the subconscious

Has anything resonated or pierced a sacred place in your thoughts or behaviors about living contently, living comfortably, or living cautiously without conviction? Fundamentally, are you seeking to be a person of principles and values to pass on to others? Are you rising to the opportunity to do more meaningful things?

- 1 Have you reached a point where your conscience challenges your subconscious? In other words, have you experienced disruptive emotions from your subconscious because of your conscious thinking about your situation? Your comfort zones are no longer safe due to your thinking from new perspectives. Share your experiences.

- 2 When you get “sick and tired” of being “sick and tired,” you no longer allow your comfort zone which resides in your subconscious to drive your life or remain in the driver’s seat. You consciously say that you have to get out of this situation! Sadly, we usually reach this position due to a dramatic occurrence that demands our response or reaction. Share your experiences.

Thought for today



“Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom.”

ECCLESIASTES 9:10
(NIV)



DAY 6&7

Thought for today



“Wait for the Lord; be strong and let your heart take courage; wait for the Lord!”

PSALMS 27:14
(ESV)



Journal your moments of reflection

The last days of the week are to be reflective moments. Your plowing into profound places initiate a level of depth to address your process to evolve.

After reflecting on individual experiences and new perspectives (from personal discoveries) you gained for your transformation, write positive statements that counteract needed change. Include scriptural references for your positive statements and incorporate both into your personal prayer for answering “when will you start your transformation.”

Think about the activities throughout the week and identify times you felt God’s direction and guidance as you went through the material. Consider confirmations through Bible study, church messages, or other impactful scenarios that resonated with you that was **God-inspired moments and experiences to reaffirm your journey to LIFE Transformation.**

Journal any activities, feelings, messages, or impressions you received that resonated with this season in your life. What is God showing you as you are progressing in your transformation?

If you do not have enough space to thoroughly answer your questions or provide your reflection responses, use a separate notebook.



Where will your transformation take you?

Introduction

Acknowledging that transformation is an inward process of the heart, mind, spirit, and soul. The focus of the question, “Where will transformation take you?” is about the multiple destinations of your transformation.

Your destinations will be based upon personal *visions* of the future, *expectations* that were set in faith based upon your *beliefs*, and your focused *intentions* that you set based upon the *perceptions* you contained about your new reality. Your *discipline* and *determination* are connected to your contained focus and vision of your desired future. You remain stubborn to make your future a reality. You do not retreat. Initially your transformation is within and has expressions through your outward actions that define your first destination.

Motivation and inspiration are factors for your internal development. Motivation and inspiration can expire within you with the possibility to relinquish your vision, release your efforts, or resign your intentions. However, that possibility is not an option. The only direction worth pursuing is one of relentless progress—rising higher with unwavering positivity and forging forward with bold determination toward a brighter future. When we are fueled by a deep passion rooted in our heart, spirit, mind, and soul, no obstacle can stand in the way of transforming that vision into reality. It is important to keep the perspective that our transformation is connected to our calling, assignment, and purpose which is our second destination.

Your purpose includes the practical and spiritual aspects of life. Paul was a tentmaker and an apostle who was instrumental in establishing the early church. In the practical areas of life, you are a provider and a servant of God who may become a spouse and parent. Spiritually, you are a representative of God's kingdom. You display God's characteristics for your assignment to contribute to His kingdom. Our transformation provides service and contribution in significant ways to others, which is our third destination.

If needed, provide answers in the extended space below for the corresponding questions and responses.

LEVEL 1

Q. 1 Response:

Q. 2 Response:

LEVEL 2

Q. 1 Response:

Q. 2 Response:

LEVEL 3

Q. 1 Response:

Level 1 Questions

What is your purpose?

What have you been called (destined) to?

Level 2 Questions

What burns deeply in your heart?

What causes your heart to leap?

Level 3 Question

What do you believe is your contribution to God's kingdom?

DAY 1

Thought for today



“Now the Lord is the Spirit and where the Spirit of the Lord is, there is liberty.”

2 CORINTHIANS 3:17
(NIV)



Using your space

Other factors to consider in answering the question, “Where will your transformation take you,” are addressing the environment and context for transformation.

Where will the transformation take place?

- 1** What physical or virtual spaces will support where your transformation is taking you?

- 2** How can your environment be redesigned for success?

- 3** For your desired future, do you need to create an organized or make purchase furniture, equipment, or resources?

- 4** If you have a work area, are you free from distractions to concentrate thoroughly on your profound endeavors? If not, what is your plan of action? What does your new space look like based on where your transformation is taking you?

DAY 2

Using support

Often, we need to consider options to keep us from going solo. As we pursue our unknown destinies, it is an effective effort to associate with someone that can aid you?

- 1 Where are useful support and resources?

Thought
for today



- 2 Who can provide guidance, encouragement, or accountability?

- 3 What communities or networks can offer inspiration and vital connections?

- 4 Where does this transformation fit within the larger context of your life?

- 5 How will it impact relationships, responsibilities, and other commitments?

“Where there is no
counsel, the people fall;
But in the multitude of
counselors there is safety.”

PROVERBS 11:14



DAY 3

Thoughts for today



Revisiting fundamentals

Below are inquiries that are repackaged or revised that were addressed from other activities. The quickness and certainty of your responses provide insight into your grasp of positive movement toward your LIFE Transformation.

- 1** What is your belief system or your source of faith?

- 2** What are your values?

- 3** What is important to you?

- 4** What are obstacles or barriers that can hinder your progress?

- 5** What actions will you take to remove barriers on your transformation journey?

Failure is in the process to success. Individuals that view failure as an essential part of a chapter in their story have a healthy outlook about failure and their future success.²⁴



DAY 4

Assessing your application

As you continue answering repackaged questions, you are sharpening your proficiency to focus and your intention for transformation.

- 1 List 3 - 5 actions that represent your growth?

- 2 How much material are you reading weekly?

- 3 How often are you applying the latest information to your situations?

- 4 What drives your decisions?

- 5 Do you make decisions based on emotions or logic?

- 6 Do you need community or isolation to be productive?

- 7 Are you reviewing resources that challenges you or your thinking?

- 8 Do you have virtue in your self-talk? Give an example.

- 9 Do you think about what you are thinking about?

- 10 Do you take time to acknowledge and address your hindrances?

Thoughts for today



Stanley concluded an interesting point about progress and growth in environments. His point reflects why some businesses no longer exists. If progress does not continue, growth is not apparent which leads to an environment that is “void of life.”²⁵

Leaders of future generations must be willing to accept the challenge of change and “pay the price” above remaining stagnant that leads to a slow death.²⁶



DAY 5

Thoughts for today



Fear is the greater obstacle that renders men and women less impactful - not the endeavor to provide good ideas.³⁰

Stanley identified a characteristic of leaders that an individual must consider as a leader of his or her life. The ability to generate a “mental picture of a preferred future” is key for transformation.³¹

It is necessary to abandon the familiar and embrace the unfamiliar knowing that success isn’t certain.³²

Uncertainty is part of the change process.³³



Addressing barriers

As we move towards the end of this module, we have additional questions to answer as it relates to where transformation will occur. We have significant internal factors to consider. We addressed a number of items in how transformation will occur. This module reviewed internal aspects about yourself that drives transformation. These are additional areas to consider. While 20-30% of the questions overlap, the inquiries serve as nudges of necessary discipline and determination to ensure ongoing transformation.

- 1** What are your current fears and how are you addressing them?

- 2** What are your current weaknesses you have addressed?

- 3** What are the new strengths you are developing?

- 4** What are the unhealthy habits replaced with good habits?

- 5** What ways are you exercising courage to move forward?

- 6** What has been the most critical information for your progress?

- 7** What are your involvements that are developing you and providing greater insight into your future?

DAY 6&7

Wrapping up with future strategy

You have arrived at understanding the various destinies that can be reached for your LIFE Transformation. You also see that transformation is an internal process that is reflected in outward actions. There are numerous thoughts, considerations, activities, approaches, perspectives, and assessments you have been involved in to help you understand the process of LIFE Transformation. Below are additional inquiries that at any moment, your LIFE Transformation can fulfill all your expectations. Answer each inquiry with anticipation of gaining new insight into the reality of your LIFE Transformation.

- 1** What are key steps or phases you have identified in your transformation process?

- 2** How will you overcome challenges and setbacks?

- 3** What coping mechanisms or strategies will be employed for closing the gaps for forward movement?

- 4** How will you cultivate resilience and perseverance?

- 5** How will you avoid and replace old patterns behavior?

- 6** What changes have you integrated into your daily life?

- 7** What new routines, thoughts, or habits have you established?

Thoughts for today



A lasting thought is that you should not let fear restrict your opportunities to reach new heights.

Stanley's thoughts provide a good reminder that relates to courage. Being able to face fear and pursue the challenge is more beneficial than allowing it to rob your opportunity to walk with courage and go beyond the boundaries of your emotions.³⁴



Thought for today



Use this opportunity to journal what you have gained from the initial LIFE (Living Intentionally Focused Everyday) Transformation. The journal serves as a milestone on your journey.

Date: _____

“For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it lingers, wait for it; it will certainly come.”

HABAKKUK 2:3 (NIV)



Congratulations on completing the initial phase of the LIFE Transformation Program. As we wrap up this part of your LIFE Transformation initiation, we have completed part 2, the assessment step, in a three-part transformation process. In case you are not sure of the three steps, the first part was reading the *Understanding Your Path* book to gain insight into your life's journey.

Thoughts for today



The second part of the 3-part LIFE Transformation process is the completion of this *Workbook*. You have gained insights from a biblical, personal, professional, and business perspectives about LIFE Transformation. The multitiered questions, various assessments, reflection opportunities, and moments to journal all served as activities to jump-start and provide progress to your LIFE Transformation.

The third part of the LIFE Transformation is the on-going Zoom sessions which are online learning opportunities that present the Transformer Skills and Business Track. It is possible to complete the *Workbook* independently of the LTN Program and start the online Transformer Skills or Business Track.

It is my sincere hope and prayer that you continue the life-long pursuit of gaining knowledge, wisdom, and Godly confirmations of your transformation experience. The LTN Program is only the beginning of your life-long endeavor to live purposefully. The LTN Program is designed to support on-going development through a small investment that reaps significant returns.

Your pursuit of personal growth, which engages your physical and spiritual being, brings prosperity that will positively impact others. Your ultimate prosperous life is realized through your God-given assignment that includes eternal rewards. Let the movement and momentum from this program propel you to your bright future. Consider the encouraging thought from Andy Stanley to give your mind freedom to “wander outside the boundaries” of reality and produce new mental pictures of new realities.³⁵ Give yourself room to dream in massive ways. The random ideas of your mind can fill your heart and imagination. One thought or idea could become your vision to lead your life to new places.³⁶

May God richly bless you in all your efforts and may He make His face to shine upon you as you pursue your LIFE Transformation.

“Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.”

1 CORINTHIANS 15:58
(NIV)



Notes

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MODULE TWO

- ⁶Collins, Jim. 2001. Good to Great: Why Some Companies Make the Leap ... And Others Don't. New York, NY: Harper Business.
- ⁷Perplexity AI, Response to “Working with things, data, or people quiz” prompt, Perplexity AI Inc., May 10, 2025, <https://www.perplexity.ai/search/Working-with-things-data-or-people-quiz>.

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- ¹⁰Wilkinson, Bruce, David Kopp, and Heather Harpham Kopp. 2003. The Dream Giver. Sisters, Or.: Multnomah Publishers. p. 97
- ¹¹Wilkinson, Bruce. David Kopp, and Heather Harpham Kopp. 2003. The Dream Giver. Sisters, Or.: Multnomah Publishers. p. 122
- ¹²Chironna, Mark. 2015. LifeQuest. Whitaker House, p. 119
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- ¹⁴Perplexity AI, Response to “Thought Assessment quiz” prompt, Perplexity AI Inc., May 10, 2025, <https://www.perplexity.ai/search/thought-assessment-quiz>.
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- ¹⁸Wilkinson, Bruce. 2000. The Prayer of Jabez : Breaking through to the Blessed Life. Sisters, Or.: Multnomah. p. 22
- ¹⁹Wilkinson, Bruce. 2000. The Prayer of Jabez : Breaking through to the Blessed Life. Sisters, Or.: Multnomah. p. 44
- ²⁰Wilkinson, Bruce. 2000. The Prayer of Jabez : Breaking through to the Blessed Life. Sisters, Or.: Multnomah. p. 44

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