



Hi my sweet Ladies,

We are at the end of 8 weeks and it has been a great run.

First, I want to thank each and every one of you for investing your time and energy into the class. Your transparency has been so encouraging and helpful to me and to all the ladies in the class.

This week I want to leave you with 5 Days of Journaling to reflect on some things we have focused on. Also, be reminded of God's great love for you and promises that will never leave you as you seek Him and keep them close to your heart.

In our last group session, please be ready to reflect on the past 8 weeks. I want to spend a minute looking at Week One, remember the goals and action steps? Let's revisit that.

Have fun! See you Thursday!!

Blessings and Love,

Maryann



## Hearts Song Living

### 5 Days of Journaling

1. Proverbs 3:5 *“Trust in the Lord with all your heart, do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.”*NLT
  - Paraphrase this scripture and jot down in your own words what it means to you.

#### Coaching Connection:

- In what areas of your life do you feel God is asking you to “trust Him” with all your heart?
- If you really trusted God’s will...what path do you think He would ask you to take?

2. Proverbs 4:23 *“Above all else, guard your heart for it effects everything you do.”*NLT
  - Paraphrase this scripture and jot down in your own words what it means to you.



**Coaching Connection:**

- What are some steps you can take to “guard” your heart?
  
- If you took these steps, what would look different and what areas of your life would be affected?

3. John 10:10 *“The thief comes only to steal, kill and destroy, I came that they may have life and have it abundantly.”* ESV

- Paraphrase this scripture and jot down in your own words what it means to you.

**Coaching Connection:**

- In your mind and heart, is there anything that is being stolen from you?
  
- If you could replace what has been “stolen” with God’s abundance, how would your mind and heart feel and react?



4. II Timothy 1:7 *“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” NKJV*
  - Paraphrase this scripture and jot down in your own words what it means to you.

### *Coaching Connection:*

In coaching we often use an acronym around FEAR to help people have clarity about what they are really afraid of:

- **F**alse
- **E**vidence
- **A**ppearing
- **R**eal
  - What FEAR feels “real” that could actually be “false”?
  
  
  
  
  
  
  
  
  
  
  - Knowing what God has given you how can you begin to implement a spirit of power, love and a sound mind?

5. Romans 12:2 *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good, pleasing and perfect.” NLT*
  - Paraphrase this scripture and jot down in your own words what it means to you.



*Coaching Connection:*

- You've heard the saying, "Old habits die hard." Is there an area of your life and mind that needs some transforming?
  
- Knowing God's will for you is good, pleasing and perfect, thinking and believing this is key to becoming the new person this scripture talks about. What fresh perspective will give you the mindset you need, to be the new person you want to be?