

Monthly Moment *review*

Giving Thanks For Last Month

CAN BE A VERY POWERFUL THING

Doing this gratitude exercise at the end of each month can become a great companion and counsel to your heart as you engage a new month.

1. Use Philippians 4:8 as your guide to prompt you.

2. "Finally, brothers and sisters, fill your minds with **beauty** and **truth**. Meditate on whatever is **honorable**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **good**, whatever is **virtuous** and **praiseworthy**" - Phil 4:8 (The Voice)

This section is about gratitude and how it helps to reframe your heart + outlook + belief systems.

My Freedom Choices

REVEAL MY DEEPEST BELIEFS & CHOICES

Ask yourself: "What did I say 'yes' or 'no' to that helped me live out my embodied life?"

Be curious about why you cancelled that appointment.

Be curious about why you gave your energy + focus to that project/person.

Asking curiously will emerge out of freedom as you face where faith flowed, and where fear obstructed you.

This section is about interacting with your freedom to be uniquely you. Whether you get things right or not, isn't the issue. It's about "who you believe you are in the Beloved's presence."

Affirm: "I'm worthy of this freedom I have. I boldly reject the stereotypes that I/others have of me."

My Breakthroughs

REVEAL GOD'S PROVISION + MY PURPOSE

Each month, we will inevitably experience setbacks, inconveniences, blindsided moments, and interruptions.

None of these experience will impede Jesus' provision or purpose for you (period!). Don't second guess yourself. Be patient with your expansion and yet again—**rise**, sis.

Notice + scribble 1-2 places where you experienced breakthrough (new discovery, mindset, and/or developments), whether inwardly or outwardly.

This section is about revelation: What did you read/learn? Where was your character being refined? What did hardship teach you about joy?

Feedback From Others

REQUIRES DISCERNMENT

This is about the work-play of co-witnessing. Everyone has insight + an opinion. And we all understand from our level of perception. No one sees it all. Yet, receiving feedback is insightful. However, it requires humility, discernment, keeping your vision steady and your plans fluid.

In the long run, no amount of feedback will steer you on the path of authenticity and enlightenment quite like the Holy Spirit/Ruach.

This section is about noticing voices/vocations of truth: God, yours, and your neighbor's. These are the voices that stir you to speak + scribble from your true self (flaws and all).

Vocation calls us forward (vocatio means "a call or summons" in Latin).

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