



GROUP  
*mentoring*

TOGETHER WE PURSUE  
JOY + JUSTICE  
USING SUSTAINABLE  
SABBATHING RHYTHMS™

*we don't pursue*

JOY

+

JUSTICE

*in our own strength—we pursue them  
in + by the Spirit's strength.*

"... for the joy that was set before him  
endured the cross, despising shame, and  
hath sat down at the right hand of the  
throne of God" - Hebrews 12:2.

Joy

THIS MENTORING WELCOME PACKET

*belongs to:*

*Think creatively. Along with your name, add a fun descriptor that expresses your uniqueness.*

A large rectangular area filled with a grid of small grey dots, intended for writing a name and a descriptor.

# WELCOME, *SOUL*journer

*...To the Mohawkmomma Mentoring + Inner Activism Community!*

*Mohawkmomma Studio is joyfully committed to sustainable + courageous shalom-making from the inside out—Soutivism.*

I come alongside you in this six-month mentoring community to guide you towards sustainable shalom-making + equip you to rise from the truest part of who God has made you to be + become. We will focus on a deepening discovery of embodying a wholeness approach in decolonizing our faith + normalizing Sabbath Rhythms in the zig-zags of our ever-evolving life of following Yeshua (Jesus) in His holy joy + justice work (JOYstice)—it's His work, not ours. We are communion-conduits who abide in His love and let His life live through us as us (reflect on that for a moment).

**The emphasis of neuroscience + neurobiology is interwoven within the practices of this guide.** This integrative approach is the epicenter of healthy and sustainable rhythms. I believe these rhythms will keep you aligned with what matters most to you and inspire you as a mindful ancestor for generations to come—courageous living + resting that invites you to attend to the legacy you live out through God's good story, as you live + create from your truest self.

Hear the wise words and imperative from Maya Angelou, "If you're going to live, leave a legacy. Make a mark on the world that can't be erased." This is why you're holding this four-part framework, designed to help you cultivate a legacy mindest anchored in God's rest rhythms in your life, as you make the most out of giving joy + justice TO yourself as much as you give it OF yourself. BUT, hear me well, in all of this, I want to invite you to **keep your plans fluid and God's purpose steady.**

*"Keep your plans fluid and God's purpose steady."*

In other words, during our six months together, I want you to reimagine yourself as you cultivate patience and flexibility—plans go off the rails sometimes and our bodies and minds may experience pain and suffering that can discourage us from honestly living, writing and re-narrating our woes. Yes, some plans just never come to much, but when you allow freedom to develop an honest response within you to the grace of God, you will lean into forgiveness + witness the fruit of the Spirit and the holy opportunity to live out your belonging + belovedness (flaws and all!) no matter the outcome.

I hope you permit yourself to move through this joy + justice community at your own pace. Although I share some best practices, you will want to interact with it for what your wholeness journey needs. **A wholeness that calls you to bring in your scattered parts and be present at all the levels of your soul—your hospitable, embodied life.**

This welcome packet is a compilation of excerpts from the Sabbath Rhythms Contemplative Guide. Some pages have been exclusively adapted for this group. We'll refer to it at times, so make sure to have it close by each month when we commune.

P.S. Did you sign your pledge certificate? It's your covenant between you + the Lover of your soul.

Courageously cultivate sabbathing rhythms,

*Andrea*

# God's Plan

PREDATES + OUTLIVES

SOULjourner, affirm + align to this declaration on the regular:

God's heart + plans predate and outlive (fill in the blank).

**Pastoral Comfort:** "For we know that when this earthly tent we live in is taken down (that is, when we die and leave this earthly body), we will have a house in heaven, an eternal body made for us by God himself and not by human hands." - 2 Corinthians 5:1. (NLT)

In these bodies, whenever we experience any of the below (and more), we can affirm that God's heart + plans predate and will outlive them all (PERIODT!).

**Pastoral Counsel:** Take a moment ever so often to reflect, declare and jot down more names below that you can add to the pool of things that God's heart + plans predate + outlive. The name of Yeshua/Jesus "Salvation" is above all names (Philippians 2:9). If we can name it, His name is higher and will outlast it.



# SABBATHING

## *rhythms*

### *What are Sabbathing Rhythms?*

SABBATH /sabəTH/ Hebrew: שַׁבָּת - From Hebrew "shabbath" rest, cessation, celebration.

RHYTHM /riTHəm/ A repeated pattern.

**Sabbathing Rhythms aren't prescriptive or formulaic.** I'm talking about the daily, weekly, monthly and annual routine of rest integrated within your work—internally and externally. Interestingly, the first time the word rest is mentioned in the Bible, it's in connection with celebrating Divine creativity. In Genesis 2:2, the Hebrew word for rest is the verb "shabbath"—celebrate, cease; by implication, pause long enough to acknowledge and celebrate what's good, completed and connected.

*I'm appointed to sabbath, therefore, I will make appointments to do so, imperfectly.*

Your first sabbathing exercise is *not* about flawless execution, it *is* about prioritizing fellowship that nurtures your flourishing. You schedule everyone and everything else, there is enough good to go around for you to put on your oxygen mask and schedule your well-being. *And if you have to reschedule at times or shift things around seasonally—there's freedom... there's GRACE.*

**Pastoral comfort:** Throughout the packet, I will provide you with mentorship + reflective prompts to help you cultivate your unique Sabbathing Rhythms pathway and keep you focused + intentional + accountable throughout your calendar. Please, list your responses below in the orange boxes with a pencil, instead of a pen (this gives you permission to be flexible):

**Daily** Diversions & Decisions... **"Daily, I will"** pursue + start my day at (list a time):

**Weekly** Withdrawals & Woo... **"Weekly, I will"** practice sabbathing (list a day of the week):

**Monthly** Moments & Meditation... **"Monthly, I will"** ponder milestones (list a date i.e. "29th..")

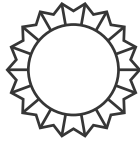
**Annually** Attune & Abandon... **"Annually, I will"** pause for self-inventory in (list a month):



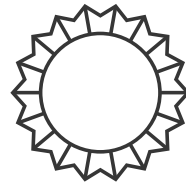
*meditate*

IN YOUR COLORING

I AM  
FOLLOWING

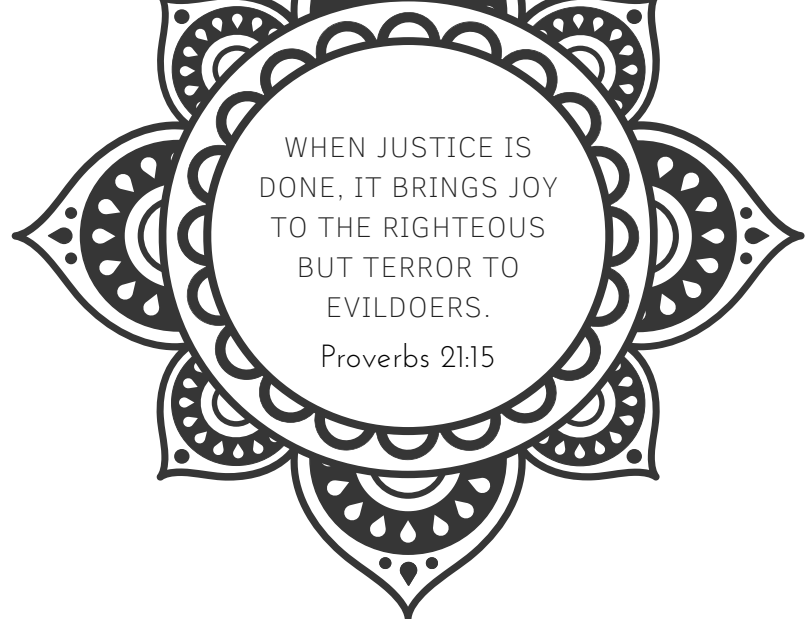


YESHUA



BUT YOU MUST RETURN  
TO YOUR GOD; MAINTAIN  
LOVE AND JUSTICE, AND  
WAIT FOR YOUR GOD  
ALWAYS.

Hosea 12:6



WHEN JUSTICE IS  
DONE, IT BRINGS JOY  
TO THE RIGHTEOUS  
BUT TERROR TO  
EVILDOERS.

Proverbs 21:15

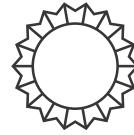
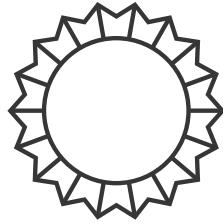
IN HIS HOLY  
JOY +  
JUSTICE.



AMOS 5:24

FIRST. I'M A GENEROUS RECIPIENT OF HIS  
PURSUIT OF JOY + JUSTICE FOR ME. THEN, I  
BECOME A GENEROUS + COURAGEOUS  
GIVER OF IT-OVER AND OVER AGAIN.





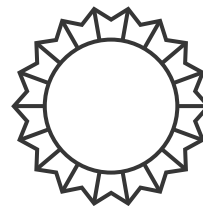
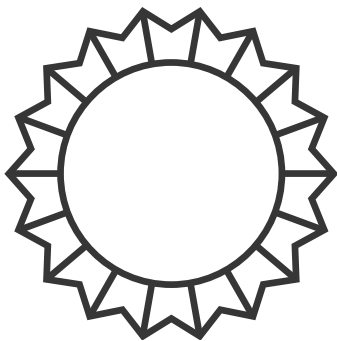
SHALOM

**IS THE  
EPICENTER  
OF REST.**

Shalom I leave with you. My shalom I give to you; not as the world gives, give I to you.  
Don't let your heart be troubled, neither let it be fearful.

THE HEBREW NAMES VERSION (HNV)

JOHN 14:27



**Come** TO ME

**ALL OF YOU WHO ARE**

WEARY AND HEAVILY BURDENED

[by religious rituals  
that provide no peace]

**AND I WILL GIVE YOU**

**REST**

[refreshing your souls with salvation]

**With Love, Jesus**

The Amplified Version

matthew 11:28

breathe, meditate, color & relax

# RHYTHMS OF ORTHO

## *orthopathy + orthodoxy + orthopraxy*

Let's explore your 3-part ortho ("straight, right"). It's essential to get straight how we feel, believe and practice unconscious processes—they exert great influence on our nervous system, thoughts, feelings and actions. Sometimes, we are conscious of how we're being influenced, but the brain can process nonverbal and unconscious information.

1

### **Orthopathy: Emotions** (what you feel)

The aim: mindfulness + resilience

Imagine you're at the end of your day where you felt your time was well spent. How did it feel?

See the list of emotions in the Daily section.

2

### **Orthodoxy: Thinking** (what you believe)

The aim: unpack paradigms

List 3 top core values informing these feelings?

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3

### **Orthopraxy: Behavior** (what you practice)

The aim: healing habits

These practices remind you that the point of it all is not to exhaust yourself trying to build a body of work that eclipses your life, but to create a heart-centered body of work. A body of work that draws from the vulnerable, artful life you're living + your transformative realignments.

4

**Sabbthing Support:** healthy hydration + restorative sleep is essential for your well-being.

Are you tracking your water intake?

Are you having issues with sleeping?

Yes / No

Yes / No

*How do I track my water intake?*

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*What helps my sleep/ What hinders it?*

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Let's examine your GOD ortho-

Please, jot down in each circle your responses.



In the box, list one of the thoughts you listed in the orthodoxy circle, what does it reveal about how you see God?

Let's examine your SELF ortho-  
Please, jot down in each circle your responses.



In the box, list one of the behaviors you listed in the orthopraxy circle, reflect on what is it revealing to you.

Let's examine your NEIGHBOR ortho-  
Please, jot down in each circle your responses.



In the box, list one of the emotions you listed in the orthopathy circle, reflect on what is it revealing to you.

# RHYTHMS OF *abundance + scarcity*

Please, begin to notice where + how abundance and scarcity show up in your life rhythms.

Then, little by little, unhurriedly reimagine + expand your perception of abundance.

Abundance is about Yeshua's presence. His plenty exists in pain, as well as pleasure.

**THERE IS PLENTY GOOD.**

1

Abundant: a·bun·dant / adjective / plentiful; large quantities.

**List 3** things that are abundant for you (*spiritually, emotionally, etc.*):

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2

Scarcity: scar·city / noun / in short supply; shortage.

**List 3** tempting areas that trigger the scarcity mindset within you.:

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3

**Daily normalize + nurture abundance.**

**#1** Notice the ebb + flow of your emotions + mental capacity. *Did you notice when you begin to naturally gear down mentally? What kind of people, activities, foods, or beverages enhance your mood and give you healthy energy? Likewise, what drains you?*

4

**Daily rest from + relinquish scarcity.**

**#1** Be patient with yourself + the unlearning process.  
**#2** Be mindful of the perfectionist + all-or-nothing attitude. They are both "shame gatekeepers" and internal oppressors taking what is good in attempt to erase + exploit you.

*I notice that I am energized by... abundance affirms: "there's receptivity."*

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*I notice that I am drained by... abundance affirms: "there's replenishing."*

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*daily*

DIVERSIONS & DECISIONS



# A HOLISTIC *contemplative guide*

TO ENGAGE YOUR SABBATHING RHYTHMS



- 1** **DATE** + entrust each day to the Beloved, again and again—the joys and the jarring places + people. I choose to unhurriedly process through who I am + who I'm becoming as I *notice + nurture + embody* the work + rest of my day.
- 2** **WHO AM I** come before what I do. Daily, I will begin with an affirmation of my human "beingness" in all of my human doing, "*I am being patient with myself.*" "*I am attentive.*" "*I am open.*" "*I am loved.*" "*I am becoming more aligned with truth*"... etc.
- 3** **GRATITUDE** invites all of my five senses. Through my senses, I notice what's already in my life—my Ta-Da's. Curiosity + creativity + courage will help me use this section as a self-nourishing practice. Gratitude doesn't protect me from suffering, rather, it dares me to witness God's gifts in the most unlikely places. As I adopt a posture of gratitude, I will embody the ongoing health effects of gratitude.
- 4** **INTENTIONS + PRIORITIES** are my To-Do's rooted in my mindfulness to work + rest **from** love + my belovedness—not for it. **FIRST**, I practice putting on my oxygen mask before giving to others as best I can... there is enough good for me. Attending to my well-being is not selfish—it's revolutionary grace. When I start, I will begin to mark my progress.
- 5** **GOALS** should be SMART (Specific, Measurable, Attainable, Relevant, Time-based). My goals are the desired outcome I value. I do not control outcomes, but I can set my intentions and prioritize them. **I am a creative agent of change.**

I will remember to keep my vision steady and my plans fluid as I cultivate a sustainable life from which my goals emerge. **I will approach my goals in small chunks with milestones in mind** to avoid overwhelm + grind. *Burn out is war against my humanity, not a badge of honor.* When a milestone is met, I will celebrate the #smallwin. If I do not get to all my intentions, I will pick up where I left off to follow-up the next day. #makepeacewiththefollowup



DATE: / /

Who am I? \_\_\_\_\_

Good to Know:

Intentions  
desired plan

Priorities  
order of importance

Goals  
desired outcome

# Today

I will choose to live mindfully + sustainably, imperfectly.

My Gratitude Moment  
What I've already done (Ta-Da's)

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STARTED



DONE

It's OK if I  
begin with me.

## My Intentions + Priorities

## My Goals

Time  
Projection:



MY TO-DO'S

MY TO-DO'S	1	 STARTED  DONE	=		
	2	 STARTED  DONE	=		
	3	 STARTED  DONE	=		
	4	 STARTED  DONE	=		
	5	 STARTED  DONE	=		

Total Budgeted Time = \_\_\_\_\_

DATE: / /

Who am I? I am a caring + cared for person.

**Pastoral Counsel:**

Let compassion + healthy critique help you **discipline** yourself, **focus**, **delegate**, **ask** for help and **follow-up** on things the next day.

# Today

I will choose to live mindfully + sustainably, imperfectly.

My Gratitude Moment  
What I've already done (Ta-Da's)

Awakening + drinking clean water before starting today.

Enjoyed the smell + touch of my body butter + essential oils.

Turning on the diffuser calmed me.

Receiving a kiss from Sammy.

Listened to the inspiration sounds of my morning playlist.

Smiled at myself in the mirror.



STARTED



DONE



It's OK if I begin with me.



## My Intentions + Priorities



## My Goals


Time Projection:

MY TO-DO'S

1 Light my candle + journal + morning walk  = 

2 Teach English + science + geography  = 

3 Record podcast episode 61 (no editing)  = 

4 Budget + Bookkeeping  = 

5 Grocery Shop  = 

prioritize my joy + destress 1 hr.

leave a legacy + cultivate connection + curiosity 3 hrs.

document meditation + teachings for SOU-journer collective 1 hr.

know numbers + get out of debt + steward wisely 1 hr.

buy life-giving food 2 hrs.

Total Budgeted Time = 8 hrs.

# List of Emotions

YOU SHOULDN'T JUDGE YOURSELF FOR YOUR FEELINGS. THEY ARE INDICATORS NOT YOUR IDENTITY.

SOULjourner, this page is provided for you to use along with tracking your orthopathy (emotions). Of course, you can include emotions that are not listed below in your reflections. We can't stop at awareness. Our emotional well-being—emotional agility and emotional literacy will beckon us to become agents of change. We are agents of change who work from the inside out.

**Pastoral Comfort:** "Even if we feel guilty, God is greater than our feelings, and He knows everything" - 1 John 3:20. I'm a major advocate of validating one's own emotions. How you feel is how you feel. You shouldn't suppress or judge yourself for your feelings. They are neither good nor bad—they just are.

Your feelings reflect your emotional response to the world. **However, it's important not to confuse your feelings with reality itself, or to let them dictate your actions.** This is what I mean when I encourage people to see their emotions as **data, not directives.**

Think of them as one data point among many to consider as you move forward.

No matter what you feel, those emotions are valid. They don't need to be judged or justified, but neither are they entitled to run your life. Your choices are yours to make. Let your feelings give their input, then pick the course of action that lines up with your goals and values.

**Pastoral Counsel:** Address the anxieties underlying your feelings. Take a moment to explore the reasons why (your beliefs) you feel as you do, and consider strategies for taking care of those issues. On the following pages, feel free to print out + trim the emotion cards from the Emotional Wellbeing card deck on thicker paper for durability (for the full deck, shop in my soul care boutique).



## Love

I Affirm: This emotion matters to the Beloved, it reveals where I feel + know that I'm connected to the Beloved's abundant life of shalom—my wholeness, my peace, my wellbeing. Beyond my feelings—my God, my birthright. God is love (1 John 4:7-21). I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## Joy

I Affirm: This emotion + fruit of the Spirit matters to the Beloved, it reveals where I'm abiding in the abundance of inner rejoicing whether in pleasures or pain. I rejoice because I'm rooted in joy. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## Shame

I Affirm: This emotion matters to the Beloved, it reveals where I feel the lethal, self-diminishing effects condemnation.

"In whatever our heart condemns us; for God is greater than our heart and knows all things" (1 John 3:20). I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## Gratitude

I Affirm: This emotion matters to the Beloved, it reveals where I notice + nurture + embody all the spiritual and physical gifts in my life from the Divine. Gratitude rewires my brain and allows me to heal and connect with the truest part of myself. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## Overwhelm

I Affirm: This emotion matters to the Beloved, it reveals where I have become overloaded with consuming all the things, instead of connecting at a sustainable pace. I will not seek more. I will seek pause, then, I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## Anger

I Affirm: This emotion matters to the Beloved, it reveals where I cannot live amidst injury + injustice without anger's moral response. Anger isn't poison, it's how I mirror God with holy indignation. I'm not storage for anger, I'm its conduit, it must move through me. I will pick my course of action from the inside out that will line up with my goals + values.

**I will nurture myself here!**

## **Delight**

I Affirm: This emotion matters to the Beloved, it reveals where I can let my pleasures play + be reminded that I am a cherished child of The Most High, not just an adult trying to "make a living"—I will live a life worth living. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## **Empathy**

I Affirm: This emotion matters to the Beloved, it is more than just responding—it's connecting. It reveals an invitation to welcome a feeling that is shared deeply with another without judgment. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## **Sorrow/Grief**

I Affirm: This emotion matters to the Beloved, it reveals where I can let my sorrows deeply connect me to the Beloved who comforts me in all my suffering, so that I may be able to comfort others in all their suffering (2 Corinthians 1:4). I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## **Curious**

I Affirm: This emotion matters to the Beloved, it reveals where I can let new discoveries and growth remind me that I am on a journey, and I do not have to have it all figured out. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## **Guilt**

I Affirm: This emotion matters to the Beloved, it reveals where I intentionally or unintentionally have wronged God, myself, or someone else. Pseudo guilt likes to disguise itself, but when I'm in the wrong, I'll welcome humility. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

## **Belonging**

I Affirm: This emotion matters to the Beloved, it reveals where I'm truly me and truly seen, welcomed, and earnestly and forever connected in my humanity without a mask or any form of hiding. I'll pick my course of action from the inside out that will line up with my goals + core values.

**I will nurture myself here!**

**Rest is hardwired.**  
**Which means we**  
**don't earn it. To trust**  
**the resources that**  
**rest brings us is to**  
**trust that the**  
**Sustainer has placed**  
**our sustainability**  
**and sustenance in it.**

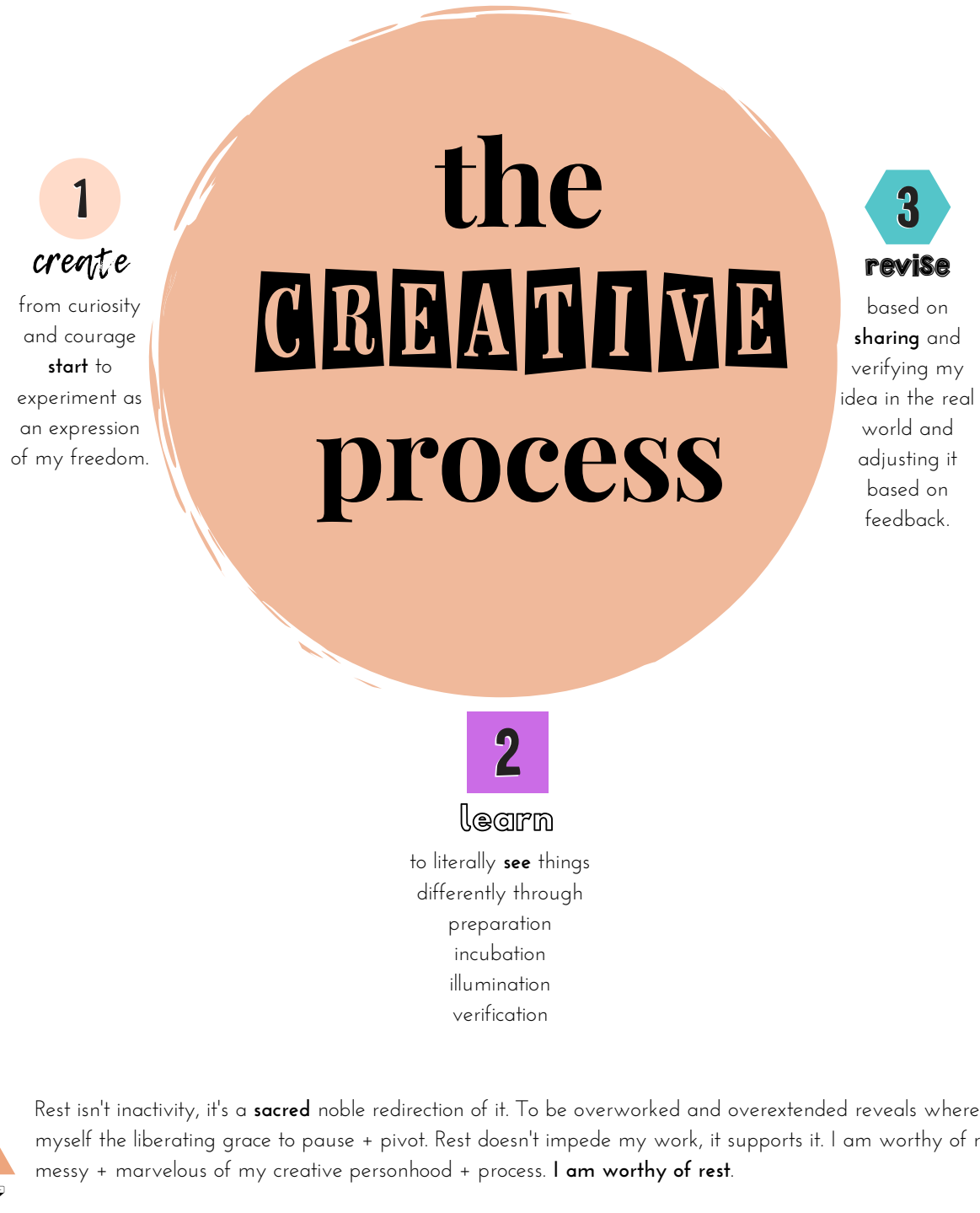
**HEALING MOMENT >>> Meditate** "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." - Proverbs 3:5-6

Your response:



# WHERE ARE YOU *in the creative process?*

**Creative:** Even when you are not creating, creativity is present as an intrinsic part of you as a portrayal of God's presence and perfection. Creativity is an inside out process—the process can take many twists and turns and you never know where you'll end up. With that in mind, this diagram will explore the creative process and map out some of the territory. In the *Weekly section*, you'll identify where you are in your daily creative workflow. Remember, even when you are not creating something, you are creative creation—a worthy creation of the Beloved.



## #Creativeboard

You're in charge! This space can be whatever you make it.

*Divert to doodling...just put pen to paper. Research shows that doodling helps people stay focused, grasp new concepts and retain information.*

# SOUL CARE + SELF-CARE

## *practices*

You are already free, these practices do not free you!  
THIS IS NOT AN EXHAUSTIVE LIST

### **Generative Practices**

Lament  
Lectio Divina  
Bible Study  
Centering Prayer  
Examen Prayer  
Gratitude Meditation  
May I Be Meditation  
Shame-free eating  
Any form of Self-care

### **Movement Practices**

Labyrinth Walking  
Walking Meditation  
Mindfully Move  
Breathing Meditation  
Indoor/Outdoor Activities  
Card and Board Games  
Laughter/Smiling  
Massage Therapy

### **Relational Practices**

Counseling/Therapy  
Honest Dialogue  
Spiritual Direction  
Deep Listening  
Storytelling  
Cultivate Friendships  
Mentorship/Coaching  
Small Group Community

Think about and envision the personal and communal areas in your life you want to further practice (orthopraxy).  
Focus on 1 or 2 practices and gradually integrate them a little here and there.  
Perfection is not the aim, embodying Love is (mistakes included).

### **Cyclical Practices**

Attend a Retreat  
Ceremonies/Rituals based in  
Spiritual or Cultural Traditions  
Establish a Sacred Personal  
Space in your home  
(indoors/outdoors or both)  
Regular Check-ups:  
Physical & Mental

### **Stillness Practices**

Speak Truth  
Reading  
Silence  
Centering  
Noticing  
Digital Sabbaticals  
Listen to SoundBaths  
Any Contemplative Prayers  
in Generative Practices

### **Creative Practices**

Contemplative Arts  
Improvisation  
Music and Singing  
Journaling  
Handwritten Letters  
Coloring  
Any Hobby  
Play with and Like a Child



*weekly*

WITHDRAWALS + WOO

# 52 COURAGEOUS Contemplative Questions

**Writer:** you are still worth something even when you are not writing, creating, publishing something or giving of yourself. Take a moment to reflect on one question each week in the **Weekly section** of *Reflect + Celebrate*. Don't merely write, if you can talk out your response aloud do so, neuroscience studies have shown that talking to yourself helps with a number of skills, from focus to problem-solving.

WEEKS 1-10	WEEKS 11-21	WEEKS 22-32	WEEKS 33-43	WEEKS 44-52
1. How was I awake and alive to my God-given uniqueness?	11. What did prosperity look like?	22. How did I celebrate a small victory, and what was it?	33. What does my friendship community look like?	44. Who brought out the best in me?
2. How did I connect my voice (vocation) with my values and goals?	12. What song resonated most? Why?	23. What/who made me laugh?	34. What did my faith community look like?	45. What did growth look like?
3. Who did I help connect their voice (vocation) with their values + goals? How?	13. Who challenged me most? What was the challenge? What did I feel?	24. What did I learn?	35. What was I most intentional about?	46. What did courage look like?
4. What did Love (God) concretely look like?	14. How did I embrace my limitations + lean into them with daring audacity?	25. What did abundance look like?	36. What angered me?	47. What image/photo expanded my perception about something?
5. What time of day am I most alert? Why?	15. How did I overcome a setback?	26. What day did I stay in pajamas all day?	37. What did I believe about myself or my life that was true?	48. What calmed me?
6. Who most energized me? What about them energizes me?	16. Who did I avoid? Why?	27. Where did I spend most of my time?	38. Describe this week as one of the four seasons and why?	49. What disappointed me?
7. From where did most of my distractions derive?	17. What in nature reminded me of Love's (God's) faithfulness?	28. What did feedback from failure look like?	39. What plans didn't happen?	50. What project (small or large) helped me trust Love (God) more deeply?
8. Who or what surprised and delighted me?	18. How did I embody self-compassion?	29. What did I say 'no' to in order to reserve my best 'yes'?	40. Where has my body informed me of an issue in my life?	51. The key ingredient that reminded me to be present this week?
9. My fullest day was? I relaxed by...	19. What or who helped me to focus?	30. What book or article has me rethinking and reassessing things?	41. This week's big takeaway?	52. I am grateful for having released (blank), in order to receive (blank)?
10. When did I speak up courageously?	20. The top three things I enjoyed?	31. The one thing I avoided all week?	42. How did I hold myself accountable with grace?	
	21. What shifted my perspective?	32. How was I patient with another (self included)?	43. What one thing did I do 1% better?	

THIS IS WHAT I

*Can do!*

(THIS WEEK, AT LEAST)

This week, I choose upstream practices able to sustain my living, being loved and loving.

I will practice:

\_\_\_\_\_

But when I forget, I will remember the Beloved's imperative + invitation, "Come to Me."

I will E.A.S.E. into this new week:

**Empathy** will help me **Accept** my humanity and the humanity of others, as I **Simplify** my living from the inside out. To do just that, I will mindfully + courageously **Eliminate** anything that doesn't align with my top (3) core values.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## SUNDAY

DATE

Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

\_\_\_\_\_

*Top must 3 things to nurture today...*

## MONDAY

DATE

Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

\_\_\_\_\_

*Top must 3 things to nurture today...*

## TUESDAY

DATE

Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

\_\_\_\_\_

*Top must 3 things to nurture today...*

## WEDNESDAY

DATE

Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

\_\_\_\_\_

*Top must 3 things to nurture today...*

What will it look like for to come **home** to my uniqueness each day?  
(Consider making extra copies for weekly use)

THIS IS WHAT I

# Can do!

(THIS WEEK, AT LEAST)

Throughout this week, I will remind myself who I am.

I am: \_\_\_\_\_

But when I forget, I will dare to Psalm 42 my soul.

This week, in my current creative process, I am focused **primarily** on... (Identify below + circle the most **prominent**). There may be an overlap, but narrow your focus.

Refer to page 19 if you need a reminder.

1 I am Creating  
2 I am Learning

3 I am Revising  
4 I am Resting

## THURSDAY

DATE Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

Top must 3 things to nurture today...

## FRIDAY

DATE Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

Top must 3 things to nurture today...

## SATURDAY

DATE Before my To-Do list, here's my Ta-Dah moment! **I am grateful for:**

Top must 3 things to nurture today...

## REFLECT + CELEBRATE

How was I awake and alive to my God-given uniqueness?

---

---

---

---

---

I'm celebrating the following milestone(s) this week.

---

---

Were this week's activities **sustainable** for me to repeat next week?  
"Yes, let's continue!" or "No, I don't think so, I need to tweak some things."  
(Consider making extra copies for weekly use)



*monthly*

Moments & Meditation

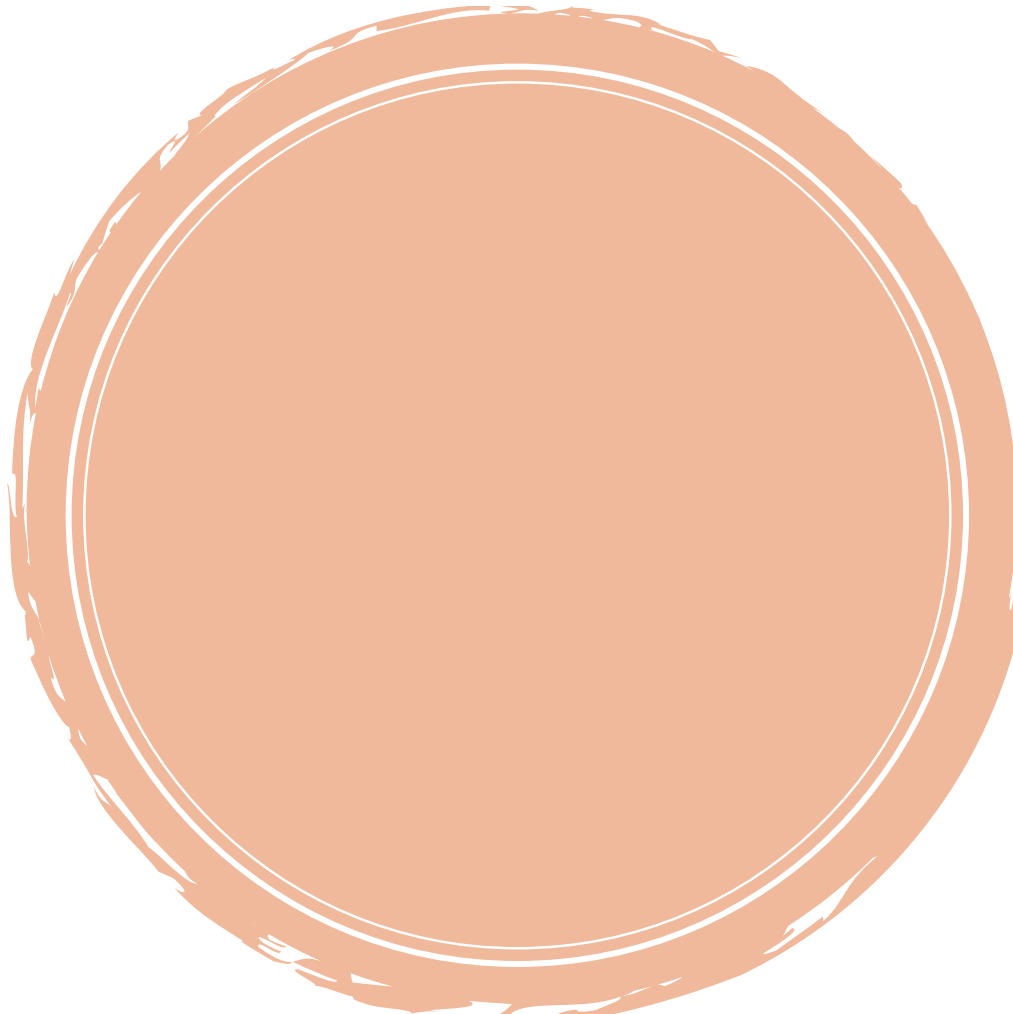


# REST

*for me, this month looks like...*

Fill in the circle at the beginning of each month (and to my rule-breakers, yes, it's fine to write outside the circle). Name one specific act of rest you'll lean into for your monthly withdrawal. Your brain not only needs to take in, it also needs to take a break. In all of it, you get to "center down," as referred to by Howard Thurman.

All expressions of rest will help you notice + nurture + embody coming home more and more to being uniquely you. Rest is a divine, generative healing: it ushers us into a daring celebration. **Rest—our beloved birthright.**



MONTH OF:

Date: \_\_\_\_\_

# MY ONE WORD *meditation*

## ONE WORD

My **one word** of intention for this year is:

\_\_\_\_\_

This month, my word helped me  
to focus on saying "yes" to and "no" to:

I said "yes" to:

\_\_\_\_\_

I said "no" to:

\_\_\_\_\_

## NOTICE

As I **noticed** this word shaping my humanity: my  
writing, my imperfections and my current stage of life.  
Grace kept bringing my awareness to meditate upon  
(*Scripture, a song, poem, etc.*):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## NURTURE

This word helped me to **nurture** myself  
by committing to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## EMBODY

As a result of this word and all of this past month's  
activity, Yeshua is helping me to **embody**:

\_\_\_\_\_

This soul care practice **energized** my word (page 12):

\_\_\_\_\_

If you need guidance in choosing your word of intention, please refer to page 154 in the **Annual** section.  
(Consider making extra copies for monthly use)







*annually*

ATTUNE & ABANDON

## GOALS *reverse engineered*

*Let's recap, SOULjourner*

### **Step 1: Pick Your Goal**

This is where you want to be at the end.

### **Step 2: Determine Your Milestones**

Your chance to review, access and celebrate  
Don't grind through milestones, let celebrating  
them be an expression of rest—sabbathing.

### **Step 3: Set Your Steps**

The steps are the practical application  
of where you're going—your journey.

### **Step 4: Start the Climb**

Here's the most important  
part of it all, SOULjourner.  
It also may very well be the  
hardest—*Start*.

*What stood out the most to you? And what did you learn?*

Your response:

LET'S LOOK AT A  
FEW EXAMPLES:

## SET MY SMART *goals*

Set SMART (Specific, Measurable, Attainable, Relevant, Time-based) goals for your projects.

**Important:** Limit your goals to a maximum of five at a time within a year to avoid overwhelm, but if you hit one of your five goals, then you can replace it with a new one or not replace it at all. It's up to you. **Goal #1** will relate to #1 in each section and so forth and so on with each number.

### My Goals For This Year

This is where you want to be—your completion.

1

---

2

---

3

---

4

---

5

---

6

---

7

---

### My Milestones/Mini Goals:

Transfer to the **What I Can Do** page in the **Weekly** section.

1

---

2

---

3

---

4

---

5

---

6

---

7

---

LET'S LOOK AT A  
FEW EXAMPLES:

# SET MY SMART *goals*

Get SMART...

Specific, Measurable, Attainable, Relevant, Time-based

## My Steps/Method

The practical application of where you're going—your journey.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

## My Starting Point "Aha Moment":

It all begins at the ground floor—your starting point.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_





*quarterly*

CHECKPOINTS

>>> DUE DATE

the SMART goal

The Project: \_\_\_\_\_

Who will it benefit?: \_\_\_\_\_

Prayer	
--------	--

Purpose	
---------	--

Prosperity	
------------	--

The Journey	Step 1	Step 2	Step 3	Step 4	Step 5
-------------	--------	--------	--------	--------	--------

the method

Duration:

Progress:



done in the middle starting

(Shade in your mug in thirds to track your little by little progress.)

Starting point: The ground floor

Milestone: The mini goal → MINI GOALS HAVE TWO SIMPLE GUIDELINES: small + simple

>>> Make sure to transfer your project to your designated quarterly planning sheet.  
(Consider making extra copies)

LET'S LOOK AT AN EXAMPLE!

>>> DUE DATE

The Project:

The Big Picture Goal

the SMART goal

Who will it benefit?:

Who are they? What matters to them?

Prayer

Listen with the "ear of your heart." What prayer is helping you consent to rest in God's presence in this labor of love, as you imagine and envision this project?

Purpose

Understand why you're doing it. Do you desire personal/spiritual growth? Do you want to learn a new skill? Do you desire to do it for the joy of it? Do you have a burning desire to see people's lives transformed? Do you want to generate more income? The answers to these questions will shape your action steps.

Prosperity

What is your definition of prosperity? You can be prosperous apart from what you do. It's important + more sustainable to base your prosperity on your redemptive freedom, not your popularity or ability. During this project, learn to see people's advice as ingredients to create your own recipe—not their recipe.

The Journey

Step 1

Is this goal deeply connected to my core values + vision + mission?

Step 2

What is this going to cost me? emotions + money + time are currency (count the cost).

Step 3

What is the ground floor, my starting point?

Step 4

List my mini goals. mini goals = my milestones

Step 5

Weekly, evaluate each goal to see if it's healthy + realistic. Keep it. Tweak it. Delay it. Discard it.

the method!

Duration:

(Indicate how long you think each step will take in hours, days, weeks or a specific date. Sometimes, it can be done in one sitting.)

Progress:



Starting point: The ground floor

DO determine which mini goal to tackle first, go with chronological order or whatever is sustainable for you at this time in your life. Don't do it all now. // Don't start on all of your goals. // Don't crum as much progress in as you can. // Don't burn the candle at both ends.

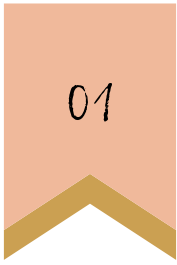
Milestone: The mini goal → MINI GOALS HAVE TWO SIMPLE GUIDELINES: small + simple

Breaking big goals down into bite-sized pieces makes them doable - something you can do in a month or in three months. Choose 3-4 mini goals for each of your big-picture goals, and tackle one Big goal each quarter in the **Actions to Take** section on the **Quarterly** page.

MINI GOAL 1 - ex. Read or listen to a chapter of Leviticus 5 days a week.

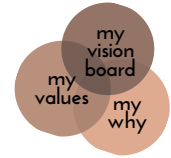
MINI GOAL 2 - ex. Find 2 Leviticus commentaries.

MINI GOAL 3 - ex. Pick a date for my first rough draft completion.



# Quarter 1

Focus = FOLLOW ONE COURSE UNTIL SURRENDERED



This quarter's *focus*

## MILESTONES

Name the milestone for each quarter



For January:

For February:

For March:

January's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

February's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

March's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

\_\_\_\_\_  
(project #2)  
Actions to take:

\_\_\_\_\_  
(project #2)  
Actions to take:

\_\_\_\_\_  
(project #2)  
Actions to take:

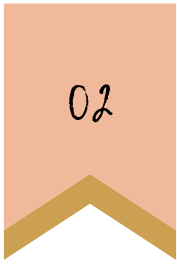
\_\_\_\_\_  
(project #3)  
Actions to take:

\_\_\_\_\_  
(project #3)  
Actions to take:

\_\_\_\_\_  
(project #3)  
Actions to take:

My objective by the end of Q1: \_\_\_\_\_

\_\_\_\_\_



# Quarter 2

Focus = FOLLOW ONE COURSE UNTIL SURRENDERED



This quarter's *focus*

## MILESTONES

Name the milestone for each quarter



For April:

For May:

For June:

April's *ideas*

---

(project #1)

Actions to take:

May's *ideas*

---

(project #1)

Actions to take:

June's *ideas*

---

(project #1)

Actions to take:

---

(project #2)

Actions to take:

---

(project #2)

Actions to take:

---

(project #2)

Actions to take:

---

(project #3)

Actions to take:

---

(project #3)

Actions to take:

---

(project #3)

Actions to take:

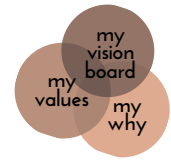
My objective by the end of Q2: \_\_\_\_\_

\_\_\_\_\_

03

# Quarter 3

Focus = FOLLOW ONE COURSE UNTIL SURRENDERED



This quarter's *focus*

## MILESTONES

Name the milestone for each quarter



For July:

For August:

For September:

July's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

August's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

September's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

(project #2)

Actions to take:

(project #2)

Actions to take:

(project #2)

Actions to take:

(project #3)

Actions to take:

(project #3)

Actions to take:

(project #3)

Actions to take:

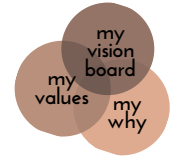
My objective by the end of Q3: \_\_\_\_\_

\_\_\_\_\_



# Quarter 4

Focus = FOLLOW ONE COURSE UNTIL SURRENDERED



This quarter's *focus*

## MILESTONES

Name the milestone for each quarter



For October:

For November:

For December:

October's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

November's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

December's *ideas*

\_\_\_\_\_  
(project #1)  
Actions to take:

\_\_\_\_\_  
(project #2)  
Actions to take:

\_\_\_\_\_  
(project #2)  
Actions to take:

\_\_\_\_\_  
(project #2)  
Actions to take:

\_\_\_\_\_  
(project #3)  
Actions to take:

\_\_\_\_\_  
(project #3)  
Actions to take:

\_\_\_\_\_  
(project #3)  
Actions to take:

My objective by the end of Q4: \_\_\_\_\_

\_\_\_\_\_

# EVENTS + MONEY

## Plans

Whether you are attending a live or virtual event, consider your purpose and your pocket book. Planning for future expenses when it comes to attending events will go a long way in solidifying sustainability. Set up cash reserves (or savings) for a few months of general business expenses.

### EVENTS TO ATTEND

*It's important to foster community with others - learning with and celebrating one another.*

EVENT:	PURPOSE:	/	/	\$
EVENT:	PURPOSE:	/	/	\$
EVENT:	PURPOSE:	/	/	\$
EVENT:	PURPOSE:	/	/	\$
EVENT:	PURPOSE:	/	/	\$
EVENT:	PURPOSE:	/	/	\$

### MONEY GOALS

*Be intentional with your wallet. Keep your long-term and short-term financial well-being in view.*

GOAL:	When:	\$
GOAL:	When:	\$
GOAL:	When:	\$
GOAL:	When:	\$
GOAL:	When:	\$



# MY BOOKSELF

## *Reads + Wishlist*

What are you reading or planning to read? Consider your purpose + your pocket book. Consider

### BOOK(S) I'M READING

*It's important to share with others how what you're reading is shifting + shaping (or reshaping) you.*

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

### BOOKS I WANNA READ

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

BOOK: \_\_\_\_\_ PURPOSE: \_\_\_\_\_

You are

*right*



YOU NEED TO

*be!*

A HEALING MOMENT >>> Where are you? And why is it significant for you to BE in this place?

A large, empty rectangular box with a light orange background, intended for a user to write their response to the prompt above.