



The Faith-Based Breakthrough Blueprint

Transforming Your Relationship with Alcohol Through Faith, Understanding, and God's Strength

What finally changed for me was not more willpower. It was a change in mindset. And if change is possible for me after nearly fifty years, it is absolutely possible for you.



Flourish with Rhonda

The Faith-Based Breakthrough Blueprint

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Important Disclaimers

Medical Disclaimer

This workbook is designed for educational and spiritual purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you are struggling with physical alcohol dependence or addiction*, please consult with a qualified healthcare provider, addiction specialist, or medical professional before making changes to your drinking habits. If you are taking medications or have underlying health conditions, consult your doctor before making significant lifestyle changes.

Mental Health Disclaimer

This workbook includes exercises and reflections designed to support your spiritual and emotional growth. However, it is not a substitute for professional mental health treatment. If you are experiencing depression, anxiety, trauma, or other mental health concerns, please seek support from a licensed therapist, counselor, or mental health professional.

Personal Responsibility

Your transformation is a personal journey. The exercises, reflections, and practices in this workbook are tools to support your growth. Results vary by individual. You are responsible for your own choices and decisions regarding alcohol use and your health.

Spiritual Perspective

This workbook is grounded in Christian faith and biblical principles. If you practice a different faith tradition, you may adapt the spiritual elements to align with your own beliefs while using the practical tools and exercises.



* Globally, about 3.7% of the world's adult population (roughly 209 million people) lives with alcohol dependence, which involves a physical addiction. Additionally, an estimated 7% of the global population aged 15 and older experiences a broader Alcohol Use Disorder (AUD) (Source: World Health Organization (WHO))

Welcome from Rhonda

Dear Friend,

For nearly fifty years, alcohol was a constant in my life. I started drinking at fourteen, and it became my default way of coping with everything life threw at me.

There were many moments when I knew in my heart I was treading on thin ice. God had given me more chances than I deserved, yet fear kept me stuck. The enemy whispered it was not a big deal. Everyone around me drank too. I convinced myself I was only hurting myself.

When I was born again in 2005, something real and beautiful happened. My heart changed. I felt filled with the Holy Spirit. I treated myself better, with more respect, and I was genuinely happier. My faith was real and it was growing.

But not everything changed at once. And alcohol was one of the things that took much longer.

I want to be honest with you about that because I think it matters deeply for women like us. You can love God completely and still be working through deeply rooted patterns. Being born again does not mean everything gets fixed overnight. It means you now have the most powerful resource in the universe walking alongside you as you do the work.

I tried back then too. But I still was not able to change my relationship with alcohol at that time. I did not yet have the right tools or the understanding of why I was reaching for it in the first place.

It was not until I discovered journaling, connected more deeply with God, and found the right resources that everything started to shift. One of those resources was the work of Annie Grace, whose science-backed approach to understanding alcohol helped the spiritual work I was already doing click into place in a whole new way.

What I tried before did not work because I was trying to make alcohol fit into the life I wanted instead of honestly asking whether it belonged there at all. I tried cutting back. I tried only drinking on certain days. I tried changing what I drank, convinced that organic skinny margaritas were somehow a healthier version of the same problem.

What finally changed for me was not more willpower. It was a change in mindset.

I want to be honest with you about something else too. My transformation was not linear. I stopped drinking for about one year and seven months, then picked it back up again. But here is what I learned through that experience. Please remember, transformation is different for everyone. Like a baby learning to walk, we strengthen our muscles each time we fall and get back up. Each setback is not failure. It is progress.

Today I can honestly say I have more peace, confidence, and freedom than I ever thought possible. The shame and guilt that once weighed me down have gradually been replaced with grace, healing, and a deeper relationship with God.

My purpose now is to walk alongside you. To be the guide I wish I had at fifty. To remind you that it does not matter how long you have been drinking. It does not matter your age. It does not matter how many times you have tried before.

Change is possible. It is never too late. And you are not walking this path alone.

Core Truth: "You have to feel in order to heal." Alcohol numbs both pain AND pleasure. This workbook is about learning to feel again — and to process those feelings through faith, understanding, and God's strength.

With love and grace,

Rhonda Bunkley

Flourish With Rhonda

Before we begin, I want you to know that change is possible.

The purpose of this Breakthrough Blueprint is not to focus on alcohol itself. The purpose is to help you understand the patterns, beliefs, emotions, and habits that may be influencing your choices.

Many women spend years trying to change their behavior without first understanding what is driving it. Lasting change begins with awareness.

As you work through these exercises, you may uncover triggers, thought patterns, emotional wounds, or limiting beliefs that have been quietly shaping your decisions for years.

This workbook is not about perfection. It is not about labels, willpower or white-knuckling your way through. It is about showing up honestly, one day at a time, and allowing God to meet you exactly where you are.

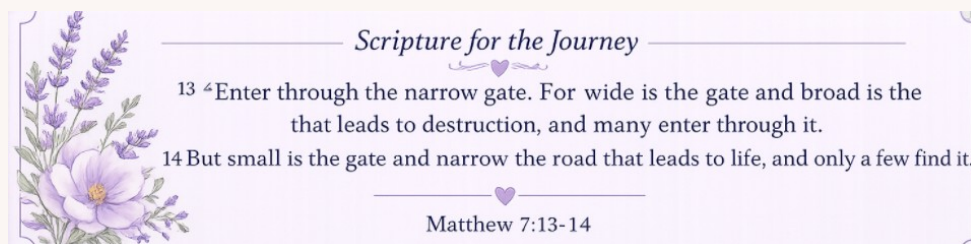
You are not only enough, you are more than enough. God is not finished with you. God loves you exactly the way you are right now. He just wants more for you. He wants to draw you into a closer, deeper connection with Him.

You are not too late. You are not too far gone. You are right on time.

Let's begin.

With all my love and grace,

Rhonda



Your 30-Day Journey at a Glance

Lasting change does not happen all at once. It happens one step, one insight, and one choice at a time.

Over the next 30 days, you will move through four stages of transformation. Each week builds upon the one before it.

Week 1: Awareness & Honesty

The goal of this week is to become aware of the patterns, triggers, thoughts, and habits that may be influencing your relationship with alcohol.

You will explore:

- Your current relationship with alcohol
- Triggers and patterns
- Emotional responses and habits
- The role alcohol has played in your life

Week 2: Clarity & Truth

The goal of this week is to uncover the gap between what alcohol promises and what it actually delivers.

You will explore:

- False beliefs and expectations
- The true cost of alcohol
- New perspectives rooted in truth
- God's view of your freedom

Week 3: Turnaround & New Choices

The goal of this week is to begin creating new thoughts, new responses, and new habits.

You will learn:

- Practical tools for cravings and urges
- Faith-based coping strategies
- New thought patterns
- How to respond rather than react

Week 4: Integration & Celebration

The goal of this week is to recognize your growth and continue building the life God is calling you toward.

You will explore:

- Your new identity
- Evidence of progress
- Future goals
- Continued growth beyond these 30 days

About This Workbook

This workbook combines faith-based spiritual principles with evidence-based tools for lasting change. It is designed specifically for women over 50 who are ready to transform their relationship with alcohol.

The science-backed framework woven throughout this workbook draws on the ACT Technique - Awareness, Clarity, and Turnaround - rooted in the belief-examination work of Byron Katie and adapted for changing your relationship with alcohol. For me, this work and my faith walk went hand in hand. If my transformation was the cake, these tools were the icing on top. God and my deepening relationship with Him were always the foundation. These neuroscience-backed tools gave me an additional layer of understanding that helped everything click into place.

- **Faith-based spiritual grounding** — connecting your transformation to God's Word and God's strength
- **Neuroscience-backed awareness tools** — understanding your brain's role in habit and change
- **Rhonda's personal reflections** — honest, vulnerable moments from my own journey to remind you that you are not alone
- **Practical exercises and worksheets** — designed specifically for women over 50 seeking lasting change
- **Scripture passages** — to anchor your faith throughout every step
- **New Thoughts** — to rewire your brain through understanding, not willpower



Where Am I Today?

Before you begin your transformation journey, take a moment to establish an honest baseline. This is not about judgment. It is about awareness. Answer as honestly as you can — this is between you and God.

1. How often do I drink?

2. Why do I drink? What feelings, situations, or times of day tend to trigger the urge?

3. What am I hoping alcohol provides for me? (relief, escape, connection, courage, numbness?)

4. What has alcohol cost me? (health, relationships, time, peace, distance from God?)

5. What would I like to be different six months from now?

6. On a scale of 1-10, how much do I want to change my relationship with alcohol?

7. What scares me most about changing?

8. What spiritual support do I have right now?

— ◆ —

What does alcohol do for you? Check all that apply:

☐ Helps me relax	☐ Numbs pain
☐ Helps me sleep	☐ Helps me escape
☐ Quiets my mind	☐ Fills loneliness
☐ Makes social situations easier	☐ Rewards me after a hard day
☐ Is just a habit	

What has alcohol cost you? Check all that apply:

☐ Health issues	☐ Damaged relationships
☐ Lost time	☐ Shame and guilt
☐ Distance from God	☐ Missed opportunities
☐ Lost confidence	☐ Less peace



My Alcohol Story

Your story matters. Before you move forward, take time to honor where you have been. Understanding your story is the first step to writing a new one.

When did alcohol first become part of my life? What was happening at that time?

What role has alcohol played? (coping mechanism, social lubricant, reward, escape?)

If I am honest, what have I gained from drinking over the years?

What has alcohol truly cost me? Be specific and honest.

What have I told myself to justify continuing? What excuses have I made?



What truths have I been avoiding?

What do I hope my next chapter looks like?

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11



Understanding Your Relationship with Alcohol

The Three Pillars of Transformation

Awareness	Helps you see what is really happening. Most of us have been on autopilot with alcohol for so long that we do not even notice the patterns anymore. This workbook helps you wake up to your patterns.
Clarity	Helps you see the truth. Alcohol promises relief, but it delivers numbness. It promises joy, but it delivers emptiness. When you see this clearly, your desire to drink naturally decreases.
Turnaround	Helps you choose differently. Once you are aware and clear, you can choose new thoughts and new behaviors. This is where real transformation happens.

The Neuroscience of Habit Change

Your brain has learned to associate certain triggers with alcohol. This is not a moral failure. It is neuroscience. Your brain has created neural pathways that say: when I feel stressed, I drink. When I am lonely, I drink. When it is Friday night, I drink.

The good news? Your brain adapts to what it repeats and you can physically reshape your neural pathways. Every time you feel a trigger and choose NOT to drink, you are weakening that old pathway and creating a new one. It takes time, but it works.

Key Insight: You do not need willpower. You need awareness and new thoughts. When you change how you think about alcohol, your behavior naturally follows.

• **Rhonda's Reflection: What I Was Really Doing**

Looking back I can see so clearly what I was doing for all those years.

I was trying to make alcohol fit into the life I wanted instead of honestly asking whether it belonged there at all. I tried cutting back. I tried rules. I even convinced myself that organic skinny margaritas were a healthier version of the same problem.

None of it worked because none of it addressed the real issue. I was still relying on alcohol while hoping for a different outcome.

I also walked into an AA meeting once, listened to stories that felt more serious than mine, and walked right back out telling myself I was fine. That was pride talking. And fear.

What finally changed was not more discipline. It was understanding. Once I understood what alcohol was actually doing to my brain and my emotions, and once I brought that understanding before God in honest prayer, something shifted.

I did not fail because I lacked willpower. I struggled because I did not yet have the right tools or the right understanding. Neither did you.

— *With love and grace, Rhonda*

Reflect With Me:

- What excuses have I made to keep alcohol in my life?

- What truths have I been avoiding about my relationship with alcohol?

- What would honesty look like for me today?

- What am I still secretly hoping alcohol will give me?
-
-

- What would change if I truly stopped relying on it?
-
-



The ACT Technique

The ACT Technique - Awareness, Clarity, and Turnaround - is a powerful framework for changing your relationship with alcohol. It is rooted in the belief-examination process originally developed by spiritual author Byron Katie, and adapted specifically for alcohol habits with the addition of neuroscience-backed tools. Combined with faith-based grounding, it becomes a transformative approach to lasting change.

Step 1: Awareness

Annie Grace describes Awareness as the process of identifying and naming the limiting beliefs you hold about alcohol. Beliefs like "I need a drink to relax after a hard day" or "I cannot socialize without alcohol." You bring consciousness to where those beliefs came from and why you hold them, without self-judgment. Once you can name the belief, you can begin to see it clearly.

A powerful way to build that awareness is by mapping your triggers. Because behind every trigger is usually a belief. When you identify the situations, emotions, times, and people that make you reach for a drink, you start to uncover the beliefs that have been quietly running the show.

"The light shines in the darkness, and the darkness has not overcome it."

John 1:5

Awareness is light. It dispels the darkness of unconscious patterns.

My trigger map:

Step 2: Clarity

Clarity is seeing the truth about alcohol and your relationship with it.

- What does alcohol promise you? Relief? Joy? Connection? Escape?
- What does alcohol actually deliver?
- What has alcohol cost you? Health? Relationships? Time? Peace? Connection with God?
- What would your life look like without alcohol?
- What would your relationship with God look like without alcohol?

"You will know the truth, and the truth will set you free."

John 8:32

My honest answers:

What Alcohol Promises vs. What It Actually Delivers

This is one of the most powerful exercises in this workbook. Be completely honest. Seeing the gap between the promise and the reality is where clarity begins.

What Alcohol Promises Me	What Alcohol Actually Delivers
Relaxation and relief from stress	Temporary numbness, anxiety returns stronger tomorrow
Confidence and courage	Regret, embarrassment, loss of self-respect
Fun and enjoyment	Foggy memories, wasted time, feeling flat the next day
Sleep and rest	Disrupted sleep, waking at 3 am exhaustion
Connection and belonging	Isolation, dependence on a substance for social comfort
Escape from pain	The pain is still there, now with shame added on top
Reward after a hard day	A harder morning, less energy for the life I want

What I notice when I look at this honestly:

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

John 10:10



Step 3: Turnaround

Turnaround is choosing new thoughts and new behaviors. For each trigger you identified, create a new thought grounded in truth and faith.

Old Thought	New Thought
<i>"I have had a stressful day. I deserve a drink."</i>	<i>"I have had a stressful day. I deserve to feel my feelings and process them with God's help."</i>
<i>"Everyone else is drinking. I will feel left out if I do not."</i>	<i>"I am choosing my health and my relationship with God. My transformation matters more than temporary comfort."</i>
<i>"I cannot handle this emotion without a drink."</i>	<i>"I can feel this emotion. It will not destroy me. God is with me and His peace is available right now."</i>

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Romans 12:2

My new thoughts:

Faith as Your Foundation

God's Strength in Your Weakness

One of the most powerful truths in Scripture is that God's strength is made perfect in our weakness. When you acknowledge that you cannot do this alone, you open the door to God's power.

Your struggle with alcohol is not a sign that your faith is weak or that God has abandoned you. It is an invitation to experience His strength in a new and deeper way.

"My grace is sufficient for you, for my power is made perfect in weakness."

2 Corinthians 12:9



• **Rhonda's Reflection: Faith Does Not Mean Instant Change**

I want to speak directly to the women who love God deeply and still struggle with alcohol.

When I was born again in 2005 my heart genuinely changed. I felt the Holy Spirit. I treated myself with more respect. I was happier and more aligned with God in so many areas of my life.

But alcohol was not one of them. Not yet.

And for a long time I carried shame about that. I thought it meant my faith was not real enough or strong enough. I thought if I truly loved God I would just stop.

What I have learned is that transformation is not a light switch. It is a journey. God was walking with me the entire time, even in the years when alcohol was still part of my life. He was patient. He was faithful. He was working in ways I could not always see.

Being born again gives you the most powerful resource in the universe for your transformation. But it does not skip the process. It redeems it.

If you love God and you still struggle, please hear me clearly. You are not failing at faith. You are in process. And there is no shame in that. God meets us in the process.

— With love and grace, Rhonda



Reflect With Me:

- Have I felt shame about my struggle because of my faith? What lies have I believed about what that means?

- Where have I seen God's patience and grace in my journey, even when I was not where I wanted to be?

- What would it feel like to fully release the shame and trust that God is in this process with me?

- How might my struggle actually deepen my faith rather than contradict it?

Prayer as Your Practice

Prayer is not about asking God to magically remove your desire to drink. Prayer is about connecting with God, expressing your struggles honestly, and receiving His presence and guidance.

Name your struggle: God, I am struggling with alcohol. I want to change but I need Your help.

Express your feelings: I feel ashamed. I feel stuck. I feel like I have tried everything.

Ask for what you need: I need Your strength. I need Your guidance. I need to feel Your presence.

Listen: Sit in silence for a few minutes. What is God saying to you?

Commit: I am choosing to trust You. I am choosing to take one step today toward freedom.

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

My Faith Anchors

When the urge hits, you need anchors that are already in place. Complete this page now, when you are clear-headed, so it is ready when you need it most.

My favorite scripture for when I am struggling:

My favorite worship song that reminds me of God's presence:

My prayer partner or accountability person:

My daily encouragement practice (journaling, devotional, prayer walk):

One truth I want to remember every single day:

What I will do in the first five minutes when an urge hits:

Journaling as Spiritual Practice

Writing about your transformation journey helps you process emotions, clarify thoughts, and deepen your connection with God. It also helps you recognize patterns you might otherwise miss.

- What is God saying to me about my transformation right now?

- Where do I feel His presence most strongly?

• What am I learning about myself through this journey?

• What do I need to surrender to Him today?

• Where am I being invited to trust Him more?



The 30-Day Breakthrough Practice

Week 1: Awareness and Honesty

Daily Practice: Morning: Set an intention to notice your triggers and patterns. Throughout the day: Observe without judgment. Evening: Journal about what you noticed.

Daily Reflection Questions:

- What triggered the urge to drink today?
- What emotion was I feeling?
- What did I do instead?
- How did I feel afterward?



Week 2: Clarity and Truth

Daily Practice: Morning: Read one of the scriptures provided. Throughout the day: Notice when you are believing lies about alcohol. Evening: Write down the lies and replace them with truth.

Daily Reflection Questions:

- What lie about alcohol did I believe today?
- What is the truth?
- How does this truth change my perspective?



Week 3: Turnaround and New Choices

Daily Practice: Morning: Review your new thoughts. When triggered: Pause and choose a new thought. Evening: Celebrate moments when you chose differently.

Daily Reflection Questions:

- When was I triggered today?
- What new thought did I choose?
- How did it feel to choose differently?



Week 4: Integration and Celebration

Daily Practice: Morning: Reflect on your 30-day journey. Notice how your thinking has shifted. Celebrate your progress. Set intentions for the next 30 days.

Daily Reflection Questions:

- What have I learned about myself?
- How has my relationship with alcohol changed?
- How has my relationship with God deepened?
- What am I most proud of?



Practical Tools for Daily Life

The Urge Surfing Technique

When you feel the urge to drink, most urges last only 10 to 15 minutes. You do not have to fight them. You just have to ride them out.

Pause: Stop and take three deep breaths.

Name it: I am having an urge to drink.

Feel it: Where do you feel it in your body? What does it feel like?

Breathe into it: Breathe slowly and deeply for two to three minutes.

Wait: The urge will pass. It always does.

Choose: Once the urge passes, choose what you want to do next.

• Rhonda's Reflection: What I Do Now Instead

When stress hits or a craving comes I have learned to pause before I react.

I take deep breaths and remind myself that I choose to respond and not react.

Faith-based not fear-based. Because what matters most is that God has me.

I also keep something practical on hand. If sugar cravings hit, dates and pecans together or a healthy protein bar really do help. Alcohol converts to sugar in your body so your cravings are not weakness. They are just your body asking for something real.

And I remember Philippians 4:6-7. Not anxious about ANYTHING. By prayer and petition. With thanksgiving. That is my anchor when everything feels like too much.

Go for a walk. Call someone. Journal. Pray. The urge will pass. I promise you it will pass.

— With love and grace, Rhonda

Reflect With Me:

- What is my go-to response when an urge hits right now?

- What faith-based response could I choose instead?

- What practical tools (a walk, a call, a prayer, a snack) work best for me?

- What would it mean for me to trust God with this urge in real time?

Building Your Support System

God designed us for community. Your support system is one of your most powerful tools for lasting change.

- A faith community — church, Bible study, prayer group
- A therapist or counselor

Recommended Resources-Click the Links Below

- [Join Flourish with Rhonda Community](#)
- [Sign up for Annie Grace 5-Day Alcohol Freedom Challenge](#)
- [Sign up for Annie Grace Free Masterclass](#)

Staying Strong — Your Emergency Toolkit

Progress Over Perfection: Every step forward counts, even the imperfect ones. Each time you choose differently, you are building strength. Each setback is not failure. It is progress.

If you take an unexpected detour on your transformation journey that is okay. It does not mean you have failed. It does not mean you are broken. It means you are human.

The Comeback Framework

If you drink — here is how to get back on track quickly. One drink does not erase your progress. One moment does not define your journey.

Step 1: Do Not Spiral

Pause the self-judgment. This is a detour, not a destination.

Step 2: Get Curious, Not Furious

Ask yourself what triggered this. What emotion were you feeling? What need were you trying to meet?

Step 3: Reach Out Immediately

Call someone from your support system. Tell them what happened. Ask for support not judgment.

Step 4: Process What Happened

Journal about the experience. Pray and ask God for guidance. Identify what you will do differently next time.

Step 5: Recommit

Reconnect with your why. Review your transformation goals. Remember that God's grace is new every morning.

Step 6: Move Forward

Do not dwell in shame. Recognize this as progress not failure. Celebrate that you are getting back on track.

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."

Lamentations 3:22-23

Building Your New Identity

Your transformation journey is not just about changing your relationship with alcohol. It is about becoming someone new. It is about stepping into the woman God created you to be.

Complete these sentences:

I am a woman who...

I am strong because...

I am worthy of...

My purpose is...

I am becoming...



New Rituals and Habits

As you release old habits, you need to create new ones. These new rituals become the foundation of your new identity.

Morning Ritual: Prayer or meditate on God's Word (10 minutes), journaling (5 minutes), reading Scripture (5 minutes), setting an intention for the day.

Evening Ritual: Reflection on your day (5 minutes), gratitude practice (5 minutes), prayer (5 minutes), preparing for restful sleep.

Weekly Ritual: Faith community gathering, support system check-in, reflection and planning for the week ahead.



The Woman I Am Becoming

Close your eyes for a moment. Imagine yourself six months from now, living in the freedom you are working toward. Now open your eyes and describe her.

How do I feel when I wake up in the morning?

What is different about my daily life?

What am I doing instead of drinking?

What relationships have improved and how?

What peace have I gained that I do not have right now?

How has my relationship with God deepened?

What does she look like? How does she carry herself?

What would she say to the woman I am today?

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Philippians 1:6



The 90-Day Transformation Continuation Plan

Month 2: Deepening Emotional Processing

Go deeper into your emotions. Do not just feel them — understand them. Process them. Let them teach you. Choose one emotion each week and spend time with it through journaling, prayer, and honest reflection.

Month 3: Strengthening Your Spiritual Foundation

Deepen your connection with God and your faith community. Attend gatherings regularly. Study Scripture more deeply. Begin sharing your transformation journey with others who need to hear it.

Preventing Complacency

One of the biggest challenges after the initial breakthrough is complacency. You start feeling better so you ease up on your practices. Then slowly old patterns creep back in.

- Keep your daily practices non-negotiable
- Continue journaling and reflection
- Stay connected to your support system
- Regularly review your why
- Help others on their transformation journey

Your commitment is not to perfection. Your commitment is to showing up for yourself, day after day, with compassion, courage, and faith.

Resources and Support

Recommended Resources

Annie Grace: This Naked Mind

The book that was like icing on the cake of my faith journey. Annie's science-backed approach helped me understand the neuroscience of alcohol in a way that made my spiritual work even more powerful. Her free masterclass is an incredible starting point.

Annie Grace: The Path Program

A comprehensive program for changing your relationship with alcohol using the ACT Technique. Highly recommended as a complement to this workbook.

Licensed Therapist or Counselor

Professional support is always a wise investment in your healing.



Scripture Index by Topic

When You Are Struggling:

- Psalm 34:18 — God is close to the brokenhearted
- Matthew 11:28 — Come to me all who are weary
- 1 Peter 5:7 — Cast your anxiety on Him
- Philippians 4:13 — I can do all things through Christ

When You Are Anxious:

- Psalm 46 — God is our refuge and strength
- Matthew 6:19-34 — Do not worry about tomorrow
- Philippians 4:6 — Do not be anxious about anything
- 1 Peter 5:6-7 — Cast all your anxiety on Him

When You Need to Start Again:

- Psalm 51 — Create in me a clean heart, O God
- 1 John 1:4-9 — If we confess our sins, He is faithful to forgive

When You Need Strength:

- Joshua 1:9 — Be strong and courageous
- Proverbs 31:25 — She is clothed with strength and dignity
- 2 Timothy 1:7 — God has not given us a spirit of fear
- Psalm 27:1 — The Lord is my light and salvation

When You Need Hope:

- Romans 15:13 — May the God of hope fill you with joy
- Jeremiah 29:11 — I have plans for you, plans for good
- Hebrews 11:1 — Faith is confidence in what we hope for



Gentle Reframes

These are not affirmations. They are not things you have to believe right now. Think of them as destinations, not declarations. Your brain gets there by being gently, repeatedly introduced to a new way of seeing yourself. You do not have to feel them to begin. You just have to be willing. Read through them. Sit with the ones that feel far away. Those are usually the ones that matter most.

- I am loved by God unconditionally exactly as I am right now.
- I am becoming the woman God created me to be.
- I choose peace today.
- I choose freedom today.
- My transformation is possible.
- My future is bright.
- My life has purpose.
- I am free.

Evidence of Growth

Growth is often invisible until you stop to look for it. Check every box that reflects a change you have noticed, no matter how small. These are your victories.

☐ More awareness of my triggers and patterns	☐ Better sleep quality
☐ Less anxiety throughout the day	☐ Better mood and emotional stability
☐ More peace in my daily life	☐ Stronger and deeper faith
☐ Better relationships with people I love	☐ More self-respect and dignity
☐ Waking up without regret or shame	☐ More energy and mental clarity
☐ Making healthier choices in other areas of life	☐ More present in conversations and moments
☐ Feeling closer to God	☐ Less guilt and shame overall
☐ More confidence in who I am becoming	

My personal victories and breakthroughs (write your own evidence of growth):

What I am most proud of so far:

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

Philippians 1:6



My Commitment Moving Forward

You picked up this workbook. You did the exercises. You faced your patterns. You showed up for yourself. That is courage. That is wisdom. That is the beginning of freedom.

One thing I learned about myself through this workbook:

One thing I am releasing (a lie, a habit, a false belief, or a burden I no longer need to carry):

One thing I am embracing (a truth, a practice, a relationship, or a new way of seeing myself):

One concrete action I will take this week:

My prayer for the next season of my life:



A Final Encouragement

You are not broken. You are not beyond help. You are not alone. God is with you.

God is still writing your story.

Freedom is not found only in the big milestones. It is found in the ordinary moments. It is found in peace. It is found in presence. It is found in being fully awake to the life God has given you.

That life is waiting for you.

Keep walking in faith and not in fear. Keep showing up for yourself. Keep going.

Thank you for allowing me to walk this journey with you.

"I can do all this through Him who gives me strength."

Philippians 4:13



Continue Your Journey

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