Permission to Begin

Day 1 | A quiet-time reflection workbook

You do not have to figure everything out today.

You may have carried a dream, a desire to serve, or a new direction on your heart for a long time. Yet life, fear, uncertainty, or very real responsibilities may have made it hard to begin.

This is a place to slow down, seek God's wisdom, and honestly consider what is getting in the way. You can begin before our live session and come back to your answers afterward. There are no perfect answers and no deadline to finish.

SCRIPTURE FOR REFLECTION

James 1:5 reminds us that we can ask God for wisdom. Read the verse in your own Bible and consider what you want to ask Him today.

A simple prayer to begin

Lord, please give me wisdom. Help me recognize what is true, what needs to change, and what my next faithful step might be. Amen.

Before you write

Find a quiet place. Bring your Bible and a pen. You may want to pause after each question, pray, and write only what feels honest and useful.

What's on My Heart?

Notice the desire before you try to solve every obstacle.

1. What is something I keep wanting to do, change, start, or explore?

2. Why does this matter to me? What is underneath that desire?

3. Who might benefit or be blessed if I took a step forward?

4. What would I hope is different one year from now?

What's Been Stopping Me?

Name both the fears and the real-life limits without judging yourself.

I would love to _____, but _____.

The thing I am most afraid might happen is...

I keep telling myself I need _____ before I begin.

If I am honest, I have been waiting for...

PAUSE AND NOTICE

Which of your answers describe a practical problem to plan around? Which might be a belief or assumption worth examining? Both deserve care and attention.

What Is True?

Choose one thought from the previous page to examine with care.

The belief or concern I want to look at more closely is...

What facts support this concern? What facts or experiences challenge it?

What does Scripture say that may help me see this more clearly?

What would I gently say to a friend facing the same situation?

My First Step of Faith

Leave with one small action, not pressure to have the whole plan.

A more helpful or truthful way I can see my situation is...

One small step I can take or explore this week is...

One question I want to bring to the live session is...

My biggest takeaway from Day 1 is...

WANT HELP TURNING YOUR DISCOVERIES INTO A PLAN?

The optional $27 VIP upgrade includes deeper planning templates, an extra live Q&A, personal feedback on your plan, workshop recordings or extended replay access, and a final VIP Guide after all three days.

You can take a meaningful first step with this free workbook. VIP is for women who want extra help putting those steps together.