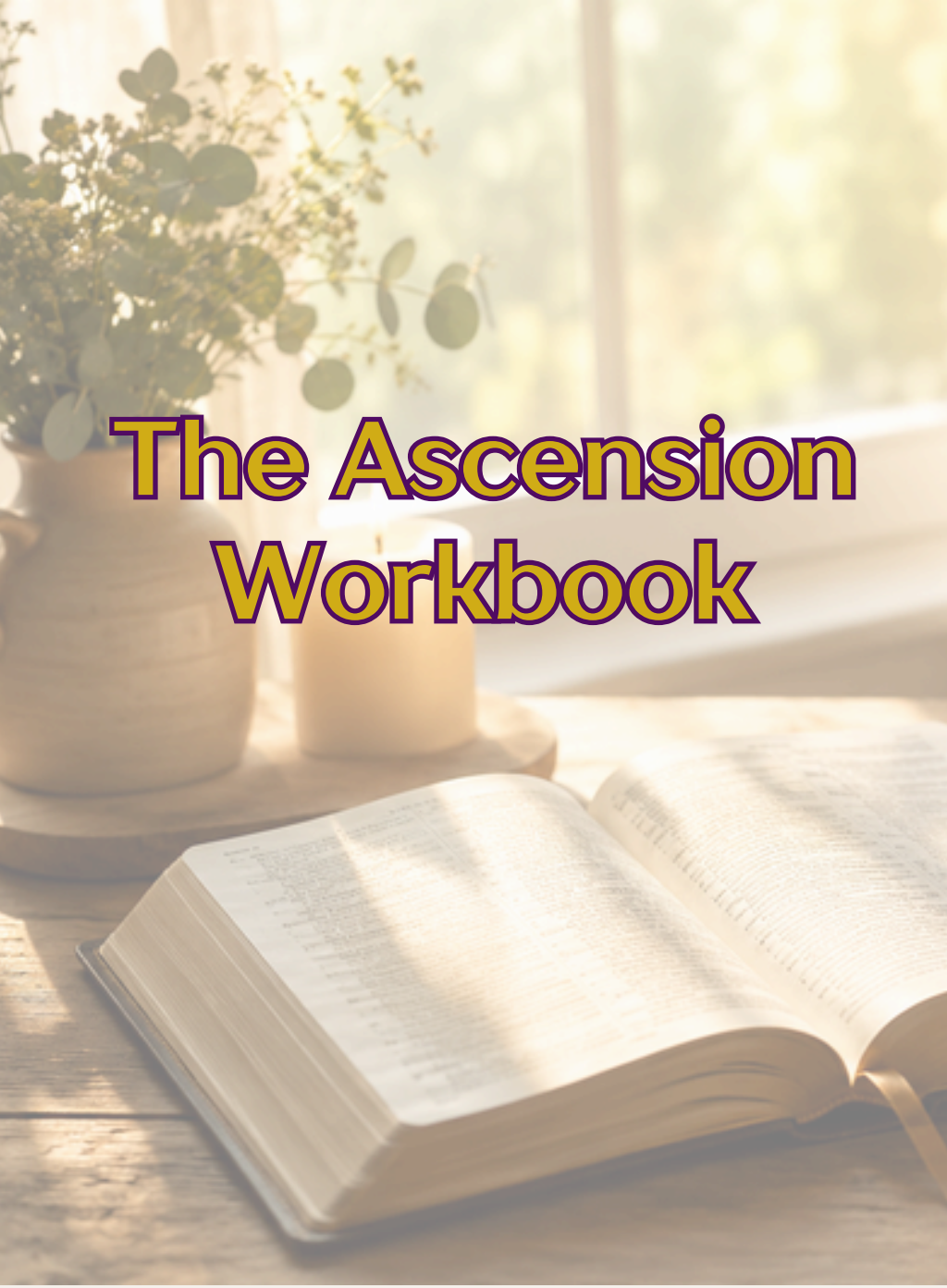


The Ascension Workbook

Renew Your Mind, Align With God's Truth, and Manifest Who He Created You to Be.

Written By Daina Migliore

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Welcome

This Is Not Just a Workbook

If you're here, it may be because God is leading you into a season of deeper growth, renewed purpose, and transformation.
This workbook is more than information, it is an invitation to renew your mind, uncover the beliefs and patterns that have shaped you, and reconnect with the truth of who God created you to be.
True transformation begins when we allow God to work within us, strengthening our faith, changing our thoughts, and guiding our steps toward the life He has called us to live.
As you move through these pages, my prayer is that you grow closer to God, gain a deeper understanding of your identity in Him, and discover the courage to walk faithfully in the purpose He has placed within you.

This is not about becoming someone new.
It is about becoming who God created you to be.

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DAINA MIGLIORE

Understanding Ascension

Ascension is not about becoming greater than God or seeking power apart from Him. It is about drawing closer to Him—surrendering the parts of ourselves that keep us from fully receiving His love, truth, and guidance.

It is a journey of renewing the mind, transforming the heart, and allowing God to shape our lives according to His purpose. As we grow in faith and deepen our relationship with Him, His grace changes us, strengthens us, and leads us into the person He created us to be.

True spiritual growth is found in humility, surrender, faith, and obedience to God. It is a return to the One who created us, a deeper awareness of His presence, and a commitment to walk in love, forgiveness, wisdom, and truth through Jesus Christ.

This journey is not about elevating ourselves, it is about drawing closer to God and allowing Him to transform us from the inside out.

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My Foundation is Christ-Led Transformation

Who is God in my teaching?

God is the source of all creation. He is the foundation, the guide, and the ultimate source of transformation. Everything begins with Him. Our purpose, our gifts, our desires, and our ability to create are rooted in the Creator who formed us.

What role does prayer have?

Prayer is our connection and relationship with God. It is how we seek His guidance, surrender our own understanding, and invite Him into our thoughts, decisions, and transformation.

Prayer is not simply asking for what we want — it is a relationship where we align our hearts with God's will and allow Him to transform us from the inside out.

What role does faith have?

Faith is the foundation of transformation.

Faith is the power that allows us to move forward even when we cannot yet see the outcome. It is trusting God, believing His promises, and taking action in partnership with Him. Faith is what turns belief into movement.

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DAINA MIGLIORE

What do I believe about desires, dreams, and manifestation?

I believe God places desires, gifts, and dreams within our hearts that can guide us toward growth, purpose, and the person He created us to become. These desires are invitations to discover, develop, and steward what God has placed within us.

The goal is not to pursue dreams separate from God, but to bring our dreams into alignment with His purpose.

Where does transformation come from?

Transformation comes from our willingness to walk by faith alongside God. It comes from surrendering what no longer serves us, renewing our minds, changing the way we see ourselves, and allowing God to shape us into who He created us to be.

Transformation is not self-powered.
It is God-led and faith-activated.

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DAINA MIGLIORE

You were never meant to live disconnected from God's purpose for your life.

Growing your faith, abiding in His love, and becoming more aligned with the truth of who He created you to be.

Jesus taught us the power of faith, trust, and a transformed heart. As we renew our minds, surrender fear, and deepen our relationship with God, we begin to move beyond limiting beliefs and old patterns into a life marked by peace, freedom, love, and the abundance found in His promises.

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As you move through these pages, you may notice:

- **emotions coming to the surface**
- **old patterns being revealed**
- **new clarity and understanding emerging**

This is not by accident. It may be God inviting you into a deeper awareness of your heart, your thoughts, and the areas where He desires to bring healing and growth.

💡 **Important:**
Awareness is only the beginning. Lasting transformation comes through surrender, renewal, and putting God's truth into practice.

NOTE:
Any text that is underlined in this workbook is clickable.

These links will take you to free downloads (such as meditations and additional resources), or opportunities to explore extended support and services.

DAINA MIGLIORE

Before You Begin

This workbook is designed to be completed digitally, so there is no need to print it. **I do recommend having a designated journal or notebook to write your reflections, prayers, and responses to the prompts throughout this journey**.

Be sure to have a Bible nearby preferably a physical copy, though an online Bible works as well. I also encourage you to set aside 10–15 minutes each day to work through the workbook consistently.

A journal, a Bible, and a few minutes of dedicated time each day will help you get the most out of this ascension journey.

My Journey & Why I'm Here

DAINA MIGLIORE

My name is Daina Migliore, and I am a Christ-led mentor, teacher, podcast host, and writer dedicated to helping others renew their minds, heal from past experiences, and walk confidently in the identity and purpose God has placed within them.

For many years, I searched for healing and answers through personal development, manifestation teachings, energy healing, and other spiritual practices. While those experiences shaped my journey, God began leading me back to Scripture and revealing that true healing, transformation, and purpose are found through a relationship with Jesus Christ.Following that calling required me to surrender the work, teachings, and business I had spent years building. It was not easy, but I chose obedience over comfort and trusted God with what He was asking me to release.

Today, my mission is to help others renew their minds, uncover the beliefs and patterns holding them back, and walk more fully in the truth, freedom, and purpose God has created for them.



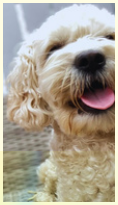
This workbook was created to help guide you through renewing your mind, deepening your faith, and becoming more aware of the thoughts and patterns that shape your life. Through reflection, prayer, and intentional growth, you can begin stepping into greater freedom, clarity, and alignment with God's plan.

If you feel called to go deeper, I also offer personalized mentorship and clarity sessions for those seeking additional guidance, support, and accountability on their journey.

I believe your story matters, your healing matters, and the person God created you to become is worth pursuing. If you are here, trust that God may be inviting you into a new season of growth, purpose, and transformation.

meet my lil angel Luna





Your Mentor & Friend Dai

manifest.dai.ly

Dream Creation Podcast 🎙️



This Podcast is a space for those who want to align with the person God created them to be.

This podcast explores how your inner world shapes your external reality.

You'll learn how your thoughts, beliefs, and emotional state directly influence what you experience, with real-life examples. This podcast helps you recognize how God's guidance speaks to you and how to follow it with trust.

Through grounded teachings, intuitive insight, and practical steps, you'll learn how to connect with God, shift your energy, and allow a new reality to unfold — one that is more aligned with who God created you to be.

You'll discover how to partner with God to transform the dreams He placed within your heart into inspired action, aligned decisions, and a life that reflects His purpose for you.

If you're ready to deepen your awareness, strengthen your connection with God, and begin creating from a place of faith, trust, and divine alignment rather than fear, you're in the right place.

God placed those dreams in your heart for a reason.
🎧 Tune in below on your preferred platform.
Listen, share, or leave a review on the podcast.



🙏 *Your support means so much!*

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The Christ-Led Manifestation Method
Before we can step into the life God has prepared for us, we must first learn how to reconnect with Him, renew our minds, align with His voice, and faithfully co-create with Him.

True manifestation is not about creating from ego, fear, or worldly desire. It is about becoming deeply connected to God, allowing Him to transform us from the inside out, and partnering with Him to bring forth the vision He has placed within our hearts.

The Heart of the Method
You do not manifest apart from God.
You partner with God.

The journey is not about creating a life through your own power.

It is about becoming aligned with the Creator, renewing your mind through His truth, and faithfully bringing forth the gifts, dreams, and purpose He has already placed within you.

The Ascension Journey is a four-step process:

CONNECT
I become still, recognize God's presence, and discover who He created me to be.
↓
RENEW
Release old beliefs. Renew my mind with God's truth.
↓
ALIGN
I deepen my relationship with God through prayer and Scripture, discern His direction, and surrender my plans to Him.
↓
CREATE
I walk by faith, take obedient action, and faithfully steward the vision God has placed within me.

The next few pages are an overview and break down of each stage.

Return to God's Presence & Discover Your True Identity

Before transformation can happen, we must first reconnect with the Source. This stage is about slowing down, creating stillness, and becoming aware of God's presence. In a world filled with noise, distractions, and competing voices, we learn how to quiet the chaos and recognize what is influencing our thoughts.

Through connection, we begin discovering:

- Our identity in Christ
- God's love and purpose for our lives
- The desires and dreams He has placed within our hearts
- How to become aware of thoughts that disconnect us from His truth

Practice:
The 5-Minute Stillness Practice

Core Transformation:
From distraction → to awareness
From noise → to connection
From confusion → to clarity

Scripture Foundation:
"Be still, and know that I am God."
— Psalm 46:10

Transform Your Mind & Rewrite Your Story With God's Truth

What beliefs are keeping me from becoming who God created me to be?

We cannot step into a new season while holding onto old stories. This stage is about identifying the beliefs, fears, wounds, and thought patterns that have shaped the way we see ourselves and the world around us.

Through renewal, we learn how to:

- Identify the stories that keep us stuck
- Recognize thoughts that are not aligned with God's truth
- Replace limiting beliefs with Scripture and truth
- Create a new identity rooted in Christ

Practice:
Rewriting Your Story

Core Transformation:
From old identity → to Christ-centered identity
From limiting beliefs → to God's truth
From fear → to faith

Scripture Foundation:
"Be transformed by the renewing of your mind."
— Romans 12:2

Build Your Relationship With God & Follow His Direction

This stage is about deepening your relationship with Him through prayer, trust, surrender, and discernment.

Through alignment, we learn how to:

- Build a daily relationship with God
- Spend intentional time in prayer and conversation with Him
- Read and meditate on Scripture to understand His truth and promises
- Recognize God's character and His ways
- Invite Him into our decisions, desires, and dreams
- Discern between God's guidance and thoughts rooted in fear, ego, comparison, or worldly influence
- Surrender our timeline while trusting His perfect timing, seek confirmation and wisdom before moving forward.

Practice:
Prayer + Scripture + Spiritual Discernment

Core Transformation:
From self-led → to God-led
From control → to surrender
From uncertainty → to trust

Scripture Foundation:
"Trust in the Lord with all your heart... and He will make straight your paths." Proverbs 3:5-6

Faithfully Co-Create With God Through Vision, Gratitude & Action

Creation is the overflow of connection, renewal, and alignment. This stage is not about forcing outcomes or creating from fear. It is about partnering with God through faith, gratitude, vision, and inspired action.

Through creation, you learn how to:

- Hold a God-given vision with faith
- Visualize through alignment with Him
- Ask for guidance and confirmation
- Feel gratitude for what God has already done and is currently doing
- Take faithful action toward the vision He has placed within you
- Steward your gifts, opportunities, and blessings

Practice:
Faith-Filled Vision + Gratitude Activation

Core Transformation:
From wishing → to faithful action
From striving → to trusting
From receiving → to stewarding

Scripture Foundation:
“Faith is the assurance of things hoped for, the conviction of things not seen.”
— Hebrews 11:1

Before you continue, take a moment to honor the step you have already taken.

Your willingness to grow, learn, and deepen your relationship with God is the beginning of transformation.

As you move through each stage of this workbook, remember that growth is a journey. Some lessons may bring clarity and encouragement, while others may challenge you to reflect, surrender, and allow God to work within you. Embrace every part of the process.

Take your time with each section. Pray, reflect, and allow the Holy Spirit to guide you as you uncover new truths and grow in spiritual maturity.

Remember, you are not walking this journey alone.
If you have not already joined the **Jesus Walks Community**, ***I invite you*** to become part of a supportive space where you can connect with others, receive encouragement, and continue growing in your walk with Christ. **Click here to join.**

Keep going. Every faithful step brings you closer to the person God is calling you to become.

Okay now let's begin

STEP 1: CONNECT

Returning to God's Presence and Your True Identity

- The first step of ascension is connection.
- Before you can recognize God's direction, you must learn to quiet the noise around you and within you.
- The world constantly competes for your attention — through fear, comparison, distraction, and limiting beliefs. When your mind is constantly overwhelmed, it becomes difficult to recognize God's voice and remain connected to His truth.
- Connection begins by slowing down, becoming present, and creating space to hear Him.
- Through the The 5-Minute Stillness Practice you will learn how to calm the chaos of the mind, become aware of your thoughts, and recognize when distractions, fears, or worldly influences are pulling you away from alignment with God.

This step is about:

- **Creating stillness so you can hear God more clearly**
- **Becoming aware of thoughts that disconnect you from truth**
- **Recognizing your identity as a beloved child of God**
- **Discovering the desires and dreams God has placed within you**

Core question:
"Who am I in God's eyes, and what has He placed within my heart?"

The 5-Minute Stillness Practice

Becoming Aware of Your Thoughts and Creating Space for God

The thoughts you repeatedly focus on shape the way you see yourself, your circumstances, and your relationship with God. Sometimes, without realizing it, we can become trapped in patterns of fear, worry, comparison, doubt, or distractions that pull us away from peace and alignment.

The purpose of this practice is to slow down and become aware of what is happening within your mind.
Rather than allowing every thought to lead you, you will begin learning how to pause, observe your thoughts, and intentionally redirect your attention back to God's presence and truth.

Our minds are naturally active. Thoughts will come and go — this is not a failure. The goal is not to force your mind to become completely silent, but to become aware of the patterns that are influencing you.

As you practice stillness, you will begin noticing:

- What thoughts repeatedly pull your attention away from God
- What fears or beliefs may be keeping you stuck
- Where your mind naturally goes when you are not intentionally focused
- How to return your attention to peace, gratitude, and God's presence

This awareness is the beginning of renewal.

The 5-Minute Stillness Practice

Choosing Your Focus Point
To begin this practice, choose something simple that gives your mind a place to rest. The purpose is not to empty your mind, but to gently train your attention and become aware of your thoughts.

Choose an anchor that feels calming and helps you become present. **Some examples include:**

Focus on your breathing
Notice each inhale and exhale. Feel your breath moving in and out of your body. You can quietly repeat:
"Breathe in. Breathe out."
Or:
"God is with me. I am present."

Count slowly
You can count backward from 100, allowing your attention to follow each number. When your mind wanders, simply return to the count without frustration.

Gaze softly at a candle flame
Allow your attention to rest on the gentle movement of the flame. Notice its details and use this moment to slow your thoughts and become still.

The practice is not about doing it perfectly. The moment you notice your mind has wandered and choose to return your attention is the moment you are strengthening awareness.

The 5-Minute Stillness Practice

Practice Instructions:
1. Set aside 5–20 minutes.
Start with just five minutes and allow yourself to build this practice over time.

2. **Create a peaceful environment.**
Choose a quiet place where you can relax and won't be interrupted. You may choose to play calming sounds or sit in silence.

3. **Choose a simple focus point.**
You can focus on your breathing, repeat a Scripture, say a simple prayer, or sit quietly with God.
For example:
"Lord, I am here. Help me become aware of Your presence."

4. **Notice when your mind wanders.**
When thoughts arise, simply observe them without judgment. Ask:
"Is this thought leading me closer to God's truth or pulling me away from it?"
Then gently return your focus back to God.

The more you practice stillness, the more you strengthen your ability to recognize your thoughts, renew your mind, and remain connected to God throughout your day.

Before we can align with God's direction, we must first learn to become still enough to hear Him.

The 5-Minute Stillness Practice

When Your Mind Wanders

Don't become discouraged when your mind wanders — this is completely natural. Our minds are constantly processing thoughts, memories, emotions, and experiences.

The goal of this practice is not to eliminate thoughts, but to become aware of them.

When you notice your mind drifting, gently pause and observe:

- **Where did my thoughts go?**
- **Are these thoughts bringing me closer to God's truth or pulling me into fear, worry, comparison, or distraction?**
- **What emotions or beliefs are connected to these thoughts?**

Acknowledge whatever arises without judgment. Simply notice, surrender it to God, and gently return your focus to the anchor you chose — your breath, a Scripture, a prayer, a calming sound, or another simple point of focus.

Over time, this practice will help you become more focused during prayer, more aware of the thoughts influencing your emotions, and more sensitive to the difference between God's voice and the distractions that pull you away from Him.

Benefits of This Stillness Practice

As you build this practice over time, you may notice that your ability to focus during prayer begins to deepen. Just like any relationship, connection with God grows through intentional time, presence, and attention.

When you train yourself to slow down and become aware of your thoughts, you become more sensitive to what is happening within your mind and heart.

You may begin recognizing the difference between thoughts that bring you:

- Peace, wisdom, love, and alignment with God's truth
- Fear, doubt, confusion, condemnation, or distraction
-

The enemy often works through subtle thoughts — planting fear, insecurity, doubt, or lies that pull us away from trusting God and walking confidently in His purpose. When we are unaware of these patterns, we can easily accept them as truth.

But when we become still, we create space to recognize these thoughts and bring them before God.

Benefits of This Stillness Practice

You can begin asking:
“Lord, is this thought coming from Your truth or is it pulling me away from You?”

“Does this thought produce faith and peace, or does it produce fear and doubt?”

Through this practice, you strengthen your ability to remain present with God, focus during prayer, and recognize when your mind is being pulled away from His voice.

Remember: awareness is not about judging your thoughts — it is about learning to surrender them.

As Scripture reminds us:
“Take every thought captive to obey Christ.”
— 2 Corinthians 10:5



How Often Should You Practice?

Like any new habit, transformation happens through consistency. **To begin, I recommend practicing this stillness exercise every day for the first 5–7 days. This allows your mind and spirit to become familiar with the practice and helps you build awareness of your thoughts, emotions, and patterns.**

Start with just 5 minutes a day. Remember, the goal is not perfection — the goal is consistency.

After creating this foundation, continue practicing as often as you feel called to. You may choose to make this part of your daily routine, use it before prayer, or return to it whenever you notice yourself feeling:

- Overwhelmed by thoughts
- Pulled into fear or doubt
- Disconnected from God's peace
- Caught in anxiety, comparison, or worldly distractions

Think of this practice as a way to return to alignment.
Just like we strengthen our relationship with God through prayer and time spent with Him, we strengthen our awareness by intentionally creating moments of stillness.

The more you practice, the easier it becomes to recognize when your mind is drifting away from truth and gently return to God's presence.
Stillness creates awareness.
Awareness creates discernment.
Discernment creates alignment.

Transform Your Mind & Rewrite Your Story With God's Truth

The Power of Your Thoughts

- Every transformation begins with a thought.
- The thoughts you think repeatedly become the beliefs you carry. Those beliefs influence what you expect from life, how you respond to challenges, the decisions you make, and ultimately the direction your life takes.
- When a belief is repeated often enough, it begins to feel like truth—even when it isn't.
- Many of us are living from stories that were formed through past experiences, disappointments, wounds, rejection, fear, or the opinions of others.

These stories become internal narratives that quietly shape our lives.

STAGE 2: RENEW

Examples:

"Nothing ever works out for me."
"I'm not good enough."
"God blesses other people, but not me."
"I'll never have enough."
"I'm always overlooked."
"I have to do everything on my own."

The problem isn't simply the thought itself.

The problem is when we begin to agree with a thought that does not align with what God says is true.

Renewal begins when we become aware of the story we have been living from.

Core question:
“Who am I in God’s eyes, and what has He placed within my heart?”

What Is Your Current Story?

Take a moment to reflect.

What story are you currently telling yourself about:

- *Your life?*
- *Your future?*
- *Your relationships?*
- *Your finances?*
- *Your purpose?*
- *Your relationship with God?*
- *Yourself?*

This story may appear in your internal dialogue.
It may show up in conversations with other people.
It may appear in the assumptions you make about what is possible for your life.

Whether the story is completely true, partially true, or rooted in past experiences, it may no longer be serving the person God is calling you to become.

Awareness is the first step toward transformation.

Exercise: Becoming Aware of Your Current Story

For the next 7 days, become a curious observer of your thoughts and emotions. When a strong emotion arises, pause and ask yourself:

Reflection Questions

- What am I feeling right now?
- What happened immediately before I felt this?
- What was I thinking about?
- What was I saying to myself?
- What belief might be creating this emotional response?

Record your observations in your journal.
Do not judge yourself.
Simply notice.

The goal is not to fix anything yet.
The goal is awareness.

As you become aware of recurring thoughts and emotions, you may begin recognizing the deeper story operating beneath the surface.

Finding the Root of the Story

Once you've identified recurring thoughts and emotions, begin asking deeper questions.

Reflection Questions

- Where did this belief come from?
- Was there an experience that taught me this?
- Did someone speak this over me?
- Is this connected to a past hurt, disappointment, or fear?
- Is this belief aligned with God's truth?

Sometimes the stories we carry were formed years ago.

They may have protected us at one point. They may even feel justified.

But if they are keeping us from walking in faith, freedom, peace, or obedience, they are no longer serving God's purpose for our lives.

Rewriting Your Story

Now that you have identified the old story, it's time to replace it.

Not with wishful thinking.
Not with positive affirmations disconnected from truth.

But with a story rooted in who God says you are.

This new story should reflect:

- *God's promises*
- *Your identity in Christ*
- *The person He is shaping you into*
- *The life you are believing Him to lead you toward*

This is not about pretending your current circumstances don't exist.

It is about choosing to agree with God's truth above your limitations.

Surrendering Your New Story to God

As you begin writing your new story, remember that this process is not about creating a future apart from God. It is about bringing your hopes, desires, dreams, and vision before Him and inviting Him into the process.

God is the Author of your story.
Your role is not to force an outcome or create from your own understanding. Your role is to seek Him, listen for His guidance, surrender your plans, and trust that His ways and timing are greater than your own.

As you read your new story each day, use it as an opportunity to connect with God. Before you begin, pray:

"Lord, I surrender this vision to You. If these desires align with Your will and purpose for my life, guide me and open the right doors. If there is anything within this vision that does not come from You, reveal it and redirect my heart. Help me desire what You desire and walk in Your perfect plan for my life."

STAGE 2: RENEW

As you read your story:

- *Invite God into every dream and desire.*
- *Ask Him to reveal His purpose within it.*
- *Surrender your timeline and expectations.*
- *Pay attention to the peace, wisdom, and guidance He provides.*
- *Remain open to God refining the vision in ways you may not expect.*

Remember, surrender does not mean giving up your dreams.

Surrender means trusting the One who gave you the ability to dream.

God may expand your vision, redirect your path, or reveal something even greater than what you originally imagined.

The goal is not simply to receive what you want — the goal is to become aligned with what God has prepared for you.

STAGE 2: RENEW

Each time you read your new story, ask:

"Lord, is this aligned with Your will for my life?"

"What are You teaching me through this vision?"

"How can I partner with You and faithfully steward what You place in my hands?"

When your desires are surrendered to God, your story becomes an act of faith, trust, and relationship with Him.

"*Delight yourself in the Lord, and he will give you the desires of your heart."*
Psalm 37:4

God does not simply want to give you a dream.

He wants to walk with you through the journey of becoming the person He created you to be.

The 28-Day Renewal Practice

For the ***next 28 days, commit to reading your new story and meditating one or more of these Scripture passages*** every morning and evening.

Allow this time to become a daily moment of connection with God — a time to reflect, surrender, and invite Him into the transformation taking place within you.

As you read your new story and God's Word, **pay attention to any areas where you feel resistance, uncertainty, fear, or doubt.**

If something feels difficult to believe or you feel unsure about the vision you have written, do not force it or try to figure it out on your own.

Instead, bring it before God.

Spend time in prayer using the reflection questions from the previous pages:

- *Lord, what are You showing me through this?*
- *Is this desire aligned with Your will and purpose for my life?*
- *What thoughts or beliefs do You want me to surrender?*
- *What truth do You want me to replace them with?*

Remember, this process is not about convincing yourself of a future you want to create.

It is about allowing God to renew your mind, refine your desires, and guide you into the purpose He has prepared for you.

Trust Him with the process, trust His timing, and remain open to how He chooses to lead you.

Bible Passages:

Romans 12:2
"Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of god.

What This Means
Transformation begins in the mind.
The world constantly offers messages about who you should be, what success looks like, and where your worth comes from.

God invites you to something different—to allow Him to renew the way you think.

Reflection:
What thought or belief do I need to surrender so God can renew my mind today?

STAGE 2: RENEW

Romans 8:1–2
"There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit."

"For the law of the Spirit of life in Jesus Christ has made me free from the law of sin and death."

What This Means
Your past does not define your future. Many of us carry guilt, shame, or regret that keeps us trapped in an old story. Through Christ, you are no longer condemned. You have been offered forgiveness, freedom, and a new beginning.

Renewing your mind means learning to see yourself the way God sees you—not through your failures, but through His grace.

Reflection:
Am I living from God's forgiveness or from my past mistakes?

Romans 8:5
"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit"

What This Means
Where you choose to place your attention matters. Your thoughts influence your emotions, your choices, and the direction of your life. When your mind is consumed with fear, comparison, anxiety, or worldly concerns, it becomes difficult to experience God's peace.

God invites you to intentionally set your mind on the things of His Spirit—His truth, His promises, His character, and His presence. Life and peace begin with where your mind rests.

Reflection:
What have I been setting my mind on lately? Does it produce life and peace?

STAGE 2: RENEW

Romans 8:14,16
"For all who are led by the Spirit of God, these are sons of God."
"The Spirit himself bears witness with our spirit that we are children of God."

What This Means
Your identity is not something you earn—it is something you receive.

Before you are a leader, parent, employee, business owner, or friend, you are first a beloved child of God.

Your worth isn't determined by your performance or achievements. It is rooted in your relationship with your Heavenly Father.

When you truly embrace your identity in Christ, fear begins to lose its grip.

Reflection:
Am I living as someone trying to earn God's love, or as His beloved child?

STAGE 2: RENEW

Romans 8:28
"And we know that all things work together for good to those who love God, to those who are called according to his purpose."

What This Means
God is able to redeem every part of your story.

This doesn't mean everything that happened to you was good.

It means God is able to bring purpose, healing, growth, and hope from even the most difficult seasons.

Nothing is wasted in God's hands.
Your story is still being written.

Reflection:
Where have I seen God bring good out of something difficult?

Romans 8:31
"If God is for us, who can be against us?"

What This Means
You never walk alone.

Fear often convinces us that we are unsupported or unequipped.

This verse reminds us that the Creator of the universe walks with us.

Whatever challenge lies before you, God's presence is greater than your fears.

Reflection:
What fear would lose its power if I truly believed God was with me?

Romans 8:37
"Yet in all these things we are more than conquerors through him who loved us."

What This Means
Victory is found in Christ—not in your own strength.

God doesn't promise a life without challenges, but He does promise that through Christ you have everything you need to persevere with faith and hope.

Your circumstances do not determine your identity. God's love does.

Reflection:
How would I face today's challenges if I truly believed I was more than a conqueror through Christ?

Romans 5:3–4
“And not only that, but we also glory in our tribulations, knowing that tribulations produces endurance, and endurance produces character, and character produces hope..."

What This Means
God uses every season to shape your character. The difficult seasons of life often become the places where our faith grows the deepest. Instead of asking, "Why is this happening to me?" begin asking, "Lord, what are You producing within me?"

God is developing endurance, refining your character, and growing a hope that is anchored in Him.

Reflection:
How might God be using my current season to shape me into the person He created me to be?

Romans 5:8
"But God shows his love for us in that while we were still sinners, Christ died for us."

What This Means
You don't have to earn God's love.
His love for you was never based on your performance.

He loved you before you had everything figured out.

He loves you now.
As you renew your mind, let this truth become the foundation of your identity.

Reflection:
Do I truly believe God's love for me is unconditional?

Romans 15:13
"Now may the God of hope fill you with all joy and peace in believing, so that may abound in hope by the power of the Holy Spirit."

What This Means
Renewal leads to hope.
As your mind is transformed by God's truth, your heart begins to experience greater peace, joy, and confidence—not because life is perfect, but because your hope is rooted in Him.

The Holy Spirit is continually working within you, strengthening your faith and reminding you that God is faithful to every promise He has made.

Reflection:
Where is God inviting me to trust Him more deeply today?

Closing Prayer before moving into Stage 3.

Heavenly Father, *thank You for the gift of Your Word. As I meditate on these Scriptures, renew my mind and transform my heart.*

Help me recognize the beliefs that do not align with Your truth and give me the courage to replace them with Your promises.

Teach me to see myself through Your eyes, to trust in Your faithfulness, and to walk each day in the identity You have given me through Christ.

May Your Spirit fill me with wisdom, peace, hope, and the strength to live according to Your will.

In Jesus' name, Amen.

Build Your Relationship With God & Follow His Direction

The Question:
"Is this desire, vision, or next step aligned with God's will and purpose for my life?"

Before asking God to guide your path, you must first know His character, understand His Word, and create space to hear His voice.

Alignment is not about getting God to approve your plans.

It is about surrendering your plans and allowing Him to lead you.

When we align with God, we begin asking:

- *Lord, what are You showing me?*
- *Is this desire coming from You or from my own fear, ego, comparison, or worldly influence?*
- *Does this bring me closer to You?*
- *Does this reflect Your character and purpose for my life?*

What Does It Mean To Walk With God?

A relationship with God is built the same way any meaningful relationship grows:

Through time, communication, trust, and understanding.

You cannot deeply know someone without spending time with them. **The same is true with God.**

The more time you spend with Him through:

- *Prayer*
- *Scripture*
- *Worship*
- *Reflection*
- *Obedience*

...the more familiar you become with His voice and His ways.

Jesus said: *"My sheep hear my voice, and I know them, and they follow me."*
— John 10:27

God desires a relationship with you where you recognize His guidance and trust His direction.

Building Your Daily Relationship With God

1. Create Time To Meet With Him

Start by creating intentional moments where you can connect with God.

This does not need to be complicated.

It can look like:

1. *A quiet moment in the morning before your day begins*
2. *Reading Scripture with your coffee*
3. *Walking and talking with God*
4. *Journaling your prayers*
5. *Sitting in silence and listening*

The goal is not perfection.
The goal is relationship.

Ask:
"How can I create more space for God in my everyday life?"

2. Prayer: Having A Conversation With God

Prayer is not simply presenting God with a list of requests.

Prayer is relationship.

It is a place where you can:

- *Share your heart*
- *Express gratitude*
- *Ask for wisdom*
- *Confess struggles*
- *Surrender fears*
- *Seek direction*

A simple prayer rhythm:
Thank Him
"Father, thank You for..."
Surrender
"Father, I give You..."
Ask
"Farther guide me in..."
Listen
"Father, what do You want to reveal to me?"

3. Reading God's Word For Guidance

Scripture is one of the primary ways God reveals His truth and character to us.

God's Word helps us discern:

- *What aligns with Him*
- *What reflects His heart*
- *What is rooted in truth*
- *What is influenced by the world*

Before making decisions or pursuing desires, return to Scripture.

Ask:

"Does this align with God's character?"

"Does this reflect His wisdom and truth?"

"Would this draw me closer to Him?"

Learning To Discern God's Guidance

One of the most important parts of alignment is learning the difference between:

God's voice
and
your own thoughts, fears, and worldly influences.

Not every desire is wrong.
Not every opportunity is from God.
Not every thought deserves agreement.

Discernment requires slowing down and inviting God into the process.



How To Discern If Something Is From God

1. Does It Align With Scripture?
God will never lead you in a direction that contradicts His Word.

Ask:
"Does this reflect God's character?"

2. Does It Produce The Fruit Of The Spirit?

God's direction often produces:

- *Peace*
- *Love*
- *Patience*
- *Wisdom*
- *Self-control*
- *Humility*

Ask:
"Is this producing spiritual fruit in my life?"

3. Does It Require Trust Or Fear?
Fear often creates urgency, panic, and confusion.

God may challenge you, but His guidance does not come from chaos.

Ask:
"Am I moving from faith or from fear?"

4. Have I Surrendered The Outcome?
Sometimes we want an answer because we already decided what we want.
Alignment requires an open heart.

Ask:
"Lord, am I willing to follow You even if Your answer looks different than what I imagined?"

Alignment Prayer Practice

Before moving forward with a dream, decision, or desire, pray:
"Father, I surrender this desire to You. If this is aligned with Your will and purpose for my life, guide me and open the right doors. If this is not from You, give me the wisdom and humility to recognize it. Help me desire what You desire, trust Your timing, and follow Your direction. Amen."

STAGE 3: ALIGN

Stage 3 Reflection Questions Journal:

1. *How would I describe my current relationship with God?*
2. *Do I regularly invite God into my decisions and desires?*
3. *Where am I trying to control something instead of surrendering it?*
4. *What areas of my life do I need God's wisdom and guidance?*
5. *Am I willing to trust God's plan even if it looks different than mine?*

Stage 3 Core Transformation

From self-led → to God-led
From control → to surrender
From confusion → to discernment
From seeking answers → to seeking God

Scripture Foundations For Alignment

Proverbs 3:5-6
Trusting God's direction.
"*Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge him and he shall direct your paths."*

Psalm 119:105
God's Word as our guide.
"*Your word is a lamp to my feet and a light to my path."*

James 1:5
Asking God for wisdom.
"If any of you lacks wisdom, let him ask God, who gives to all liberally and without reproach, and it iwll be given to him."

John 10:27
Learning to recognize His voice.
"My sheep hear my voice, and I know them, and they follow me."

Luke 22:42
Surrendering our will to God.
"Father, if it is your will, take this cup away from me; nevertheless not my will, but Yours be done"

The God Alignment Check

Bringing Your Dreams, Desires, and Decisions Before God

Before moving forward with a vision, goal, opportunity, or desire, take time to bring it before God.

Alignment begins with surrender.
God cares about the desires of your heart, but He also cares about the condition of your heart and the path you take to reach them.

This practice is not about asking God to approve everything you want.

It is about creating space to listen, seek wisdom, and allow Him to guide you.

Remember:
God is not only interested in what you receive.

He is interested in who you become through the process.

STAGE 3: ALIGN

Take a moment to bring something specific before God:

- *A dream you desire to pursue*
- *A decision you need to make*
- *A goal you feel called toward*
- *An opportunity you are considering*
- *A prayer you have been carrying*

Write it in your journal:
The desire, vision, or decision I am bringing before God.



Step 1: Examine Your Heart ❤️

Ask yourself:
Why do I desire this?

Is this desire coming from:

- *A desire to glorify God and use my gifts*
- *A desire to serve others*
- *A genuine passion God has placed within me*
- *A desire for approval, comparison, status, or validation*
- *Fear of missing out or feeling behind*
- *Be honest with God.*

He already knows your heart, and honesty creates deeper relationship.

What is motivating this desire?



Step 2: Invite God Into The Vision

Take a moment to pray:
"Dear Farther, I surrender this desire to You. If this vision is aligned with Your will for my life, guide me and help me walk in obedience. If there is anything within this desire that is not from You, reveal it and reshape my heart according to Your purpose."

Now reflect:

Have I truly surrendered this to God?

- *Yes, I trust His timing and direction*
- *I am learning to surrender this*
- *I realize I have been trying to control the outcome*

What do I need to release to God?



Step 3: Search God's Word

God's guidance will always align with His character and His Word.

Ask:
Does this vision align with biblical principles?

Consider:

- *Does this reflect love, honesty, humility, and integrity?*
- *Does this honor God?*
- *Does this encourage growth and good fruit?*
- *Does this move me closer to Him?*

What Scriptures connect with this desire or decision?



Step 4: Discern The Source

Not every thought, desire, or opportunity comes from the same place.

Ask God to reveal:
Is this coming from faith or fear?

Faith often produces:

- *Peace*
- *Trust*
- *Wisdom*
- *Patience*
- *Obedience*

Fear often produces:

- *Anxiety*
- *Urgency*
- *Comparison*
- *Pressure*
- *Confusion*

What emotions are connected to this desire?

Do these emotions reflect trust in God or fear of my circumstances?

Step 5: Look For The Fruit

Jesus taught us that we recognize things by their fruit.

Ask:
If I pursue this, what fruit could it produce?

Could this produce:

- Greater love
- Greater obedience
- Greater humility
- Greater service
- *Greater dependence on God*

Or could it produce:

- Pride
- Fear
- Self-reliance
- Comparison
- Distance from God

What fruit do I see from this path?

Step 6: Ask God For Your Next Faithful Step

Alignment does not mean waiting forever. When God provides direction, we respond through faithful action.

Ask:
"Lord, what is the next step You are inviting me to take?"

It may not be the entire path.

God often reveals the next step before He reveals the full picture.

Open your journey and write:
My next faithful step is.....

Don't judge yourself here, you can always pray on it later if you aren't sure if what you wrote is alignment or not.



Closing Prayer

Father,
I surrender my plans, desires, and dreams to You. Thank You for the gifts, passions, and visions You have placed within me.
Give me wisdom to recognize Your guidance, humility to receive Your correction, and faith to follow where You lead.
Help me not move from fear, comparison, or my own understanding, but from trust in You.
Align my heart with Yours and teach me to walk in obedience as I steward everything You place in my hands.

Amen.



Scripture To Remember

"Commit your works to the Lord, and your thoughts will be established."
— Proverbs 16:3

"A man's heart plans his way, But he Lord directs his steps. "
— Proverbs 16:9



Faithfully Steward the Vision God Has Placed Within You

The Foundation of Creation

The Question:
"What faithful steps is God inviting me to take to steward the vision He has placed on my heart?"

Creation is the overflow of connection, renewal, and alignment.

When you have learned to connect with God, renew your mind through His truth, and align your desires with His will, you are ready to move forward in faith.

This stage is not about creating a life separate from God.

It is about partnering with Him.
God is the source of every good gift, every ability, every opportunity, and every purpose placed within you. Your role is to faithfully steward what He has entrusted to you.

Faith Requires Action

Many people think faith means simply believing.

But biblical faith is active.
Faith moves.
Faith responds.

"For we walk by faith, not by sight"
— 2 Corinthians 5:7

Faith does not mean you have every answer before you begin.

It means you trust the One who does.

God often reveals the next step, not the entire journey.



The Difference Between Creating From God vs. Creating From Fear

Before moving forward, examine the place you are creating from.

Creating From Fear Looks Like:

- *Trying to control every outcome*
- *Feeling pressure to make things happen*
- *Comparing your journey to others*
- *Believing everything depends on your own strength*
- *Moving before seeking God's guidance*
- *Finding your identity in achievement*

Creating From Faith Looks Like:

- *Trusting God's timing*
- *Seeking His wisdom*
- *Taking obedient action*
- *Remaining open to redirection*
- *Using your gifts to serve others*
- *Finding peace in knowing God is leading you*

The goal is not simply to achieve the vision. The goal is to walk with God through the process.

Seeing Through The Eyes of Faith

One of the gifts God gives us is the ability to see beyond our current circumstances. Faith allows us to hold onto hope before we see the physical evidence.

This does not mean ignoring reality.

It means believing that God is working even when the outcome is not yet visible.

"Now faith is the assurance of things hoped for, the evidence of things not seen."
— Hebrews 11:1

When you visualize your future, bring God into that picture.

Instead of asking:
"How can I make this happen?"

Ask:
"Lord, if this is aligned with Your will, what are You inviting me to become and do?"

Creating Your God-Given Vision

Take time to reflect on the vision God has placed on your heart.

This is not about creating a fantasy.
This is about prayerfully imagining what faithfulness could look like.

Consider:

What has God placed on my heart?

What gifts, passions, and abilities has God given me?

Who could be impacted or served through this?

What would faithful stewardship look like?



The Practice of Gratitude

Gratitude is a powerful part of faith because it shifts your focus from what you lack to recognizing God's faithfulness.

Before you receive the answer to every prayer, you can still thank God for who He is and what He has already done.

Gratitude reminds your heart:

- God has provided before.
- God is present now.
- God will continue to guide you.

Each day, practice thanking God for:

- *His love*
- *His provision*
- *His protection*
- *His guidance*
- *The blessings already present in your life*

Ask:

"Father, help me recognize Your goodness today."

CLICK HERE FOR DAILY GRATITUDE PROMPTS

Taking Faith-Filled Action

A vision without action remains only a thought. God invites us to participate.

Faithful action may look like:

- *Having the conversation you have been avoiding*
- *Learning a new skill*
- *Taking a step toward a goal*
- *Serving someone with your gifts*
- *Creating something that reflects your calling*
- *Being obedient in small daily choices*

Do not underestimate small steps.
God often builds something significant through consistent faithfulness.

"For who has despised the day of small things?..." — **Zechariah 4:10**
Meaning: Do not despise these small beginnings

The Faith Action Plan

Now take the vision you have prayed over and identify your next steps.

Step 1: The Vision
What is God placing on my heart?

Step 2: The Next Faithful Step
What is one action I can take this week?

Step 3: The Surrender
What outcome do I need to release to God?

Step 4: The Trust
How can I remind myself that God is leading me?



Daily Faith Practice

Each morning:
Connect:
"Lord, thank You for this day."

Align:
"Guide my thoughts, decisions, and actions."

Create:
"Show me the next faithful step."

Each evening:
Reflect:

- *Where did I see God today?*
- *What did I learn?*
- *What am I grateful for?*
- *What do I surrender to Him?*



Stage 4 Reflection Questions

1. *What vision or desire has God placed on my heart?*
2. *Am I trying to control the outcome, or am I trusting God with the process?*
3. *What faithful action is God inviting me to take?*
4. *What gifts has God given me that I can steward?*
5. *How can I honor God through the way I pursue this vision?*

Stage 4 Core Transformation

From wishing → to faithful action

From striving → to trusting

From control → to surrender

From receiving → to stewardship

DAINA MIGLIORE
MENTOR & PODCAST HOST

Scripture Foundations For Creation

Hebrews 11:1
"*Now faith is the substance of things hoped for, the evidence of things not seen.*"
Faith before seeing.

James 2:17
"*Thus also faith by itself, if does not have works is dead.*"
Faith requires expressed through action.

Habakkuk 2:2-3
Then Lord answered me and said: "Write the vision and make it plain on tablets that he may run who reads it"
Writing and carrying the vision while trusting God's timing.

James 1:22
"But be doers of the world, and not hearers only, deceiving yourselves"
Being doers of God's Word.

Proverbs 16:9
God establishes our steps.

Closing Prayer

Father,
Thank You for the dreams, gifts,
and desires You have placed within me.
Help me steward them with humility,
wisdom, and faith.

Teach me to move forward without fear,
trusting that You are guiding my steps.

If this vision aligns with Your will, open
the right doors and give me the courage
to walk through them. If You are
redirecting me, give me the wisdom to
follow.

Help me create from faith, not fear. Help
me serve through my gifts and honor
You through my actions.
May everything I build reflect Your
goodness and bring glory to You.

Amen.

My God-Led Vision & Faith Action Plan Walking Forward With God In Faith, Trust, and Purpose

This is not a plan created from pressure, fear, or the desire to control the future.

This is an invitation to partner with God.

Throughout this workbook, you have walked through four stages of transformation:

CONNECT — discovering your identity in Christ and reconnecting with God.
RENEW — transforming your mind and replacing old beliefs with His truth.
ALIGN — surrendering your desires, seeking God's guidance, and discerning His direction.
CREATE — faithfully stewarding the vision He has placed within you through action and obedience.

ACTION PLAN

Now, it is time to bring everything together.

Your vision is not just about what you want to accomplish.

It is about who God is shaping you to become and how He desires to work through your life.

Before beginning, pray:

"*Lord, I surrender my plans, my desires, and my future to You. Guide my thoughts, refine my heart, and align my steps with Your will. Help me see the vision You have placed within me through Your eyes and give me the wisdom and courage to faithfully steward what You have entrusted to me. Amen."*

1. My Identity In Christ

Who God Says I Am

Before creating anything, I must remember who I am.

My worth does not come from my achievements, success, possessions, or the approval of others.

My identity comes from being loved by God.

Reflect:

Who does God say I am?
(Examples: loved, chosen, forgiven, redeemed, equipped, created with purpose)

What truth about my identity do I want to carry forward?

What old identity or belief am I leaving behind?

2. My Renewed Story
The Truth I Choose To Believe

Throughout Stage 2, you identified the stories and beliefs that have shaped your life.

Now, write the truth you choose to stand on.

Complete: (grab your journal and fill in the blanks.)

I am no longer defined by

_____.
Through Christ, I believe

_____.
God is teaching me

_____.
I trust Him with

_____.

Then write out your renewed story.

3. My God-Led Vision

The Desire I Am Surrendering To Him
God places gifts, passions, and desires within us.

But we surrender them because we trust His wisdom above our own.

Reflect:

What vision, dream, or desire has God placed on my heart?

Why does this matter to me?

How could this vision serve God and others?

Lord, if this aligns with Your will, I ask You to:

_____

4. My Discernment Check

Is This Aligned With God?

Before moving forward, ask:

Does this align with God's Word?

Does this reflect God's character?

Does this produce good fruit?

Am I moving from faith or fear?

Am I willing to surrender the outcome?



5. My Faith Action Steps

Walking Forward In Obedience
Faith is not passive.

God invites us to participate through faithful action.

Ask:

What is the next step God is inviting me to take?

Not the entire journey.
Just the next step.

My first step:

The action I will take:

When I will take this action:

What support, wisdom, or resources do I need?

6. My Gratitude Practice

Recognizing God's Faithfulness
Before the vision comes to life, I choose to recognize how God is already moving.

Today, I am grateful for:

1.
2.
3.
4.

A reminder of God's faithfulness in my life:



7. My Commitment To God

Write your personal commitment:

"Lord, I commit to walking with You through this journey. I choose to trust Your timing, follow Your guidance, and remain open to Your direction. Help me steward this vision with humility, faith, and obedience."

My commitment:



My Declaration Of Faith

I trust God as the source and guide of my life. I surrender my plans and align my heart with His will.

I renew my mind with His truth.
I walk forward with faith, knowing He directs my steps.

I faithfully steward the gifts, opportunities, and vision He has placed within me.

I do not create alone ... ***I walk with God.*** *His timing is perfect. His plans are good. His purpose for my life is greater than I can imagine.*

Amen.



Scripture To Carry Forward

"*Commit your works to the Lord, and your thoughts will be established."*
— Proverbs 16:3

"A man's heart plans his way, but the Lord directs his steps."
— Proverbs 16:9

"For we walk by faith, not by sight."
— 2 Corinthians 5:7

"I receive from God, I surrender to God, I walk with God, and I steward what God entrusts to me."



Continue Your Journey With God

The Ascension Workbook Was Just The Beginning

Transformation is not a one-time moment.
It is a daily walk with God.

As you continue this journey, remember:
Connection requires consistency.

Renewal requires practice.
Alignment requires surrender.
Faith requires action.

You do not have to walk this journey alone.

God created us for relationship, community, encouragement, and growth.

Join The Jesus Walks Community

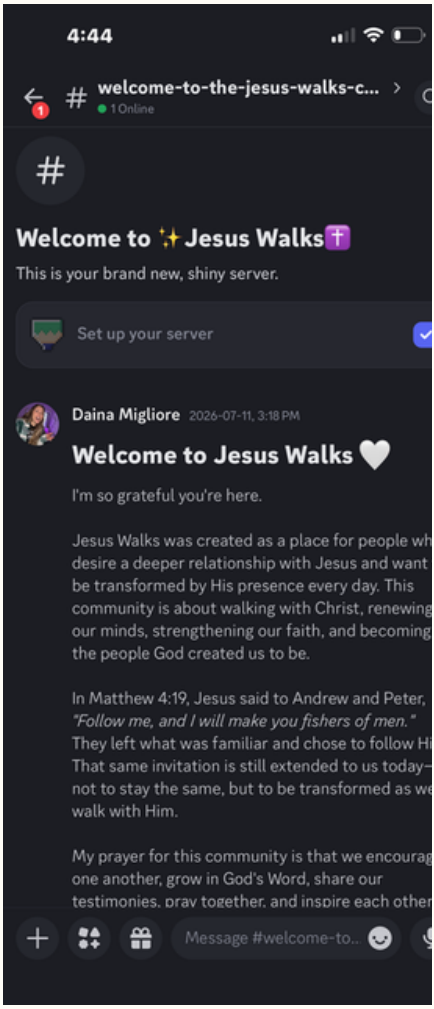
A FREE COMMUNITY TO GROW IN FAITH TOGETHER

Your relationship with God was never meant to be lived in isolation.

The Jesus Walks Community is a place where you can continue strengthening your faith, surrounding yourself with like-minded believers, and receive encouragement as you continue your journey.

Inside the community, you can:

- *Continue growing in your relationship with God*
- *Receive encouragement and inspiration*
- *Connect with others walking through their own faith journey*
- *Stay accountable to the practices you started in this workbook*
- *Continue renewing your mind through truth and Scripture*



JOIN

Your next step: Join the free Jesus Walks Community

Need Personal Guidance?

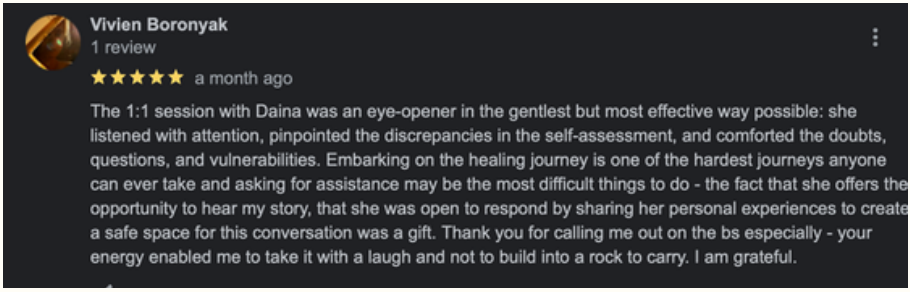
Clarity & Peace Call

Sometimes God places a desire, decision, or transition on our heart and we need space to seek wisdom and clarity.

A Clarity & Peace Call is an opportunity to:

- *Talk through where you are in your journey*
- *Identify what may be keeping you stuck*
- *Gain clarity around your next faithful step*
- *Pray through what God may be leading you toward*
- *Determine what support would best serve your next season*

This is a space to slow down, seek God, and receive clarity.





FOR MORE INFO CLICK HERE

Ready For Deeper Transformation?

Private Mentorship

For those who feel called to deeper support, mentorship provides a more personalized journey of growth, accountability, and transformation.

Together, we focus on:

- *Strengthening your relationship with God*
- *Renewing your mindset through biblical truth*
- *Identifying patterns holding you back*
- *Creating a faith-led vision for your life*
- *Taking consistent action toward what God has placed on your heart*

FOR MORE INFO CLICK HERE



Addition Practices

The journey does not end when you complete the four stages of the Ascension Workbook. Transformation is built through daily relationship, intentional practices, and continued time with God.

The practices in this section are not meant to become a checklist or another thing to accomplish. They are simply tools to help you continue growing in faith, strengthening your relationship with God, and creating space for Him to guide you.

As you explore these practices, remember:
The goal is not perfection.
The goal is connection.
Choose the practices that help you draw closer to God and support you in your current season.

Some practices may become part of your daily rhythm, while others may be something you return to when you need clarity, peace, encouragement, or deeper connection.
Allow the Holy Spirit to guide you.

Prayerful Breath Practice

Posture:
Sit comfortably with your feet grounded on the floor and your posture upright. Allow your body to relax as you prepare to spend a few quiet moments with God.

Full-Cycle Breath:
Inhale slowly through your nose, allowing your lungs and abdomen to fill completely. Pause for a moment, then exhale gently through your mouth, releasing tension and allowing your body to settle. Repeat this three times, gradually slowing your breathing and creating space for stillness.

Surrender and Awareness:
As you breathe in, invite God's peace and presence into this moment. As you breathe out, release your worries, fears, and burdens into His hands. Remind yourself that you are held, guided, and loved by your Heavenly Father.

Deepening Your Connection With God:
Close your eyes and quiet your thoughts. Use this time to pray, reflect on Scripture, or simply become still before God. Allow His truth to renew your mind and His presence to bring peace to your heart.

Through consistent practice, this breathing exercise can become a moment of surrender, reflection, and connection with God—helping you slow down, create space for prayer, and refocus your heart on Him.

Resting in God's Love Practice

This practice is designed to help you become still, reflect on God's love, and allow His presence to fill your heart. Begin by finding a quiet place where you can relax and spend a few moments with God. Take a few deep breaths and invite Him into this time of reflection.

Bring to mind the incredible love God has shown you, the love of Jesus, His grace, His forgiveness, and His faithfulness. Bring that into your heart. Reflect on a moment when you experienced love, kindness, or gratitude, and allow your heart to become centered on God's goodness.

As you sit with this feeling, imagine God's love surrounding your heart and filling you with His peace, compassion, and strength. You may visualize this love as a warm light representing His presence and the truth of His promises.

Allow this reminder of God's love to move through your thoughts, your emotions, and your actions. Ask God to help you reflect His love toward yourself and others. When you feel ready, extend that love outward through prayer—first toward your family and loved ones, then your community, and finally toward those who need God's grace, healing, and hope around the world.

Take your time with this practice. There is no need to rush. The goal is not to create something through your own power, but to become more aware of God's love and allow Him to transform your heart.

"We love Him because He first loved us." — 1 John 4:19

Nature Reflection With God

Choose a quiet place in nature where you can be still and spend time with God. Find a comfortable position, take a few deep breaths, and allow yourself to become present in the moment.

Begin by noticing the sounds around you—the wind, the trees, the birds, and the beauty of God's creation. Simply observe without judgment. When thoughts arise, acknowledge them, gently release them, and bring your attention back to the present moment and God's presence.

As you become still, invite God into this time. Use this space to pray, reflect, and quiet your heart before Him. Ask Him for wisdom, guidance, and understanding as you seek His will for your life.

Pay attention to the thoughts, reminders, and Scriptures that come to mind, and bring them before God with discernment. Remember that His voice will always align with His Word and lead you toward truth, peace, love, and obedience.

With practice, this time in nature can become a sacred moment of connection with God—a place where you slow down, reflect, and create space to hear His guidance more clearly.

"Be still, and know that I am God." — Psalm 46:10

Continue Your Journey With the Dream Creation Podcast

Your growth does not have to stop when you finish this workbook.***The Dream Creation Podcast is a place where I continue these conversations through weekly episodes designed to encourage you, challenge you, and help you deepen your faith, renew your mind, and grow into the person God created you to be.***

Think of each episode as a free coaching session where we explore topics such as identity, healing, purpose, mindset, overcoming limiting beliefs, spiritual growth, and learning to walk more closely with God.

Through personal stories, biblical reflections, and practical guidance, my goal is to help you gain clarity, strengthen your faith, and continue taking intentional steps toward the life God is calling you to live.

Whether you are just beginning this journey or continuing to grow deeper, I invite you to listen weekly and allow these conversations to support you along the way.

🎙️ **Click here to tune into the Dream Creation Podcast**

I can't wait to continue walking alongside you.

Your Journey Continues

Congratulations on completing this workbook. Remember, transformation is not a destination, it is a daily walk with God. The reflections, prayers, and exercises within these pages are only the beginning of what God can do when we surrender our lives to Him.

My prayer is that this workbook has helped you deepen your faith, renew your mind, and gain a greater understanding of the identity and purpose God has placed within you.

As you continue your journey, stay rooted in Scripture, spend time in prayer, and trust God to guide your next steps.

If you'd like continued support, I invite you to join me through the **Dream Creation Podcast,** the **Jesus Walks Community,** or through **Dream Creation mentorship** and **clarity sessions.**

Remember:
You are loved.
You are chosen.
You were created with purpose.
Keep seeking Him. Keep growing. Keep walking by faith.

With love,
Daina Migliore