

Faithful Clarity Workbook

**A Faithful Wellness Society Resource – Renew Your Temple. Restore Your Covenant.
Rejoice in Your Body.**

Finding Peace & Purpose in Your Wellness Journey

"Commit to the Lord whatever you do, and He will establish your plans." (Proverbs 16:3)

WELCOME

Hi, Beautiful Soul!

If you've been feeling stretched thin, stuck in old habits, or overwhelmed by life's demands, this is your invitation to pause, breathe, and reconnect with the One who gives peace.

This workbook is here to help you:

- ✓ Release what's been weighing you down
- ✓ Get honest about where you are right now
- ✓ Invite God into your wellness journey
- ✓ Take one small, faithful step toward feeling better—body, mind, and spirit

RELEASE THE WEIGHT YOU'RE CARRYING

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

What's been feeling heavy or overwhelming in your life right now? Write it all out—big or small.

CLARIFY WHAT YOU TRULY NEED

"You will keep in perfect peace those whose minds are steadfast, because they trust in You." (Isaiah 26:3)

When you picture peace in your body and mind, what does that look like?
What would feeling **lighter, calmer, and more energized** allow you to do?

LISTEN TO YOUR TEMPLE

"Do you not know that your bodies are temples of the Holy Spirit, who is in you..." (1 Corinthians 6:19)

Take a moment to tune in to your body:

- ☒ What is it asking for right now—more rest, movement, water, better nutrition, or simply kindness?
- ☒ How have you been treating your temple lately? What needs to shift?

Write honestly, without judgment. This is between you and God.

YOUR NEXT FAITHFUL STEP

"The Lord makes firm the steps of the one who delights in Him." (Psalm 37:23)

You don't have to fix everything at once. Just choose **one small step** you can take this week to honor your temple and trust God with the rest.

What's one action you can take this week that would help you feel closer to peace—physically, emotionally, or spiritually?

INVITE GOD INTO YOUR JOURNEY

Close this time with a simple prayer. Here's a starting point:

"Lord, thank You for giving me this body and life. Show me how to care for my temple with love and grace. Guide my steps, strengthen me when I feel weak, and remind me that even small steps matter to You. In Yeshua's name, Amen."

What's something you've been avoiding that needs your attention?

No judgment—just awareness.

What's one small step you can take this week to move forward with clarity or confidence?

Start simple. The goal is progress, not perfection.

An Encouraging Note for You:

Clarity starts with noticing. Every time you pause to check in with yourself, you're building momentum—even if it feels small. You don't need to figure it all out right now. Just keep showing up.

Ready to Go Deeper?

This workbook is just the beginning. If you found even a small sense of relief, insight, or direction here—imagine what's possible with personalized coaching support.

Whether you need a one-time clarity boost or long-term guidance through a bigger transition, I offer coaching sessions designed to meet you where you are and help you move forward with confidence.

Explore the coaching options on my website.

It would be an honor to work with you!