

THE GODLY GIRL'S  
**GUIDE TO  
GETTING  
UNSTUCK**

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**SHIFT  
OUT OF A  
NEGATIVE  
MINDSET  
THAT  
BELIEVES:  
I CAN'T,  
I'M NOT,  
I DON'T,  
I LACK.**

## 01. FACE THE FACTS

**Remember:** Change happens when the pain of staying the same is greater than the pain of change.

**Reflect:** What factors are holding me back from moving forward in life?

- What is the biggest factor stopping me from succeeding and flourishing in life?
- What mindset could be hindering me from taking bold action in moving forward?
- Who can help me gain the additional insight I need to start moving forward?

**Reframe:** Shift out of a negative mindset that believes: I can't, I'm not, I don't, I lack.

**Recall:** Stand on what God says about you and what you can do through Him.

**Respond:** Boldly declare God's reality over your current reality.

## 02. FLIP YOUR SCRIPT

**Remember:** Change your thoughts so you can change your life.

**Reflect:** Identify the negative mindsets, stories and fear-based thinking that are keeping you stuck.

- What negative story have I been believing over and above God's story for my life?
- What personal responsibility have I failed to take for where I am today?
- What promises from God's Word do I need to start speaking over my story?

**Reframe:** Replace the negative script in you head with the script of God's Word.

**Recall:** Recognize God's promises, plans and purposes for you as revealed in His Word.

**Respond:** Boldly declare God's story and glory over you past, present and future story.

## 03. FAST FORWARD YOUR LIFE

**Remember:** Your future self is not defined by your past decisions.

**Reflect:** Identify the decisions (or indecision) that have led to your current reality.

- Are my current decisions leading me to a future I desire?
- How has my indecision kept me stuck in a rut or slump?
- Am I currently setting myself up to live an enjoyable life by design, or am I setting myself up to live a miserable life by default?



**Reframe:** Shift from living a directionless life to a divinely inspired purpose-driven life.

**Recall:** Recognize your God-given purpose so you can start making destiny decisions.


**Respond:** Boldly declare God's promises and plans to prosper your future.

## 04. FOCUS YOUR HEART

**Remember:** A hope-FULL heart is a heart that places its' hope in God.

**Reflect:** Evaluate how your deferred hopes and dreams have been keeping you stuck.

- How have I been placing my hope or confidence in my own abilities rather than in God's abilities?
- What would it look like for me to steep my heart in God-provision, God-initiative and God-reality?
- What would it look like for me to truly rest, relax and respond to what God is trying to give me and grow in me?



**Reframe:** Shift from self-confidence to God-confidence and allow Him to get you unstuck.

**Recall:** Recognize God is working all things out for your good because you love Him and are called to His purposes.

**Respond:** Boldly declare that God will supply your every need exactly when you need it.

# FOCUS ON SURRENDER

**Remember:** The secret to rising strong is found in your surrender to God.

**Reflect:**

- How can I become more aware of the thoughts that are influencing my mental health, emotional well-being, spiritual connection with God, and my social interactions?
- How can I become more curious about my emotional experiences and uncover the root issues of my emotional distress?
- What action will I take today to cultivate more God-confidence instead of more self-confidence?

**Reframe:** Shift your focus from what you are doing to what God is doing for you.

**Recall:** Recognize when you trust God's ability to pull you out, He will put things right for you.

**Respond:** Boldly cry out to God for help and believe that He will be your ever-present help in times of need and distress.

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