

# Monthly Moment *review*

## *Giving Thanks For Last Month*

### CAN BE A VERY POWERFUL THING

Doing this unburdening exercise at the end of each month can become a great companion and counsel to your heart as you enter a new month.

1. Use Philippians 4:8 as your guide to prompt you.
2. It's important to refer back to your weekly calendar pages and/or your Healing To-Do notepad to remind you of things that happened that were:

This section is about gratitude and how it helps to reframe your outlook and belief systems.

## *My Freedom Choices*

### REVEAL MY DEEPEST BELIEFS & CHOICES

Ask yourself to whom and to what you said no and yes to.

Ask curiously.  
Ask bravely.

Asking curiously and bravely will emerge out of freedom as you face your fear stances and coping mechanisms.

This section is about interacting with my freedom to be uniquely me, whether I get things right or not. It's about "who I think I am" as I'm transformed into "who I am meant to become" because of what the Beloved has placed within me.

## *My Breakthroughs*

### REVEAL GOD'S PROVISION + MY PURPOSE

Each month, we will inevitably experience setbacks, inconveniences, blindsided moments, and interruptions.

But none of those debacles will impede Jesus' provision or His purpose for you (period).

Notice 1-2 places where you experienced new discoveries and/or new developments whether inwardly or outwardly.

This section is about revelation:  
What did you read/learn?  
Where was your character being refined?  
What victory did you have in a relationship?  
What did hardship teach you about joy?

## *Feedback From Others*

### REQUIRES DISCERNMENT

Everyone has an opinion. And we all understand from our level of perception. So we need one another to give feedback and speak into our lives.

But if you use human influence to get what you want, or to hear what you want—while your character is marked by duplicity—then, in the long run, no amount of feedback will steer you well.

This section is about noticing whose "life voice," or put another way, whose vocation stirred you to speak and operate from your true self (flaws and all)?

Vocation calls us forward (vocatio means "a call or summons" in Latin).

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