

# **This Is Your Moment**

WORKBOOK

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# Welcome

Have you ever wanted to make important changes to your life? Perhaps you've tried and failed. Climbed the hill only to slide back down again... the habit didn't stick... the diet didn't last... the exercise program wasn't a priority... the new reading plan fell by the wayside... the "organized you" lost the war to the "free spirited" you... the debt kept piling up instead of the savings account... the angry responses leave your mouth before you can catch them... your old patterns of low self-worth creep back into your mind.

Well, if you've wanted to make a change... if you've wanted to see some real transformation that actually lasts... **THIS IS YOUR MOMENT!**

This workbook is a companion to the ten lessons in this journey of transformation. Pathway Church is offering this material for free because we believe in you, and we believe that God can transform your life for the better, in every area. For additional resources, to make a donation, or to connect, visit:

**[www.pathway.community](http://www.pathway.community)**



# 1. How to Change

MESSAGE NOTES

My biggest take-away from this message is...

## QUESTIONS FOR REFLECTION

1. What important change do I want to make in my life?
2. Why do I want to make this change?
3. How committed am I to making this change? (1-10)
4. Which part of the "dynamic duo" do I need to improve on?

## 2. What is The Good Life?

MESSAGE NOTES

My biggest take-away from this message is...

# 4 MODES OF LIVING

<b>MODE</b>				
	<u>Victim</u> , blames others/life/God	<u>Scarcity</u> , struggle	<u>Abundance</u> , enjoying	<u>Generosity</u> , helps others
	Unhealthy, numbing pain	Weary, stressed	Good self-care	Vitality
	Unstable, unsafe, unclean	Barely functional	Clean, spacious, beautiful	Hospitable to others
	Unstable, debt, charity	Paycheck to paycheck	Savings, investments, insurances	Donates, tithes, invests in community
	Unemployed, underemployed	Low income, low interest, Means to end	Career in area of strength and passion	Calling to serve others
	Unmarried, conflicted	Unmarried, some commitment, strained	Faithful and fulfilling marriage	Example to others
	Too much time (unemployed, alone, incarcerated, etc.)	Too little time (struggling to get it all done)	Prioritized, planned, purposeful	Margin to invest into others
	Low/no future planning	Trying to get through the day	High future planning	Generational, legacy planning
	Anger, regret, despair	Anxiety, fear, overwhelm	Joy, peace	Love
	"God save me!"	"Give me daily bread."	"Thank you for my blessings."	"Show me how to bless others."
	Egypt	Wilderness	Canaan	Kingdom of God
	Trust God. Forgive others.	Wise decision-making.	Gratitude, serving others	Humility, letting go



## QUESTIONS FOR REFLECTION

1. Which areas of my life are in which mode?
2. Which mode is most dominant in my life overall?
3. Which area do I want to focus on changing first?

# 3. How to Form New Habits

MESSAGE NOTES

My biggest take-away from this message is...

## QUESTIONS FOR REFLECTION

1. What new habit do I want to form now?
2. Why?
3. Which aspects of this area are in my control? Which ones are not?
4. Write a specific plan for how you can “engineer” this habit into your daily life. Include time, place, reminders, rewards, resources needed.

# 4. Activate your Body

MESSAGE NOTES

My biggest take-away from this message is...

## QUESTIONS FOR REFLECTION

1. How would other people describe my normal body language, posture, movements? (If you're not sure, ask!)
2. What is one physical posture or movement that I will practice to help bring change in my life?
3. What postures or movements do I want to incorporate in prayer or worship? With loved ones?
4. How have I been harming my body? How can I care for it better?

# 5. Transform your Mind

MESSAGE NOTES

My biggest take-away from this message is...

## IDENTITY STATEMENTS

Here's a list of *destructive beliefs*, and the **truth from the Bible** that helps us reinterpret them.

*I am worthless.*

**I am so valuable to God that he sent his only son to die for me. (John 3:16)**

*I should be ashamed of myself.*

**I am never put to shame. (Romans 10:11)**

*I'm better than others.*

**I am called to love others, not compare myself to them. (1 Corinthians 13:4)**

*I'm a failure.*

**I am more than a conqueror through Christ. (Romans 8:37)**

*I'm too ugly (dumb, fat, thin, tall, short, old, young, etc.)*

**God made me wonderfully well. (Psalm 139:14)**

*I don't have enough time (money, energy, skills, resources, knowledge, etc.)*

**I have everything I need to live a good and godly life. (2 Peter 1:3)**

*I'm not good enough.*

**I am enough through faith in Jesus Christ. (Romans 4:5)**

*I'm in control.*

**The only thing I control is myself. I trust God with everything else.  
(Galatians 5:23, Proverbs 3:5-6)**

*It's all up to me.*

**God is my helper. Other people are on my team. (Hebrews 12:1, 13:6)**

*My situation is hopeless.*

**I always have hope. (1 Peter 1:3)**

*I am condemned.*

**I am forgiven. (Romans 8:1)**

*I am alone.*

**God is always with me. (Hebrews 13:5)**

*I am the only one I can trust to protect myself.*

**The Lord is my protector and provider. (Psalm 18:2)**

*I have to meet all the expectations of others.*

**I will do my best, whether or not others approve. (Colossians 3:23)**

*If I have this one thing I'll be happy.*

**I can choose joy right now. (Philippians 4:10-12)**

*I deserve to be punished.*

**I am acquitted. (Romans 3:22-24)**

*Death wins in the end.*

**Jesus has conquered death. (1 Corinthians 15:55-56)**

*I am rushed.*

**I have plenty of time to be and do all that God wants me to. (Ecclesiastes 3:11)**

*Life goes by too quickly.*

**Every moment matters. (Job 14:5)**

*I need to get revenge.*

**I will forgive others like God forgave me. (Colossians 3:13)**

*I'm unwanted and unloved.*

**I am loved. I am chosen. (1 John 1:3)**

*I'm a broken person.*

**God can heal me from every hurt. (2 Corinthians 4:7-9)**

*Rage takes over.*

**I am in control of my anger and my actions. (James 1:19-20)**

*I'm a worrier.*



**I trust God with my concerns. (1 Peter 5:7)**

*I'm not as good as you.*

**Everyone has different gifts. (1 Corinthians 12:11)**

*Bad things always happen to me.*

**Life is hard, but I have an unbreakable hope. (Psalm 84:5-7)**

*I might as well give up.*

**I will never give up on things that matter. (Galatians 6:9)**

*I can't make a difference.*

**I have been created to make a difference in this world. (Ephesians 2:10)**

## QUESTIONS FOR REFLECTION

1. Which one of the destructive beliefs do I most identify with?
2. What is the truth from God's Word that I need to hear?
3. How can I exchange this old belief for a new one? What actions or steps will I take?

## 6. 3 Beautiful Mindsets

MESSAGE NOTES

My biggest take-away from this message is...

## QUESTIONS FOR REFLECTION

1. Finish these sentences:

"Life is \_\_\_\_\_."

"God is \_\_\_\_\_."

"I am \_\_\_\_\_."

"My job is \_\_\_\_\_."

"Human beings are \_\_\_\_\_."

"My past mistakes are \_\_\_\_\_."

"My future is \_\_\_\_\_."

2. How would a person with a Gratitude Mindset finish those sentences?
3. How would a person with a Growth Mindset finish those sentences?
4. How would a person with a Generosity Mindset finish those sentences?

# 7. Awaken your Heart

MESSAGE NOTES

My biggest take-away from this message is...

# EMOTION REDIRECT CHART

Negative Direction	<b>Basic Emotion</b>	Positive Direction
Worry, anxiety, paralysis, desire to control others	← _____ →	planning, preparation, faith-filled action
Bitterness, hatred, rage, resentment, violence	← _____ →	Working for justice, helping others, patience, communication
Depression, darkness, despair, isolation	← _____ →	Grieving, remembrance, gratitude, comfort, community
selfishness, pleasure-seeking, lust, greed, addiction	← _____ →	Celebration, Gratitude, generosity, kindness

## QUESTIONS FOR REFLECTION

1. What is my normal Emotional Baseline? (-5 to +5)
2. What do I want it to be?
3. Which basic emotion most often leads me in a negative direction?
4. How can I redirect it to the positive side?

## 8. 4 Golden Fruits

MESSAGE NOTES

My biggest take-away from this message is...



## QUESTIONS FOR REFLECTION

1. Which of the four fruits is most evident in my life? Which one is least?
2. How can I partner with the Holy Spirit to cultivate the fruit that lowest in my life?
3. Are there any "weeds" in my life that are preventing more of the fruits?
4. How can I remove these weeds?

# 9. How to Plan Your Day

MESSAGE NOTES

My biggest take-away from this message is...

## QUESTIONS FOR REFLECTION

1. Write down your imaginary perfect day, in detail, from the time you wake until you go to sleep.
  
  
  
  
  
  
  
  
  
  
2. Circle all the areas of your life you want to be more proactive in planning. For any you check, include WHY you want to plan better. What result are you seeking?
  - a. Time (calendar)
  - b. Tasks (list)
  - c. Money (budget)
  - d. Food (menu)
  - e. Other \_\_\_\_\_
  
  
  
  
  
  
  
  
  
  
3. Sketch out a plan for one of the areas you circled.

# 10. How to Plan Your Legacy

MESSAGE NOTES

My biggest take-away from this message is...

## QUESTIONS FOR REFLECTION

1. What is the one thing you want everyone to say about you at your funeral?
2. What do you want Jesus to say to you when you meet him face to face?
3. Write out a Legacy Plan. Who do you want to bless, and how?

<b>PERSON</b>	<b>BLESSING</b>	<b>PLAN</b>

# Key Terms

In your own words, write the meaning of each of these concepts below, or share them out loud with a friend.

1. Dynamic Duo
2. 4 Modes of Living
3. Circle of Control
4. Domino Effect
5. Evolutionary vs. Revolutionary Change
6. Body Postures and Movements
7. Sunrise Prayer
8. Identity Statements
9. Bricks for Bread
10. 3 Beautiful Mindsets
11. Emotion Redirect
12. Doorway to Healing
13. 4 Golden Fruits
14. Emotional Baseline
15. Sunrise Planning
16. Clustering
17. Legacy Plan
18. Life Alignment
19. Transformation Plan

# Transformation Plan (full version)

## 1. Assessment

Rate each area on a scale of -5 to +5.

### Relationships:

- God
- Myself
- Others (list by name)

### Resources:

- Health
  - Mental
  - Physical
  - Emotional
  - Social
  - Spiritual
- Time
- Energy
- Money
- Possessions
- Environment
- Work/Calling

Now, ***pick one*** specific area that you would like to change. Circle it.

## 2. Prayer

Ask God to help bring the changes that you need in this area.

### **3. VISION**

HERE....

- a. What it's like now in the area you picked?
  
- b. How do you feel about it?
  
- c. What beliefs do you have that have contributed to this?
  
- d. What actions have you taken to contribute to the way it is now?

THERE...

- e. What is the transformation you want to see? Visualize it, then write it in detail.
  
- f. How do you feel when you imagine the change becoming a reality?
  
- g. What beliefs would you need to change to get there?



- h. What actions would you need to take to get there?
- i. What support system or people will you need to help you?
- j. Check in with God and a few other trusted friends or loved ones to make sure your dream is headed in a good direction.

## 4. IDENTITY

Write out an identity statement that correlates with your dream. Put it on a notecard and place it on the mirror or some place you'll see it everyday. When you see it, *say it out loud for a month.*

Examples:

If your dream is to lose weight, you could write "I am a healthy person."

If your dream is to pray every morning, you could write "I am a praying woman."

If your dream is to get rid of your rage responses, you could write "I am a patient person."

## 5. PLAN

- a. Lifestyle Habits:

Imagine what lifestyle or habit changes it would take to make your dream a reality. What would a "normal day" for you be

like if you were as physically healthy as you wanted to be.  
What would you eat? How much would you sleep? Exercise?  
Socialize?

Not just what the change would look like, but what actions and habits would it take to actually get you there? Write it in detail.

b. Small Step

Now backward-design your action steps. Start with the end, then take little steps back in time until you come up with a really small step that will point you in the direction of the dream. For example, if your goal is to be physically healthy, and your eventual lifestyle will be to exercise 30 min/day, pick an easy first step, like "do one pushup every day when I wake up."

Write the first small step in detail on a notecard and place it where you'll see it daily.

i. What is the small step?

ii. When will you do it?

iii. Where will you do it?

iv. What else do you need to accomplish this step?

v. How will I engineer this step into my day to make it almost unavoidable?

c. Next Step

After one week of successfully accomplishing your small step every day, take the next small step. "Two pushups when I wake up every morning."

In this way, you can map out a course from HERE to THERE. From your reality to your dream becoming a new reality.

d. Celebrate!

When you make progress, celebrate! Thank God! Share your appreciation with the people who are encouraging you. Then make sure that habit sticks as a lifestyle change.

# Transformation Plan (short version)

1. The next **POSITIVE CHANGE** I want to see in my life is...
2. This is **WHY** I want to see that change...
3. This is the **Identity Statement** that will lead me toward that change...

"I am \_\_\_\_\_."

4. This is the **HABIT** that will lead me toward that change...
5. This is how I will *engineer the habit* into daily life...
  - a. Time
  - b. Place
  - c. Reminder
  - d. Reward
  - e. Resources
  - f. People

# Notes





