

7-Day Wholeness in Christ Plan

Bible-guided inner work to remember who you are, so you no longer need to chase what's already yours.

Recommendation: Plan to spend 20-30 minutes pouring into yourself with this each day.

Day 1: I Am Already Loved

Romans 5:8, 1 John 4:19

Reminder: God's love didn't wait for me to be ready... It's always been here.

Journal Prompt: Where in my life have I learned love had to be earned, kept, or performed for? How is God's love undoing that belief?

Prayer: God, help me unlearn the conditions I've tied to love. Teach me what it means to be loved with no strings attached.

Day 2: I Was Chosen on Purpose

Ephesians 1:4-5, John 15:16

Reminder: I am not an afterthought. I am handpicked by Heaven.

Journal Prompt: What would change in my decisions, relationships, and standards if I lived every moment as someone chosen?

Prayer: Lord, help me stop settling for what doesn't honor who You chose me to be.

Day 3: My Body Is Holy Ground

Psalms 139:13-14, 1 Corinthians 6:19-20

Reminder: My body was crafted with care, intention, and sacred design.

Journal Prompt: How have I treated or spoken about my body in ways that don't reflect its sacredness? What does it mean to bless and honor the vessel God gave me?

Prayer: God, help me see myself with reverence, not through the mirror of culture but through the eyes of my Creator.

Day 4: My Identity Is Secure and Steady

Colossians 3:3, Galatians 2:20

Reminder: I no longer have to shape-shift for belonging. I am already known and rooted.

Journal Prompt: What identities have I worn to fit in, gain approval, or avoid pain? Which ones am I being called to release so I can return to my true name in Christ?

Prayer: Jesus, show me who I've always been in You. Peel back every false layer.

Day 5: I Can Trust What God Is Building in Me

Romans 8:14, Psalm 32:8

Reminder: The Holy Spirit is not just a guide; He is my inner compass. I can trust the quiet nudges.

Journal Prompt: When have I doubted myself because I feared being wrong? Where have I outsourced my discernment to others? What does it look like to trust the Spirit in me?

Prayer: God, quiet the noise. Increase my sensitivity to Your presence in my thoughts, gut, and steps.

Day 6: My Confidence Is Rooted in Rest

Isaiah 30:15, Proverbs 3:26

Reminder: I don't have to perform to be powerful. Rest is where my radiance is restored.

Journal Prompt: Where do I still feel like I have to "do" to be enough, wanted, or worthy? What would life feel like if I showed up from peace, not pressure?

Prayer: Father, remind me that my worth is not in the doing but in being... with You.

Day 7: I Belong... Fully and Finally

Galatians 4:7, Psalm 100:3

Reminder: I don't have to chase a seat at the table. I already belong to God, and to myself.

Journal Prompt: Where have I been trying to prove that I belong? Where do I need to reclaim my seat and stop shrinking to fit?

Prayer: Jesus, help me sit in the fullness of my belonging, not because of what I've done, but because of who I am in You.

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