

FROM STUCK TO STEPPING FORWARD FRAMEWORK

A framework for women to walk in clarity, confidence, and consistency.

SHIFT FROM CONSUMING TO MOVING

Where am I currently stuck?

What was God's last clear instruction?

What practical step can I take today?

WAIT WITH GOD, NOT JUST ON GOD

Where am I currently stuck?

Lord, what is my part today?

What practical step can I take today?

RENAME YOUR RESISTANCE

Where am I currently facing resistance?

What lie is tied to that resistance?

What practical step can I take today?

CREATE A STRUCTURE FOR FOLLOW-THROUGH

Where am I currently stuck?

Where do I tend to start strong but not follow through?

What practical step can I take today?