**Expand: 5-Week Virtual Coaching**

**Week 1 Homework: My Personal Constitution**

|  |
| --- |
| My Life’s Calling (Example) |
| My life’s Calling is to reintroduce people and the seven mountains of influence (family, religion, education, business, government, media, and arts & entertainment) to the original-Kingdom intent of God for their lives or for that mountain. Just as the mission of Jesus was to reveal and reintroduce the Kingdom (Matt. 4:17), I will utilize my gifts, talents, and anointing to make known the Kingdom and Jesus Christ in these mountains of influence. |

|  |
| --- |
| My Life’s Calling |
| My Basic Values |  |
| God | Governing Value Statement:God is always the priority of my life. Definition:I commit to maintaining a submitted relationship with the Father that will grow daily. In the growth of my relationship with God, I will remain dedicated to removing any influence that may challenge my relationship with him. |
| Family |  |
| Purpose |  |
| Physical Health |  |
| Financial Responsibility |  |

|  |  |
| --- | --- |
| My Spiritual Goal |  |
| Elements/Practices | My schedule of implementing the plan(daily, weekly, quarterly, etc.) |
| Scripture Reading | Date: October 12, 2021Beginning tomorrow, I will start each day with a Scripture reading from a daily devotional on YouVersion and end my days with a devotional. |
| Prayer |  |
| Journaling |  |
| Personal Retreat |  |

|  |  |
| --- | --- |
| My Physical Goal |  |
| Elements/Practices | My schedule of implementing the plan(daily, weekly, quarterly, etc.) |
| Diet & Nutrition |  |
| Weight Management |  |
| Physical Fitness |  |
| Personal Medical Care |  |

|  |  |
| --- | --- |
| My Emotional Goal |  |
| Elements/Practices | My schedule of implementing the plan(daily, weekly, quarterly, etc.) |
| All-or-Nothing Thinking |  |
| Overgeneralization |  |
| Mental Filtering |  |
| Disqualifying the Positive |  |
| Jumping to Conclusions |  |

|  |  |
| --- | --- |
| My Intellectual Goal |  |
| Elements/Practices | My schedule of implementing the plan(daily, weekly, quarterly, etc.) |
| Study |  |
| Reading |  |
| Continuing Education |  |
| Exposure to the Arts |  |