

**"FAITH
OVER
FEAR"**



JOURNAL

WHEN THE PATH FEELS UNCERTAIN, FAITH BECOMES YOUR ANCHOR — THE STEADY REMINDER THAT GROWTH IS HAPPENING EVEN WHEN YOU CAN'T YET SEE IT. THIS WORKSHEET HELPS YOU IDENTIFY YOUR "FAITH ANCHORS" — TRUTHS, PRACTICES, AND REMINDERS THAT KEEP YOU GROUNDED AND MOVING FORWARD WHEN DOUBT OR DISCOURAGEMENT TRIES TO PULL YOU OFF COURSE.

DATE: / /

SECTION 1: WHAT YOU BELIEVE IN

FAITH BEGINS WITH REMEMBERING WHAT YOU KNOW DEEP DOWN, EVEN WHEN EVERYTHING FEELS UNCLEAR.

I BELIEVE THAT...

I TRUST THAT...

I HAVE SEEN PROOF OF GROWTH WHEN:

I KNOW I'M BEING PREPARED FOR:

💬 REMINDER: FAITH ISN'T ABOUT SEEING THE FULL PICTURE. IT'S ABOUT TRUSTING THAT EACH STEP MATTERS.

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SECTION 2: DEFINING YOUR ANCHORS

YOUR ANCHORS ARE THE THINGS THAT HOLD YOU STEADY — BELIEFS, HABITS, PEOPLE, OR TRUTHS THAT BRING YOU BACK TO CENTER WHEN LIFE FEELS SHAKY.

A QUOTE, VERSE, OR PHRASE THAT GROUNDS ME:

A DAILY PRACTICE THAT STRENGTHENS ME:

A PERSON OR COMMUNITY THAT REMINDS ME OF MY PURPOSE:

A PAST CHALLENGE THAT PROVED I COULD ENDURE:



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SECTION 3: WHEN DOUBT CREEPS IN

PREPARE FOR THE MOMENTS WHEN FAITH FEELS THIN. WRITE HOW YOU'LL RESPOND WHEN THAT VOICE OF FEAR RETURNS.

WHEN I START TO QUESTION MY PROGRESS, I WILL:

WHEN I FEEL IMPATIENT OR UNCERTAIN, I WILL REMIND MYSELF:

WHEN I'M TEMPTED TO QUIT, I WILL ANCHOR TO:

ONE TRUTH I CAN HOLD ONTO IN THE WAITING:

DATE: / /

SECTION 4: YOUR FAITH STATEMENT

WRITE A STATEMENT THAT REFLECTS YOUR COMMITMENT TO TRUST THE PROCESS — A REMINDER TO RETURN TO WHEN THE JOURNEY FEELS LONG.

MY FAITH STATEMENT:

✦ EXAMPLE: "EVEN WHEN I CAN'T SEE IT, I BELIEVE I AM BEING SHAPED FOR SOMETHING GREATER. I CHOOSE TO TRUST THE PROCESS."

SECTION 5: VISUAL FAITH ANCHOR (OPTIONAL)

DRAW, PASTE, OR DESCRIBE AN IMAGE THAT SYMBOLIZES YOUR FAITH — A MOUNTAIN, AN ANCHOR, A SUNRISE, OR ANYTHING THAT REMINDS YOU OF GROWTH, GROUNDING, AND GRACE.