



Battle Plan Worksheet

When you hit a wall, this worksheet helps you reset, refocus, and re-engage your faith and courage. **You're not retreating** — *you're strategizing your next move.*

1 The Current Battle

What challenge are you facing right now?

(Be honest and specific. Naming your battle gives it boundaries — and boundaries can be broken.)

Why does this battle matter?

(What's at stake if you give up — and what's possible if you press on?)

2 Identify Your Enemy

What's really standing in your way?

(Fear, doubt, fatigue, distraction — name it so you can face it.)

What lies or limiting beliefs keep showing up?

(Write down the thoughts you need to fight with truth.)

Counterattack with truth:

(Find a verse, mantra, or promise that reminds you of your strength and faith.)

3 Strength Assessment

What tools do you already have?

(List your tools — habits, skills, support systems, or faith practices that help you fight.)

Where do you feel weak right now?

(It's okay to admit where you need backup or grace.)

4 Reinforcements

Who or what can you lean on right now?

(List people, scriptures, routines, or resources that can help you stand firm.)

What encouragement or wisdom would your future self give you right now?

(Imagine you've already made it through this. What would you say to remind yourself to keep going?)

5 The Plan of Attack

What's one action you will take today to move forward?

(Keep it small, clear, and courageous.)

How will you protect your mindset while you fight this battle?

(Prayer, journaling, gratitude, rest — name your defense systems.)

What will victory look like to you — big or small?

(Define what success means in this battle so you'll know when to celebrate.)

6 Faith Declaration

Write a short statement of faith or power to anchor your heart.

Example: *"I will not give up, because God is still moving even when I can't see it."*