

Transformation Mapping Tool

This tool helps you **see your transformation in motion** — not as something that happened overnight, but as a journey of growth, grit, and grace. It's designed to help you notice the quiet ways you've changed, release what no longer fits, and celebrate the person rising on the other side.

You've walked through the fire.
Now it's time to recognize who came out of it.

Who You Were

Reflect on the version of you that began this journey. Be honest. Compassionate. Real.
Write a few words or phrases that capture where you started:

- What fears or beliefs defined you then?
- How did you handle struggle or uncertainty?
- What patterns kept you stuck?
- What did you believe about yourself, others, or God?

 **Example:** “I thought strength meant never breaking down. I believed love had to be earned. I feared silence because it made me face myself.”

2 The Fire You Walked Through

Every transformation has a refining season — a death before the resurrection. Describe the key moments or challenges that burned away what wasn't meant to stay.

- What situation tested your faith the most?
- What habits, relationships, or roles had to die for you to grow?
- What did you learn about surrender or trust?

 **Example:** “I learned that letting go wasn't losing. I discovered that faith grows strongest in the dark.”

3 Who You're Becoming

This is where you honor your resurrection — the moment you began to rise. Write out the traits, habits, and truths that now define your new season.

- What qualities are being reborn in you?
- What does peace feel like now?
- How do you handle hard days differently?

 **Example:** “I no longer need to prove my worth. I move slower, breathe deeper, and choose faith even when I can't see the outcome.”

4 Your Transformation Statement

Pull it all together in one sentence — your personal resurrection declaration.



“I once was _____, but now I am _____, and I’m learning to _____.”



Example: “I once was driven by fear, but now I am grounded in faith, and I’m learning to trust what I can’t yet see.”

5 Anchor Your Growth

Keep your Transformation Statement somewhere visible — your mirror, journal, or phone background.

Every time you doubt yourself, speak it out loud.

Every time life tests you, remember — *you’ve already risen once. You can do it again.*