



ELEVATE

RISING WITH PURPOSE

A personal growth journey for women navigating seasons of change.

OVERVIEW

Change is inevitable, but how you rise in it is a choice. ELEVATE is a transformative six-part personal growth series designed to help women in transition rebuild confidence, rediscover purpose, and rise into leadership with authenticity and grace. Through practical tools, reflective exercises, and real conversations, participants learn to move from uncertainty to clarity and from hesitation to bold, purpose-driven action.

LEARNING OUTCOMES

By the end of the series, you will:

- Renew your **mindset** and replace limiting beliefs with empowering truths
- Clearly **articulate your value** and lead with confidence
- Strengthen **communication and relational** intelligence
- Have strategies to navigate conflict and change with **courage and composure**
- Apply timeless **leadership and success principles**
- Embody **professional excellence** in presence and performance

PROGRAM OVERVIEW

LESSON 01

Managing Limiting Beliefs

Theme: Renewing Your Mind

LESSON 02

Knowing Your Value

Theme: Reclaiming Your Confidence

LESSON 03

Communicating to Connect

Theme: Building Authentic Relationships

LESSON 04

Managing Conflict

Theme: Strengthening Through Tension

LESSON 05

How to be a REAL Success

Theme: Growing as a Leader

LESSON 06

Professional Etiquette

Theme: Walking in Excellence

WEEK 07: Celebrations & Declarations

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ELEVATE - LESSON 1

Managing Limiting Beliefs

WORKSHEET

THEME: *Renewing Your Mind*



INTRODUCTION

We all have stories we tell ourselves—about who we are, what we're capable of, and what's possible for our lives. Some of those stories empower us, while others quietly hold us back. These are our limiting beliefs, the unseen barriers that shape our choices, silence our confidence, and keep us from stepping fully into our potential.

In this session, we'll uncover the hidden thoughts that may be standing in your way and explore practical tools to replace them with truth. You'll learn how to identify the root of self-defeating patterns, challenge the false narratives, and reframe your thinking so you can move forward with greater freedom and clarity.

THE STUFF THAT GETS IN THE WAY

Self-Sabotage - behaviors or thought patterns that hold you back and prevent you from achieving what you want. It can be conscious or unconscious depending on level of awareness

- **conscious** (aware) – ex. deciding to eat cake, despite a goal to eat healthy
- **unconscious** (happens when a personal goal or value has been undermined but not initially recognized) – ex. scheduling 5am workouts when you're not a morning person and you normally never get up before 7am

Most people experience self-sabotaging behaviors at some point. According to the Psychology Today article, "30 Types of Self-Sabotage (and What to Do About It)," you can disrupt your self-sabotaging behaviors once you understand the patterns. What thinking and behavior patterns are getting in your way? Take the SELF-SABOTAGE Quiz to learn more.

LIFE'S JOURNEY IS NOT A STRAIGHT LINE.

DESCRIBE THE WOMAN YOU ARE TODAY VS. THE WOMAN YOU ASPIRE TO BE.



SELF-SABOTAGE QUIZ

<p>Directions. Rate how applicable each self-sabotaging behavior is to you, using a 1 to 7 scale in which 1 = “Not a problem at all” and 7 = “This is a big problem for me.”</p>	1	2	3	4	5	6	7
How You Approach Change:							
<p>You expect yourself to succeed in making life changes without designating any time or mental space to accomplish them.</p>							
<p>You see your capacity to change as being dependent on other people’s behavior. For example, you’d exercise more or make better spending choices if your spouse was more supportive and on board.</p>							
<p>You’re a <u>perfectionist</u> who is dismissive of incremental improvements, and you’re only satisfied when 100 percent of a problem is fixed.</p>							
<p>You’re “too busy chasing cows to build a fence.” You’re too busy to come up with processes or systems that would help you better manage your time.</p>							
Pleasure and Self Care							
<p>Your approach to pleasure is a <u>denial-binge cycle</u>. You deny yourself simple pleasures and relaxation, and then stay up watching Netflix until 3 a.m.</p>							
<p>You ignore the warning signs that you need a break.</p>							
<p>You don’t solve simple roadblocks to pleasure. For example, you enjoy taking photos, but your phone is full, and you haven’t gotten around to backing it up.</p>							
<p>You hold back from doing the things you want due to erroneous “I can’t...” thoughts. For example, you think “I can’t take a dance class until I’ve lost weight.”</p>							

Procrastination							
You create self-imposed rules that trigger and support procrastination. For example, you think, "If I don't have time to vacuum the whole house, I won't do any housework."							
You overcomplicate solutions to problems. You think and research endlessly, trying to find perfect solutions.							
You stay stuck in patterns that are psychologically comfortable, but not working for you. For example, overworking is more comfortable and familiar than having more balance.							
You allow yourself to ruminate or worry without expecting yourself to take appropriate problem-solving actions. For example, you worry about the security of your online accounts, but do nothing to lower your risk.							
Relationships							
When a relationship needs improving, you over-focus on decreasing negative interactions, but under-focus on increasing positive interactions and shared experiences.							
You throw stones from your glass house. You complain about other people's behavior when you need to make the same change yourself.							
You repeat strategies for trying to influence others that aren't effective 90+ percent of the time. For example, you repeatedly nag your spouse when it hardly ever works.							

<p>You operate based on how you think a situation should be rather than dealing with reality. For example, you think your spouse should be able to remember to do a particular task, so you don't write instructions, when writing instructions and putting them in view would solve the problem.</p>							
<p>You don't adequately acknowledge the valid points other people make. You ignore other people bringing up genuine problems about your behavior; for example, your spouse complains about you spending time on minimally productive tasks and has a point, but you don't adequately acknowledge this.</p>							
<p>You have emotional raw spots that, when triggered, result in out-of-proportion reactions. You don't have effective methods for managing your emotions and behavior when your childhood hurts and traumas are reactivated.</p>							
Work							
<p>You self-generate stress. For example, you start more projects than you have time to finish.</p>							
<p>You work on low priority tasks, but leave high priority tasks undone.</p>							
<p>You overwork when what you really need is to step back and see the big picture.</p>							
<p>You're self-critical when self-acceptance and compassion would have a more positive impact on your behavior and emotions.</p>							

Money							
You hold back from investing or otherwise taking charge of your money, because of shame and anxiety about a bad decision or experience from years ago. For example, you made a poor investment decision in your 20s. Now you're in your 30s and too scared to invest again.							
You overpay for items due to risk aversion. For example, you could buy generic printer ink for a fraction of the cost of brand-name ink, but you overpay for a sense of security.							
You will overpay for minimal extra gain. For example, you'll spend more for a top-of-the-line model when the extra features that the model offers aren't even particularly important to you.							
You make financial decisions based on being sucked into marketing incentives when those decisions don't make logical sense. For example, you'll pay \$40 more to stay at a hotel that belongs to a particular chain because you collect their loyalty points, when realistically the points are only worth \$10-15.							
You keep paying for subscriptions you rarely use.							

Identify any self-sabotaging habits you may have. Note the categories of behaviors scoring 5-7.

ELEVATE - LESSON 2

Knowing Your Value

WORKSHEET

THEME: Reclaiming Your Confidence



INTRODUCTION

This session is an invitation to remember who you are, what you carry, and why your presence matters. We are not creating your value—we're uncovering what God already placed within you.

Just as we examined limiting beliefs, today we shift from dismantling what holds you back to strengthening what lifts you up. You'll explore what true value is, how your gifts and experiences shape it, and the subtle ways you may have been downplaying who you are.

This is about reclaiming the confidence life may have dimmed—the clarity, boldness, and voice that reflect your God-given identity. By the end, you'll not only understand your value...you'll be ready to stand in it and walk confidently in who you are becoming.

*I will praise thee: for I
am fearfully and
wonderfully made:
marvellous are thy
works: and that my soul
knoweth right well.*

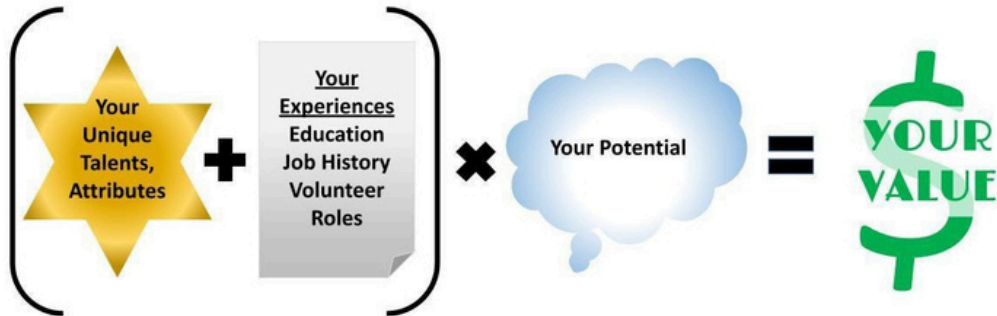
Psalms 139:14

CHANGING YOUR PERSPECTIVE

The Value Equation is a framework for understanding and articulating your value in the workplace as well as your personal life. Your value is your truth. It is a powerful reflection of who you are today plus who you are becoming tomorrow.

- The Present (Who You Are Today): Talents are things you're born with (God given gifts).
- The Past (What You've Been Through): Your experiences are the things you have done and learned.
- The Future (What You Can Be): Potential is your capacity for growth.
- The Holistic View (The Summation): Your VALUE is your TRUTH

The Value Equation



Your Talents	Your Experiences	Your Potential	Your Value
What makes you unique? List 3-5 talents you possess.	What have your experiences taught you? List 3-5 lessons you've learned.	What do you know about your potential? List 3-5 indicators of your capacity for growth.	What is your truth? List 3-5 Value Statements beginning with "I am ____."

NOTE. LIMITING BELIEFS SUBTRACT FROM YOUR VALUE. YOU ARE WHAT YOU BELIEVE ABOUT YOURSELF. ALLOWING UNTRUTHS TO BECOME YOUR REALITY LIMIT WHAT YOU THINK YOU CAN ACHIEVE.

ELEVATE - LESSON 3

Communicating to Connect

WORKSHEET

THEME: Building Authentic Relationships



INTRODUCTION

Success is shaped not just by what we know, but by how we connect. Communication is more than exchanging information; it's the bridge that fosters meaningful relationships in the workplace and beyond.

In the previous sessions, *Knowing Your Value*, we focused on self-awareness, understanding who you are, what you bring, and how your experiences have shaped you. That work matters because authentic communication always starts from within. You cannot communicate clearly what you have not first acknowledged internally. The next question becomes: *How do you communicate that value in a way that builds trust, connection, and meaningful relationships?*

*Let your speech be
always with grace,
seasoned with salt,
that ye may know
how ye ought to
answer every man.*

Colossians 4:6

ABOUT AUTHENTICITY: COMMUNICATION STARTS WITH ALIGNMENT

Authenticity is not about oversharing or being unfiltered. It is about aligning your words, actions, and intentions to reflect who you truly are. Authentic communication occurs when there is no gap between what you believe about yourself and how you present yourself to others.

Authenticity is critical to connection because people don't connect to perfection; they connect to truth. They respond to consistency. They trust what feels real. When your communication is authentic, it signals safety, credibility, and respect. It allows others to show up fully as well.

OUR EARS ARE LISTENING, BUT OUR HEARTS ARE PROCESSING

Each person has a unique way of communicating ... a unique “language” that is their preferred way of expressing themselves.



- We often hear conversations through uncertainty, past disappointments, or the pressure to “figure it all out.”
- What we hear is often shaped by where we’ve been, and what we’re afraid might happen next.
- During seasons of transition, our listening can be influenced by doubt, self-protection, or the need for reassurance.
- We don’t hear messages at face value; we hear them through the lens of change, identity shifts, and unanswered questions.
- When you’re navigating change, it’s easy to hear limitation where none was intended.

EXERCISE: ARE YOU COMMUNICATING AUTHENTICALLY?

**Rate each statement on a scale of 1–5
(1 = Rarely true | 5 = Almost always true)**

- | | |
|---|-------|
| 1. I communicate in a way that reflects who I truly am—not just the role I’m in. | _____ |
| 2. My words and tone align with what I believe and value. | _____ |
| 3. I feel comfortable expressing my ideas, even when they differ from others. | _____ |
| 4. I listen to understand, not just to respond or defend my position. | _____ |
| 5. I adjust my communication for clarity—not to shrink or over-perform. | _____ |
| 6. I feel grounded and confident when I speak, even in high-stakes conversations. | _____ |
| 7. I don’t feel the need to “code-switch” to be taken seriously. | _____ |
| 8. I communicate with intention, not just urgency or habit. | _____ |
| 9. People often describe me as clear, genuine, or trustworthy. | _____ |
| 10. After conversations, I usually feel aligned—not regretful or depleted. | _____ |

REFLECTION: BUILDING YOUR AWARENESS MUSCLE

- Where did you score yourself highest? *(What does this tell you about how you communicate when you feel confident and aligned?)*
- Where did you score yourself lowest? *(What might be influencing this —fear, past experiences, expectations, or environment?)*
- Think back to Knowing Your Value: Which strengths or experiences are you not fully bringing into your communication?
- When do you feel most authentic in conversations? *(Who are you with? What's different about those moments?)*



ALIGNMENT CHECK

- When I communicate authentically, I feel _____.
- When I communicate inauthentically, it's usually because _____.
- One small shift I can make to communicate more authentically is _____.

ELEVATE - LESSON 4

Managing Conflict

WORKSHEET

THEME: *Strengthening Through Tension*



INTRODUCTION

Up to this point, we've been building the foundation. Let's review. In Session 1, *Managing Limiting Beliefs*, we learned how internal narratives shape our reactions, often before a conversation even begins. In Session 2, *Knowing Your Value*, we clarified what we bring to the table and why our voice matters. In Session 3, *Communicating to Connect*, we focused on expressing that value with clarity, intention, and authenticity.

All of that work matters, especially when tension shows up. Conflict is often the moment when limiting beliefs resurface, self-doubt gets loud, and communication skills are tested in real time. It's one thing to know your value in theory. It's another to stand in it when emotions are high, perspectives differ, and the stakes feel personal.

This session builds on everything you've learned so far and moves us into application. **Managing Conflict: Strengthening Through Tension** focuses on what happens next, when clarity is tested, connection is strained, and growth requires courage. Instead of avoiding conflict or reacting defensively, you'll learn how to engage in ways that protect your voice, honor your values, and strengthen relationships.

WHEN CONFLICT SHOWS UP

1. Why Conflict Feels So Personal

Conflict rarely starts with the issue on the surface. It often touches identity, values, past experiences, and unspoken expectations. When those deeper layers are activated, conversations feel threatening, even when they're not meant to be.

*A gentle answer turns
away wrath.
but a harsh word stirs
up anger.
The tongue of the wise
adorns knowledge.
but the mouth of the fool
gushes folly.*

Proverbs 15:1-2 ESV

Awareness Shift:

Conflict often activates old narratives before it addresses the present moment.

Reflection Question:

What beliefs or assumptions tend to get activated in me when there is disagreement or tension?

2. Tension as Information, Not an Emergency

Most people treat tension as something to resolve quickly or avoid altogether. Tension is often a signal highlighting misalignment, unmet needs, or unclear expectations.

Awareness Shift:

Tension becomes manageable when it's treated as insight rather than an interruption.

Reflection Question:

How do I typically interpret tension, something to understand, or something to eliminate as quickly as possible?

3. Staying Grounded When Emotions Run High

Knowing your value and communicating clearly matter most when emotions rise. You don't lose your power in conflict when emotions show up; you lose it when they take the lead. It's important to recognize your emotional triggers before they take over.

Awareness Shift:

Grounded responses begin with internal awareness, not external control.

Reflection Question:

What helps me stay present and clear when emotions rise, and what pulls me out of alignment?

4. Speaking Truth Without Burning Bridges

Conflict often escalates not because of what is said, but how it's said or what goes unsaid. Clarity and kindness are not opposites; they are partners. When we learn how to express our concerns without accusation by replacing assumptions with curiosity, we can communicate boundaries with clarity and respect.

Awareness Shift:

Connection deepens when curiosity leads and defensiveness steps back.

Reflection Question:

When I communicate under pressure, do I tend to protect the relationship at the expense of my voice or protect my voice at the expense of connection?

5. Repair, Not Perfection

Even with the best intentions, conflict can leave residue: misunderstanding, ongoing tension, or distance. Repair can strengthen trust more than avoiding conflict ever could when we learn how to move forward without replaying or relitigating the moment. Strong relationships aren't built on getting it right every time. They're built on willingness to repair.

Awareness Shift:

Repair isn't weakness; it's leadership in action.

Reflection Question:

How do I typically interpret tension, something to understand, or something to eliminate as quickly as possible?

Conflict is inevitable. It's our response that matters.

Meet those moments with self-awareness, courage, and intention so you grow stronger because of it.

ELEVATE - LESSON 5

How to Be a REAL Success

WORKSHEET

THEME: *Growing as a Leader*



INTRODUCTION

Over the past several sessions, we've been doing deep internal work. We confronted limiting beliefs that quietly shaped our confidence. We anchored ourselves in knowing our value beyond performance or position. We strengthened our voice through authentic communication. We learned to manage conflict in a way that preserves dignity and builds trust. Each of those lessons prepared us for this moment.

Because once you know your value...

Once you strengthen your voice...

Once you learn to navigate tension...

You must answer a bigger question: How do I define success?

In *How to Be a REAL Success*, John C. Maxwell challenges the traditional view of success as status, position, or accumulation. Instead, he introduces a framework built on four pillars:

R — Relationships

E — Equipping

A — Attitude

L — Leadership

This session invites you to examine not just what you are achieving but who you are becoming.

To be a REAL success is not accidental.

It is intentional.

It is relational.

It is internal before it is external.

It leaves people stronger, not smaller.

R — Relationships

Success Is Built With People, Not Around Them

Maxwell begins with Relationships. He emphasizes that achievement without healthy relationships is fragile. You can reach goals and still lose trust. You can win arguments and still weaken connections. You can rise in position and fall in influence.

REAL success prioritizes trust, respect, and authentic connection.

It asks:

- Do people feel valued around me?
- Do I preserve dignity in disagreement?
- Does my leadership strengthen trust?

Relationships are not a leadership accessory. They are the foundation of sustainable influence.

Relationship Reflection Assessment

Rate each statement from 1–5

(1 = Rarely True | 5 = Strongly True)

- I prioritize trust over transactions.
- People feel safe bringing concerns to me.
- I invest intentionally in meaningful connections.
- I manage conflict in a way that preserves respect.
- My leadership strengthens relationships rather than strains them.

Reflection:

Where might I be prioritizing results over relationships?

E — Equipping

Success Multiplies Through Others

Maxwell emphasizes Equipping as a vital component of REAL success, not by what you accomplish alone, but by what grows because of you.

Equipping means:

- Sharing knowledge freely.
- Creating opportunities for others to lead.
- Developing confidence in those around you.
- Building successors, not dependencies.

Secure leaders are not threatened by others' growth. They are energized by it.

If your leadership ends with you, its impact is limited. If your leadership develops others, its impact expands.

Equipping Reflection Assessment

Rate each statement from 1–5

- I intentionally develop the people around me.
- I create opportunities for others to grow.
- I celebrate others' success without comparison.
- I coach toward independence, not control.
- My leadership increases the confidence of others.

Reflection:

Who is stronger because I invested in them?

A — Attitude

Perspective Shapes Performance

Maxwell challenges leaders to examine their attitude. He goes on to say your attitude determines how you interpret challenges, setbacks, and pressure. Circumstances do not automatically create defeat, but perspective does.

REAL success requires:

Ownership over reactions.

Growth-focused thinking.

Emotional maturity.

Resilience under pressure.

Attitude is not about ignoring difficulty. It is about choosing a constructive response over reactive behavior. Your internal narrative shapes your external leadership.

Attitude Reflection Assessment

Rate each statement from 1–5

- I take responsibility for my responses.
- I approach setbacks with growth thinking.
- I avoid blame and look for solutions.
- I remain steady under pressure.
- Others would describe my presence as constructive.

Reflection:

What internal narrative most influences my attitude right now?

L — Leadership

Influence in Action

Maxwell closes his REAL discussion with leadership. He says leadership is not defined by title; it is defined by influence.

REAL success shows up in:

- Integrity when no one is watching.
- Courage in conflict.
- Consistency in behavior.
- Alignment between values and actions.

Leadership is where relationships, equipping, and attitude converge.

Leadership Reflection Assessment

Rate each statement from 1–5

- My decisions reflect my core values.
- I lead consistently, not just visibly.
- I accept responsibility for outcomes.
- I model the behavior I expect.
- My influence creates clarity and trust.

Reflection:

If my title disappeared tomorrow, would my influence remain?

Bringing It All Together

Add your scores within each category:

- Relationships: _____
- Equipping: _____
- Attitude: _____
- Leadership: _____

Look for patterns, not perfection.

Where am I strongest?

Where is the imbalance?

What area requires more intentional growth?

REAL success is not about scoring high in one category. It is about developing strength in all four.

Personal Commitment

Complete the following:

To build REAL success, I will strengthen my _____.

- One relationship I will invest in intentionally:
- One person I will equip more intentionally:
- One attitude shift I will practice daily:
- One leadership behavior I will model consistently:

Final Reminder

1. Success that isolates is fragile.
2. Success that multiplies is lasting.
3. REAL success leaves people stronger than you found them.

ELEVATE - LESSON 6

Professional Etiquette

WORKSHEET

THEME: *Walking in Excellence*



INTRODUCTION

Throughout this series, we've worked from the inside out.

- You confronted limiting beliefs.
- You clarified your value.
- You strengthened your communication.
- You learned to manage conflict with maturity.
- You explored what it means to be a REAL success.

Now we close with something practical and powerful:
How does growth show up when you enter the room?

Professional etiquette is not about being stiff, formal, or overly polished. It's about demonstrating respect, awareness, and excellence in how you carry yourself. Excellence is not loud. It's consistent.

It shows up in the small things:

- How you enter a meeting
- How you respond under pressure
- How you follow through
- How you represent your organization when no one is supervising

Professional etiquette is character made visible.

*"Let the light of
your presence
illuminate every
room you enter."*

Wayne Gerard Trotman

WHAT IS PROFESSIONAL ETIQUETTE?

Professional etiquette is the set of behaviors that communicate:

- Respect for others
- Awareness of the environment
- Emotional maturity
- Reliability
- Integrity

It answers the unspoken question people are always asking:
“Can I trust you in this space?”

Walking in excellence means you don't wait for a title to act professionally. You don't wait for recognition to show maturity. You don't wait for correction to improve your behavior. You lead yourself well.

LET ME SEE YOU WALK...IN EXCELLENCE

1. EXCELLENCE BEGINS WITH SELF-LEADERSHIP

Before it is external, it is internal.

Professional etiquette reflects:

- Emotional regulation
- Preparedness
- Accountability
- Personal responsibility

It's not about impressing people.

It's about honoring the space you're in.

2. EXCELLENCE SHOWS UP IN THE DETAILS

Small habits create strong reputations.

Examples:

- Being on time (or early)
- Coming prepared
- Following through when you say you will
- Listening without interrupting
- Responding to emails within a reasonable timeframe
- Dressing appropriately for the environment
- Speaking respectfully — even when frustrated

None of these require talent.

They require discipline.



3. EXCELLENCE IS CONSISTENCY, NOT PERFORMANCE

Professional etiquette is not about performing for approval.

It is about

- Being the same person in every room
- Acting with integrity when no one is watching
- Managing your reactions when emotions are high
- Maintaining standards even when others do not

Anyone can behave well when things are going smoothly.

Excellence shows up when things are uncomfortable.

4. EXCELLENCE ELEVATES YOUR INFLUENCE

Still may get you in the room. Character keeps you there.

Professional etiquette builds:

- Credibility
- Trust
- Leadership
- Presence
- Opportunity

People promote and partners with those they trust to represent excellence

Professional etiquette is not about rules — it's about reputation. Every interaction either reinforces your excellence or weakens it.

Ask yourself:

When people describe me professionally, do they use words like dependable, respectful, composed, and prepared?

Or do they hesitate?

REFLECTION ASSESSMENT: WALKING IN EXCELLENCE

Rate yourself on a scale of 1(not at all) to 5(almost all of time)

Self-Leadership

- I manage my emotions well in professional settings. _____
- I take responsibility rather than making excuses. _____
- I accept feedback without defensiveness. _____

Reliability

- I consistently follow through on commitments. _____
- I respect deadlines and other people's time. _____
- I communicate proactively if something changes. _____

Professional Presence

- I am mindful of my tone and body language. _____
- I dress and present myself appropriately for my environment. _____
- I listen attentively and do not interrupt. _____

Reputation

- People would describe me as trustworthy. _____
- I represent my organization well. _____
- I am consistent in how I show up across different settings. _____

REFLECTION QUESTIONS:

WHERE DO I NATURALLY DEMONSTRATE EXCELLENCE?

WHERE DO I UNINTENTIONALLY UNDERMINE MY CREDIBILITY?

WHAT ONE BEHAVIOR, IF IMPROVED, WOULD SIGNIFICANTLY ELEVATE MY PROFESSIONAL PRESENCE?



ELEVATE - WRAP UP

Where do I go from here?

Action Plan

THEME: Celebrating the Journey

As we close this series, we don't just acknowledge the lessons. We celebrate the journey. Every insight gained, every uncomfortable stretch, every courageous conversation, and quiet moment of clarity has shaped you. Growth is not just about arrival; it's about who you are becoming along the way. So pause. Reflect. Honor the progress. Because the woman you are today is stronger, wiser, and more aligned than the one who began. It doesn't stop here. This is only the beginning. It's time to rise!

Growth Area	What I learned about me that has to change.	What I commit to doing differently based on what I learned.
Managing Limiting Beliefs		
Knowing Your Value		
Communicating to Connect		
Managing Conflict		
How to be a REAL Success		
Professional Etiquette		

My ELEVATION Declarations

I _____ decree and declare...
(name)



*Commit thy way unto the Lord; trust also in him; and
he shall bring it to pass. - Psalm 37:5 KJV*