

A MESSAGE FROM DR. ROBYN

Hello Friend!

Jeremiah 29:11 tells us, “For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

God has a plan for you. A plan to bring GOOD into your life. A plan that will bring you HOPE and a bright FUTURE. Get ready to grow this year!

I’m full of faith and anticipation for what God has in store for each of you. I’m excited about what God is going to do in your life this year, and in the future.

I’m Anticipating the GOOD and work on that MINDSET!

MINDSET MATTERS

Our thoughts have the potential to become our realities. I've seen this over and over in my lifetime. **What you believe about yourself impacts your success or failure.**

Stanford psychologist Carol Dweck tells us that our beliefs play a pivotal role in what we want and whether we will succeed. According to Dweck, our mindset plays a *significant role* in determining achievement and success.

It's All About The Mindset

The word mindset encompasses how we view ourselves and the world around us, especially such qualities as intelligence and talent.

There are two primary types of mindset I want to tell you about. The first is a fixed mindset. Those with a fixed mindset believe intelligence, talent, and other abilities are inborn, fixed, and unchangeable.

The second is a growth mindset. Those who have a growth mindset believe abilities can be developed and strengthened. If you've listened to my sermons and teachings you know *I am a firm believer in the growth mindset.*

Yes, some people seemingly have inborn abilities, and Scripture even tells us that God grants some abilities to certain believers to help them accomplish the tasks He puts before them.

But Scripture also tells us that we all have the ability to GROW. Jesus spent His entire ministry helping those around Him develop and strengthen the abilities and qualities they would need to grow His church.

Forming Your Mindset

In Dweck's research, she suggests that many of us are trained in the two types of mindsets early in our lives. This happens in how we are raised and our childhood experiences.

Those who have fixed mindsets were often taught that to succeed they needed to look smart instead of putting in the effort to learn and grow their intelligence. They are more concerned with how others are judging their appearance. Those with a fixed mindset fear they may not live up to the expectations of those around them.

Sound familiar? I see this every day on social media. Much of our culture now centers around the expectation of perfection. We are taught that we need to LOOK a certain way and few people put in the work to actually become the person they are pretending to be.

Look at the difference between a fixed mindset and a growth mindset. Those with a growth mindset were taught to explore. They learned to embrace experiences and enjoy challenges.

Instead of seeing a mistake as the end of the line, they were taught mistakes are learning experiences and a chance to improve. Those with a growth mindset learned to try new things and make mistakes so they could learn and reach their true potential.

That is the key. A GROWTH MINDSET helps you live up to your potential!

Your mindset directly impacts your life. Developing a growth mindset helps you achieve more and it gives you the focus you need to work harder to achieve your goals, become more resilient, and persevere when you face difficulties.

What Is Your Mindset?

Take a few minutes and read through the six questions below. Make a note of those you agree with most.

1. People are either intelligent or they aren't. There isn't any way to change intelligence.
2. We are born with basic abilities and personality and those are almost impossible to change.
3. I know people are capable of changing who they are.
4. It is possible for a person to learn new things and improve his or her intelligence.
5. People either have talents or they don't. You can't just acquire talent for things like music, writing, art, or athletics.
6. Studying, hard work, and practicing help develop new talents and abilities.

If you agree more 1, 2, and 5, then you probably have a more fixed mindset. If you agree with 3, and 4, 6 you have more of a growth mindset.

Reflection

Which mindset type do you have now?_____

If you have a fixed mindset, how would working to develop a growth mindset change your life?

**5 HAPPINESS
HABITS
REWIRE
YOUR BRAIN
IN 21 DAYS**

- 1. GRATITUDE EXERCISE –** 3 min
WHAT and WHY are you thankful?
List 3 new things every day
- 2. JOURNAL – WRITE** a short 3 bullet 3 min
point description of a positive experience
- 3. PRAY – TALK** to God and **MEDITATE** on 3 min
a Scripture Promise which applies to your life
- 4. DO AN ACTION OF KINDNESS
TOWARDS OTHERS** 6 min
- 5. MOVE – EXERCISE/DANCE** 15 min

30 MINUTES DAILY TO INCREASE YOUR HAPPINESS

Experience JOY as you move forward towards your maximum Potential!

RESET YOUR MINDSET IN FIVE DAYS

For the next five days we are going to focus on looking at the motivation behind our thoughts and actions. Carve out ten or fifteen minutes each day. We are going to spread this out over five days instead of doing it all in one sitting. I want to encourage you to put real thought into each exercise. Meditate on each and pray about what you should do. Record your thoughts in a notebook or journal and refer back to them as you review or revise your goals.

Day 1: Focusing On Feelings

Have you ever noticed how we tend to focus on completing tasks instead of embracing experiences?

Our culture has trained us that to be successful we have to finish a set list of tasks and achieve certain goals. Today we are going to turn that idea on its ear.

Today, we are going to focus on the experience.

Your goals and resolutions in the past have likely been task-based. And likely those goals moved you forward. So why should we focus on experiences instead?

Because every one of those goals was likely made because you wanted to FEEL or EXPERIENCE something. Maybe you wanted to experience freedom, feel abundant, experience fun, feel loved, experience recognition, or maybe you simply wanted to feel safe.

Your exercise for today is to shift your focus as you look at your goals. Look at the true motivation.

Ask yourself this question: What do I most want to feel this year?

Day 2: Looking for Love

Today we are going to think about unconditional love. Our heavenly father loves you unconditionally. He doesn't stop loving you when you make a mistake, rebel, or even when you royally mess up.

Jesus came to earth to teach us about unconditional love. He modeled it for His disciples and they shared those lessons with us through Scripture.

Unconditional love is love without judgement. It is acceptance of a person just as they are. When we love others unconditionally, they feel accepted because they know we aren't waiting on them to change or be different. When we love unconditionally, we enter a new phase of the relationship.

Your exercise for today is to choose one person to love unconditionally this year (to the best of your ability) no matter what happens. Pick a relationship that needs some loving attention, not the easy or obvious choice.

Who are you going to choose to love unconditionally this year?

Day 3: Getting Back on Track

Life can be difficult. This last year has been especially stressful for many. As believers, we know we will face hardships in this world. But we don't do it alone. We have Jesus on our side!

What do you do when you face hardship? Most of us rush out and make plans or start projects to create change in our lives. Sadly, many of those plans or projects fail.

I want to encourage you to take a different approach this year. When something happens that sets you back or interrupts your plans, do this: Reflect, Recover, and then Repair.

Step 1: Reflect on what's happened. Notice I said reflect and not dwell. Be sure to realize that you are allowed to make mistakes.

Step 2: Recover. Take a few deep breaths. Get a good night's sleep. Go for a walk, read a book, or listen to music. Take some time to pray and sit in God's presence. Always take time to recover when you are dealt a blow.

Step 3: Repair. Now it's time to take action.

Ask yourself this question: How am I going to get back on track when life gets hard?

Day 4: Help Someone Else

There's no question we are living in a "me" era. The focus, if we are not careful, is always on me, me, me. Social media, reality television, and the news all feed our urges to compete with others, to be the best, to achieve and focus on self.

Today's exercise shifts our focus from "me" to someone else.

When we focus on others, we are acting more as Jesus wants us to act. He never intended that we become self-centered and live our lives because of how it looks to others. He wants us to live for HIM.

One way we can do that is to contribute to someone else's life. Choose a person in your life who could use your support. Offer to check in. Give them encouragement. Become a raving fan or hold them accountable to their dreams.

Ask yourself this question: Who can I help achieve their most important resolution?

Day 5: Find Your Mantra

Speak your new mindset into existence. You likely know already that I'm a big believer in changing our thought processes from negative to positive. When we truly want to change, we have the ability to actually re-wire our brains!

Our thoughts become our realities. So for this exercise you will choose a thought and repeat it every day. You are going to speak it into existence!

How?

Simple: choose a word, phrase, Bible verse, or even song lyric that represents the mindset and reality you want to see in your life. Write it in your journal and then say it out loud every day.

Don't just say it, believe it and embrace it.

What is your mantra?

BRAIN TRAINING FOR SUCCESS: YOUR STRONGEST GOAL-ACHIEVING TOOL

You've defined your vision. You know what you want to do and where you need to end up. Now you need to get there. The key?

Goals.

So what do you need to set positive, achieving goals? Well, you already possess the most vital piece of the puzzle. Your brain!

Your thoughts are the biggest influencer on whether you're going to meet your goals or not. The good news is, you can control that influencer. How? By using scientists' understanding of how the brain works, and how it reacts to setting and achieving goals.

Neuroscience, a special field of science that studies the brain, tells us that serotonin and dopamine are powerful neurotransmitters produced by the brain in response to success. This means that by setting a goal and achieving it you are releasing powerful chemical in your brain that make you feel good!

Reward-setting behavior further increases the levels of these neurotransmitters in the brain. So, when you set a goal and achieve it, that feeling of pleasure and self-confidence you get is your brain releasing feel-good chemicals. The more you do it, the better you'll feel!

Here are five techniques you can use to program your brain for success. Used together, they create a positive feedback loop, allowing you to train your thoughts to visualize, seek, and achieve success!

BE POSITIVE!

Sounds simple doesn't it. But the power of positive thinking has been proven over and over again. You can actually rewire your brain when you consistently use positive thinking! What you need to do is load your brain with positive thoughts, words, and actions to keep it focused on achievement. Celebrate ALL of your accomplishments, no matter how small they may seem. When you stay positive, you will create a positive feedback loop that increases your self-confidence, boosts serotonin, and encourages you to even greater heights.

VISUALIZE ACCOMPLISHMENT

Visualization is the act of picturing your desired outcome. You visualize where you want to be when you build your vision board, and you can do the same thing when you are setting and working on your goals! Use your brain's innate capacity to create and visualize alternative scenarios. Imagine what it feels like to achieve your goals. See yourself winning, being congratulated, and feeling proud that you not only met your goal, you smashed through all of the barriers in your way and you won! Through visualization, you're giving your mind a blueprint of what you want.

SET SMALL STEP GOALS

Big goals are important. They move you toward your vision. But don't forget that you need smaller goals too. By including smaller, intermediate steps, you keep your brain encouraged and your focus high. (That keeps those feel-good chemicals activated and helps train your brain for success!) Break your big goals down as much as you need to so that your smaller goal feels manageable. If your brain can see a logic in what you're doing, it will give you the energy you need to get it done! Keep ticking off those tasks and achievements. Before you know it, you will be knocking out goals left and right!

UTILIZE YOUR BRAIN

Fire up those positive brain chemicals! Dopamine and serotonin are the brain's pleasure chemicals, and they get a massive kick from achievement. Whenever you set a goal and accomplish it, your brain gets flooded with feel-good chemicals and energy. This means constant progress, constant doing, no matter how small, will keep your brain moving on the path to success.

STAY ON MESSAGE

Stay positive. Kick those negative thoughts to the curb. If you listen to that negative inner critic telling you, “there’s no way you can run that marathon, win that art competition, write that novel, or get that promotion,” then it will be harder to succeed. You need to send a clear message to your subconscious about your goals. The way to do that is to stay on message. Conflicting messages will undermine your efforts, so keep the programming clear to keep your brain focused on achieving.

Your brain and your thoughts are incredibly powerful. Together, they form one of the most powerful tools you have in your toolbox. When you use positive thought patterns to train your brain, you create a powerful success engine that **WANTS** you to win!

STRATEGIES TO DEVELOP A GROWTH MINDSET

A Growth Mindset makes it possible for us to change our lives and achieve our goals. So how do we develop a strong growth mindset?

Rationalize

The first step is to rationalize. Understand that it's normal to mess up and make mistakes. REFRAME errors as a part of life, something you can learn from.

What error have you recently made or witnessed? How can you reframe that moment to make it easier to accept and learn from?

Next, develop a sense of optimism. Use that optimism to put a spin on apparent failure. Instead of saying, "Well, that's that. I'm never going to be a good artist." Tell yourself, "I didn't get the concept down the first try, but I'll do better next time!"

Think of a moment when you felt like a failure. How can you put an optimistic spin on that moment?

Understand and embrace the value of practice. Progress comes from trying to improve. Focus on the learning process and your incremental improvements instead of how far you have to go.

What goal can you apply the principle of incremental improvements to?

Strategize

A role-model can be valuable in changing your mindset. If you have a mentor or coach, look at how they deal with mistakes and growth.

Who do you know who can serve as a role model you can learn from? Give one example of something they've done that inspires you to want ot change.

Realize that change can be difficult. There are no easy or quick solutions. Build enthusiasm and embrace the challenge.

How can you embrace the challenges you will face as you pursue your goals?

Try to deal with reasonable challenges yourself. Don't hide from them or pay someone else to deal with them. If it is not beyond your capability, you will learn and develop new abilities!

What challenges are you facing right now that you can try to deal with on your own before you bring in "expert" help?

EIGHT APPROACHES TO CHANGING YOUR MINDSET

Create compelling beliefs. Open your heart and embrace a positive belief about yourself, your skills and abilities, and your capacity for positive change.

What compelling belief(s) will you embrace?

Cast a light on failure. Understand that failure (I use this word with reluctance because I think most failure is simply a learning experience) is not an end. It's an opportunity to learn and apply what you have learned so you can do better next time.

Think of a time you experienced a "failure" in your life. What did you learn from that experience that you can apply to your future endeavors?

Become more self-aware. Look at yourself honestly and take stock of your talents, strengths, and weaknesses. Ask for feedback from those who know you best (make sure you choose people who want to see you succeed).

What talents do you possess that you aren't currently using? What are your strengths and weaknesses?

Cultivate curiosity. Commit to constant learning. Notice how curious children look at the world around them and embrace your surroundings with the same awe and wonder. Don't be afraid to ask questions.

What is one area of your life you can cultivate more curiosity? Is there something new you would like to learn about?

Embrace challenges. The one constant in growth (personal, spiritual, emotional, or physical) is that you will inevitably face challenges. Prepare yourself now so you are ready.

How can you prepare to face challenges?

Embrace your passions. You've heard the saying "Do what you love and love what you do." When it comes to changing your mindset it hits the nail on the head. Passion can move you forward when you are struggling with reality and setbacks.

As you pursue your goals, how can you become more passionate about what you are doing?

Don't give up. Hard work is required if you want to improve in any way. It's much easier to shrug off the difficulty and take the easy path. Don't do it!

Looking back, can you remember a time when you gave up? What might have happened if you didn't?

Seek inspiration. Don't look at those who've already succeeded at what you want to do with envy or bitterness. Instead, commit yourself to learning from them and becoming an inspiration to others yourself.

Name a person who has already succeeded in an area you want to excel in. What can you learn from them?

For more specific techniques you can use to start building a Growth Mindset, try these 25 suggestions from Saga Briggs (2015):

Acknowledge and embrace your imperfections; don't hide from your weaknesses.

View challenges as opportunities for self-improvement.

Try different learning tactics and strategies; don't consider any strategies one-size-fits-all.

Keep up on the research on brain plasticity to continually encourage the growth mindset.

Replace the word "failing" with the word "learning" in your vocabulary.

Stop seeking approval for others and prioritize learning over approval.

Value the learning process over the end result.

Cultivate a sense of purpose and keep things in perspective.

Celebrate your growth with others and celebrate their growth as well.

Emphasize learning well over learning quickly.

Reward actions instead of traits.

Redefine "genius" as hard work plus talent, rather than talent alone.

Give constructive criticism and accept criticism of your own work as constructive.

Disassociate improvement from failure; "room for improvement" does not mean "failure."

Reflect on your learning regularly.

Reward hard work before talent or inherent ability.

Emphasize the relationship between learning and “brain training;” like any other muscle, the brain can be trained.

Cultivate your grit (determination and perseverance).

Abandon the idea of succeeding on talent alone; recognize that it will always take some work as well.

Use the phrase “not yet” more often, as in, “I haven’t mastered it yet.”

Learn from the mistakes that others make.

Make a new goal for every goal you accomplish; never stop striving towards your goals.

Take risks and be vulnerable with others.

Think realistically about how much time and effort your goal will take.

Take ownership of your own attitude and take pride in your developing growth mindset.

CHANGE YOUR PERSPECTIVE

Take a moment if you will and imagine an iceberg.

Imagine sitting in a tiny rowboat in the ocean at the bottom of the iceberg as it towers over you. It looks large and imposing. No realize that the large, imposing piece of ice is quite literally just the tip. Only 10% of the iceberg is visible above the surface.

The part you can see, the tip of the iceberg, is the equivalent of our visible results. They might be successful or not. You might be living the dream or working toward that goal.

Now imagine the rest of that iceberg. The 90%. A mountain of ice floating under the surface.

That 90% is everything the world doesn't see. It's the long hours you put into your dream, the hours you've spent praying for a positive outcome, the hard work, and the passion you hold inside.

That 90% might also be negative thoughts, a fixed mindset, or beliefs that are holding you back.

Which would you rather have supporting the tip of your iceberg?

REFRAMING FOR SUCCESS

Reframing often starts with changing the way we think and the questions we ask ourselves. Look at the following “Thoughts” and the Questions you might ask instead.

Thought	Question
<i>“I tried; I failed. It’s just beyond me.”</i>	Could I try a different strategy or approach?
<i>“I didn’t achieve what I set out to do; I failed.”</i>	Isn’t learning a process, and isn’t failure just part of that process?
<i>“I just wasn’t born clever.”</i>	Haven’t others tried, and succeeded through hard work?
<i>“I can’t do it; I’ll never be able to do it.”</i>	Aren’t I giving up on myself too soon? Isn’t it a matter of time?
<i>“Do you think you can do it?”</i>	Can’t I do it with repeated effort?
<i>“I don’t know how or if I’ll get there...ever.”</i>	What plan can I make to get there? How can I motivate myself to follow that plan? What’s my first step?

GROWING THROUGH WRITING

Reflective writing, the process of thinking about a specific event or moment and writing about it, can help you grow in multiple areas of your life. Reflective writing invites you to evaluate your experiences. When you write with openness and honesty, you learn and improve your approach to those moments and experiences.

In reflective writing, you are recounting an experience in hindsight. This allows you to consider how what you did was helpful or not. The purpose is to grow from your experience.

Choose three events/moments/learning experiences from your recent past. Write about them in your journal, exploring your thoughts, feelings, and how you reacted. React with what you write and discuss what you would do differently, what you feel you did right, and any changes you need to make in your life.

When you do your reflective writing, do:

- Document your response to the situation you are writing about.
- Communicate your response to the thoughts and feelings you experienced in that moment.
- Exploring the knowledge you used and what knowledge you might need to gain for the future.
- Look for clarity and a better understanding of why you did what you did.

Don't:

- Just conveying information. Interact with what happened. Reflect.
- Describe the event. Go deeper and explore your emotions and your thought process.
- Look at it from a black and white, good or bad perspective. Focus instead on what you did and what you can/will do differently in the future.

- Use it as an exercise in problem-solving. The point is not to say you want to do things differently, it's to discover *how* you can and will do things differently.

21-DAY MINDSET CHALLENGE

Did you know that consistent actions performed over a period of 21 days can create a significant impact in your life?

If you want to see the change in your life, join the challenge!

At some point this year, set aside 21 days. Each day, you will do something (express gratitude in a meaningful way, a random act of kindness, listen to someone with your FULL attention, etc.) and journal about the experience. Each action must be unique (don't duplicate or repeat). It is important to keep a journal during the challenge.

In the first week, people will likely respond the way you expect. During the second week, you will likely be trying new actions and your responses will start to differ. In the third week you will have to be more innovative and open to new experiences.

By the end of the 21 days, you will discover some pretty amazing things about yourself. You will express gratitude differently. Kindness will become even more deeply ingrained in your life. You'll discover untapped potential for leadership and your relationships will improve.

The purpose of the 21 days is to create an upward spiral of GOOD. You will embrace the GOOD in your life and help others embrace the GOOD in theirs. It will truly change your life!

By disrupting your routine in affirming ways, you will subtly shift how you see the potential of your everyday possibilities.

SCRIPTURE AFFIRMATIONS

Read the affirmation scriptures aloud, inserting your name in the blank. HEAR the message and HOLD it in your heart!

Christ gives me (_____) the strength to face anything. Philippians 4:13 CEV

Therefore(_____), my beloved brothers and sisters, be steadfast, immovable, always excelling in the work of the Lord [always doing your best and doing more than is needed], being continually aware that your labor [even to the point of exhaustion] in the Lord is not futile nor wasted [it is never without purpose]. 1 Corinthians 15:58 AMP

Show yourself in all respects (_____) to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us. Titus 2:7-8 ESV

In everything we (_____) have won more than a victory because of Christ who loves us. Romans 8:37 CEV

I tell you the truth. The person who believes in me (_____) will do the big work that I do. And he will do even bigger work because I go to my Father. John 14:12 WE

(_____) Let the kindness of the Lord our God be with us. Make us successful in everything we do. Yes, make us successful in everything we do. Psalm 90:17 GW

Last of all I want to remind you (_____) that your strength must come from the Lord's mighty power within you. Ephesians 6:10 TLB

Commit your actions to the Lord (_____), and your plans will succeed. Proverbs 16:3 NLT

She is (I am) a strong person, and people respect her (me). She (I, _____) looks to the future with confidence. Proverbs 31:25

She (I, _____) oversees the care of her house. She is (I am) never lazy. Proverbs 31:27

Do your best to present yourself (_____) to God as a tried-and-true worker who isn't ashamed to teach the word of truth correctly. 2 Timothy 2:15 GW

I (_____) run toward the goal, so that I can win the prize of being called to heaven. This is the prize that God offers because of what Christ Jesus has done. Philippians 3:14 CEV

Ask (_____), and you will be given what you ask for. Seek, and you will find. Knock, and the door will be opened. For everyone who asks, receives. Anyone who seeks, finds. If only you (_____) will knock, the door will open. Matthew 7:7-8 TLB

(_____) Hard work is worthwhile, but empty talk will make you poor. Proverbs 14:23 CEV

I (_____) have brought you glory on earth by completing the work you gave me to do. John 17:4 NET

Work with enthusiasm (_____), as though you were working for the Lord rather than for people. Remember that the Lord will reward each one of us for the good we do, whether we are slaves or free. Ephesians 6:7-8 NLY

(_____) He who plants and he who waters are one [in importance and esteem, working toward the same purpose]; but each will receive his own reward according to his own labor. For we (_____) are God's fellow workers [His servants working together]; you are God's cultivated field [His garden, His vineyard], God's building. 1 Corinthians 3:8-9 AMP

I know what you (_____) have done—how hard you have worked and how you have endured. Revelation 2:2a GW

Work hard (_____) and become a leader; be lazy and never succeed. Proverbs 12:24 TLB

God in his kindness gave each of us different gifts. If your gift (_____) is speaking what God has revealed, make sure what you say agrees with the Christian faith. If your gift is serving, then devote yourself to serving. If it is teaching, devote yourself to teaching. If it is encouraging others, devote yourself to giving encouragement. If it is sharing, be generous. If it is leadership, lead enthusiastically. If it is helping people in need, help them cheerfully. Romans 12:6-8 GW

Whatever you do (_____), whether in speech or action, do it all in the name of the Lord Jesus and give thanks to God the Father through him. Colossians 3:17 CEB

In the same way, (_____) let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:16 ESV

Therefore, my dear brothers and sisters, stand firm. Let nothing move you (_____). Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58 NIV

A city without wise leaders (_____) will end up in ruin; a city with many wise leaders will be kept safe. Proverbs 11:14 CEV

But you shouldn't be so concerned about perishable things like food. No, spend your energy (_____) seeking the eternal life that I, the Messiah, can give you. For God the Father has sent me for this very purpose. John 6:27 TLB

And the same is true for you (_____). Since you are so eager to have the special abilities the Spirit gives, seek those that will strengthen the whole church. 1 Corinthians 14:12 NLT

(_____) Never be lazy, but work hard and serve the Lord enthusiastically.
Romans 12:11 TLB

That is why we labor and strive (_____), because we have put our hope in the living God, who is the Savior of all people, and especially of those who believe. 1 Timothy 4:10 NIV

(_____) Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD God, my God, is with you. He will not fail you (_____) or forsake you until all the work for the service of the temple of the LORD is finished. 1 Chronicles 28:20 NIV

Truly I tell you (_____), whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Matthew 18:18 NIV

But as for you (_____), be strong and do not give up, for your work will be rewarded. 2 Chronicles 15:7 NIV

So I have seen that nothing is better (_____) than that man should be happy in his work, for that is all he can do. Ecclesiastes 3:22a NIV

Not that we are competent in ourselves to claim anything for ourselves, but our competence (_____) comes from God. 2 Corinthians 3:5 NIV

For God is not unjust so as to forget your work (_____) and the love which you have shown for His name in ministering to [the needs of] the saints (God's people), as you do. Hebrews 6:10 AMP

But more than anything else (_____), put God's work first and do what he wants. Then the other things will be yours as well. Matthew 6:33 CEV

Therefore (_____), since we have this ministry, just as we received mercy [from God, granting us salvation, opportunities, and blessings], we do not get discouraged nor lose our motivation. 2 Corinthians 4:1 AMP

So (_____), dear brothers and sisters, work hard to prove that you really are among those God has called and chosen. Do these things, and you will never fall away. 2 Peter 1:10 NLT

For God has not given us (_____) a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:6-7 NLT

Take care how you live (_____). Do not live like people who are not wise, but live like people who are wise. Make good use of time because people live in very wrong ways these days. So then, be wise and understand what the Lord wants. Ephesians 5:15–17
WE

(_____) Every Scripture passage is inspired by God. All of them are useful for teaching, pointing out errors, correcting people, and training them for a life that has God’s approval. They equip God’s servants so that they are completely prepared to do good things. 2 Timothy 3:16-17 GW

In every way I showed you (_____) that by working hard like this we can help those who are weak. We must remember what the Lord Jesus said, ‘We are more happy when we give than when we receive.’ Acts 20:35 NLV

I (_____) work hard and struggle for this goal with his energy, which works in me powerfully. Colossians 1:29 CEB

No matter how much you want, laziness won’t help a bit, but hard work will reward you (_____) with more than enough. Proverbs 13:4 CEV

Whatever presents itself for you (_____) to do, do it with all your might. Ecclesiastes 9:10a GW

Get up (_____)! It’s your duty to take action. We are with you, so be strong and take action. Ezra 10:4 GW

And let us not get tired of doing what is right, for after a while we (_____) will reap a harvest of blessing if we don’t get discouraged and give up. Galatians 6:9 TLB

(_____) Keep your eyes on Jesus, our leader and instructor. Hebrews 12:2a TLB

May this God of peace prepare you (_____) to do every good thing he wants. May he work in us through Jesus Christ to do what is pleasing to him. Glory belongs to Jesus Christ forever. Amen. Hebrews 13:21 GW

(_____) The person with understanding is always looking for wisdom, but the mind of a fool wanders everywhere. Proverbs 17:24 NCV

Humble yourselves (_____) in the Lord's presence. Then he will give you a high position. James 4:10 GW

Remember that I have commanded you (_____) to be determined and confident! Do not be afraid or discouraged, for I, the Lord your God, am with you wherever you go. Joshua 1:9 GNT

If God has been generous with you (_____), he will expect you to serve him well. But if he has been more than generous, he will expect you to serve him even better. Luke 12:48 CEV

(_____) Your heart will be where your treasure is. Matthew 6:21 GW

Be glad you (_____) can do the things you should be doing. Do all things without arguing and talking about how you wish you did not have to do them. Philippians 2:14 NLV

Do you not know that in a race all the runners run, but only one gets the prize? (_____) Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I (_____) do not run like someone running aimlessly; I do not fight like a boxer beating the air. 1 Corinthians 9:24-26 NIV

I (_____) am happy to do your will, O my God." Your teachings are deep within me.
Psalm 40:8 GW

In those days when you (_____) pray, I will listen. You will find me when you seek me, if you look for me in earnest. Jeremiah 29:12-13 TLB

(_____) Hard work means prosperity; only a fool idles away his time. Proverbs 12:11 TLB

Make a careful exploration of who you are (_____) and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you (_____) must take responsibility for doing the creative best you can with your own life. Galatians 6:5 MSG

(_____) Being lazy is no different from being a troublemaker. Proverbs 18:9 CEV

"Make a joyful noise to the Lord (_____), all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations." Psalm 100:1-5 ESV

The one (_____) who is victorious I will make a pillar in the temple of my God. Never again will they leave it. I will write on them the name of my God and the name of the city of my God, the new Jerusalem, which is coming down out of heaven from my God; and I will also write on them my new name. Revelation 3:12 NIV

(_____) Our people must learn to work hard. They must work for what they need and be able to give to others who need help. Then their lives will not be wasted. Titus 3:14 NLV

ANNUAL SELF ASSESSMENT WORKSHEET

Keep this sheet and do this exercise each year on the same date. Write your answers in your journal or on a separate sheet of paper. Keep your answers from each year and review them after you have completed the exercise to see how you've changed!

1. What was the single best thing that happened this past year?
2. What was the single most challenging thing that happened?
3. What was an unexpected joy this past year?
4. What was an unexpected obstacle?
5. Pick three words to describe the past year
6. Pick three words your spouse would use to describe your past year (don't ask them; guess based on how you think your spouse sees you).
7. Pick three words your spouse would use to describe their past year (again, without asking).
8. What were the best books you read this past year?
9. With whom were your most valuable relationships?
10. What was your biggest personal change from January to December of this past year?
11. In what way(s) did you grow emotionally?
12. In what way(s) did you grow spiritually?
13. In what way(s) did you grow physically?
14. In what way(s) did you grow in your relationships with others?
15. What was the most enjoyable part of your work (both professionally and at home)?
16. What was the most challenging part of your work (both professionally and at home)?
17. What was your single biggest time waster in your life this past year?
18. What was the best way you used your time this past year?
19. What was biggest thing you learned this past year?
20. Create a phrase or statement that describes this past year for you.

MINDSET QUIZ

1. Circle the number for each question which best describes you
2. Total and record your score when you have completed each of the 10 questions
3. Using the SCORE chart, record your mindset

	Strongly Agree	Agree	Disagree	Strongly Disagree
Your intelligence is something very basic about you that you can't change very much	0	1	2	3
No matter how much intelligence you have, you can always change it quite a bit	3	2	1	0
Only a few people will be truly good at sports, you have to be born with the ability	0	1	2	3
The harder you work at something, the better you will be	3	2	1	0
I often get angry when I get feedback about my performance	0	1	2	3
I appreciate when people, parents, coaches or teachers give me feedback about my performance	3	2	1	0
Truly smart people do not need to try hard	0	1	2	3
You can always change how intelligent you are	3	2	1	0
You are a certain kind of person and there is not much that can be done to really change that	0	1	2	3
An important reason why I do my school work is that I enjoy learning new things	3	2	1	0

SCORE CHART

22-30 = Strong Growth Mindset

17-21 = Growth with some Fixed ideas

11-16 = Fixed with some growth ideas

0-10 = Strong fixed mindset

MY SCORE:

MY MINDSET:

Adapted from:
Dweck, C. S. (2006). *Mindset: The new psychology of success*. New York: Random House Inc.

RESOURCES AND REFERENCES

Mindset, Personal Growth & Neuroplasticity

“God never said that the journey would be easy, but He did say that the arrival would be worthwhile” – Max Lucado

“If you can’t fly, then run, If you can’t run, then walk, If you can’t walk, then crawl, but whatever you do, you have to keep moving forward.” – Martin Luther King Jr.

“We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...we must do that which we think we cannot.” – Eleanor Roosevelt

“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.” – Chuck Swindoll

Mission

“When we discover and unleash our God-given influence, we position ourselves to lead with passion and purpose that defy our personal limitations.” — Jenni Catron , Clout: Discover and Unleash Your God-Given Influence

“There are only two lives we might live: our dream or our destiny. Sometimes they are one in the same, and sometimes they're not. Often our dreams are just a path to our destinies.” — Glennon Doyle Melton, Carry On, Warrior: Thoughts on Life Unarmed

“Leadership matters. It stands at the crossroads of what we do and who we are, and that is a profound place. It requires that we shape vision and develop a plan and work hard. It requires that we become stronger in our resilience and forgiveness and

determination and love.” — Nancy Ortberg , *Unleashing the Power of Rubber Bands: Lessons in Non-Linear Leadership*

“True success in any endeavor can only come when the Father has initiated the activity and invited our participation.” — Priscilla Shirer, *Discerning the Voice of God: How to Recognize When He Speaks*

“Purpose, or mission, is determined by the development of values, balance, ethics, humor, morality, and sensitivities. It manifests itself in the way we look at life. — Luci Swindoll

“Where your passion meets their need, that is your calling.” — Allison Vesterfelt , *Packing Light: Thoughts on Living Life with Less Baggage*

“It may take place in a foreign land or it may take place in your backyard, but I believe that we were each created to change the world for someone. To serve someone. To love someone the way Christ first loved us, to spread His light. This is the dream, and it is possible.” — Katie J. Davis , *Kisses from Katie: A Story of Relentless Love and Redemption*

“Often the very things that you think have disqualified you are the ones that qualify you to do what God has called you to do.” — Christine Caine , *Undaunted Study Guide: Daring to Do What God Calls You to Do*

“Your freedom will be determined by whether you allow what I think and say about you to matter more than what anyone else thinks or says,” — Christine Caine , *Undaunted: Daring To Do What God Calls You To Do*

“We are not the masters of our own destinies. We are called to plan and strategize, to work and live active lives, to attempt things that are beyond us and tackle challenges that stretch us to the limit. Yet the outcome of our efforts, even our ability to exert

ourselves, is always in God's hands." — Carolyn Custis James , *The Gospel of Ruth: Loving God Enough to Break the Rules*

"We also need to be willing to make room in our lives for the impending birth of our dreams. This might mean emptying our life of clutter such as wasted time, energy, resources, or draining relationships. These things can jeopardize our dreams by distracting us at a time when we should be more focused than ever." — Christine Caine , *A Life Unleashed: Giving Birth to Your Dreams*

"Celebration when your plan is working? Anyone can do that. But when you realize that the story of your life could be told a thousand different ways, that you could tell it over and over as a tragedy, but you choose to call it an epic, that's when you start to learn what celebration is. When what you see in front of you is so far outside of what you dreamed, but you have the belief, the boldness, the courage to call it beautiful instead of calling it wrong, that's celebration." — Shauna Niequist , *Cold Tangerines: Celebrating the Extraordinary Nature of Everyday Life*

"Passion is the fuel in the engine of your purpose. It's your "want-to." It's what keeps you going when mundane tasks bore you or difficult ones dissuade you. Passion is what keeps you moving in the direction your best intentions want you to go." — Priscilla Shirer , *Fervent: A Woman's Battle Plan to Serious, Specific, and Strategic Prayer*

"Trusting takes a different kind of energy. It takes showing up, despite your moods or personal whims. It is not inventing opportunities out of nowhere, but being obedient to respond to them as they come across your path. It's waking up, silencing insecurity, and taking steps forward even when you don't know how it will turn out. It means adjusting expectations at times, when reality doesn't look like the "dream" from your head. It is moving forward in anticipation, without knowing exactly what lies ahead." — Allison Vesterfelt , *The Chase: Thoughts on Quitting Your Job and Chasing Your Dreams*

“But if we thought through all the potential hang-ups and holdups, if we pondered all the mistakes that we could possibly make, maybe it would prevent us from moving forward in our journey. And perhaps that would be the worst mistake of all.” — Allison Vesterfelt , *Packing Light: Thoughts on Living Life with Less Baggage*

“We sometimes choose the most locked up, dark versions of the story, but what a good friend does is turn on the lights, open the window, and remind us that there are a whole lot of ways to tell the same story.” — Shauna Niequist , *Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*

“When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.” — Shauna Niequist , *Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*

“When there is a fight between your heart and your head, experience has taught me that the best thing you can do is pick up your Bible and remind yourself of what God says.” — Christine Caine , *Undaunted Study Guide: Daring to Do What God Calls You to Do*

“God gives us big dreams. It’s how we direct those dreams that makes all the difference.”— Jenni Catron , *Clout: Discover and Unleash Your God-Given Influence*

“Don’t let what doesn’t work trip you up and instead focus on what does or what might.” — Kathy Escobar

“If I never got to make a living doing what I loved, I’d still do it--for fun and for free.”
— Susan E. Isaacs , *Angry Conversations with God: A Snarky but Authentic Spiritual Memoir*

Partnering directly with local people who are capable, compassionate, and hardworking and applying the values of dignity, relationship, and excellence—now that’s where you’ll see true success. — Jena Lee Nardella

“Often, even the thought of risking, trusting, trying, engaging again in any organized context feels too overwhelming. But part of moving forward as we rebuild our faith is exploring possibilities for community and connection.” — Kathy Escobar

“Christian life isn’t a one-person race. It’s a relay. You are not alone; you’re part of a team assembled by our unstoppable God to achieve his eternal purposes.” — Christine Caine , *Unstoppable: Running the Race You Were Born To Win*

“Special people change us in an instant. Forcing us to ask the deeper questions. They inspire us to be better. They bring meaning to our lives in ways that make perfect sense in our hearts.” — Rebekah Lyons

“Instead of waiting for community, provide it, and you’ll end up with it anyway.” — Jen Hatmaker , *For the Love: Fighting for Grace in a World of Impossible Standards*

“One of the best parts of being human is other humans. It’s true, because life is hard; but people get to show up for one another, as God told us to, and we remember we are loved and seen and God is here and we are not alone. We can’t deliver folks from their pits, but we can sure get in there with them until God does.” — Jen Hatmaker , *For the Love: Fighting for Grace in a World of Impossible Standards*

“The heart of hospitality is about creating space for someone to feel seen and heard and loved. It’s about declaring your table a safe zone, a place of warmth and nourishment.” — Shauna Niequist , *Bread and Wine: A Love Letter to Life Around the Table with Recipes*

“When we do the hard, intimate work of friendship, we bring a little more of the divine into daily life.” — Shauna Niequist , *Cold Tangerines: Celebrating the Extraordinary Nature of Everyday Life*

“The church is called to embody the boundless love of God by being a community of radical welcome to all God’s children.” — Alexia Salvatierra , Faith-Rooted Organizing: Mobilizing the Church in Service to the World

“We have a very real enemy who thrives on our silence. He doesn’t want us to be in fellowship, sharing our hearts and seeking wisdom on how to live lives that glorify God in spite of the darkness we feel.” — Angie Smith , What Women Fear: Walking in Faith that Transforms

“Holy friendship with the stranger can be a little bit contagious. Become a carrier.” — Margot Starbuck , Small Things with Great Love: Adventures in Loving Your Neighbor

“Lord, on the days where helping just one more person seems like too much, help me to choose you. On the days when Satan whispers ‘You can’t save everyone, why are you trying?’ let me choose you.” — Katie J. Davis , Kisses from Katie: A Story of Relentless Love and Redemption

Engage

“In every season of life ... we need to be committed to enlarging our personal capacity (even when it’s not comfortable). We need to refuse to be satisfied with our latest accomplishments, as what we’ve accomplished is no longer our potential because it has been realized.” — Christine Caine , A Life Unleashed: Giving Birth to Your Dreams

“I don’t always knew where this life is going. I can’t see the end of the road, but here is the great part: Courage is not about knowing the path. It is about taking the first step. It is about Peter getting out of the boat, stepping out onto the water with complete faith that Jesus will not let him drown.” — Katie J. Davis

“Dare to be brave today, and trust that when you extend your wings, you will fly.” — Mary E. DeMuth , Everything: What You Give and What You Gain to Become Like Jesus

“If you feel something calling you to dance or write or paint or sing, please refuse to worry about whether you’re good enough. Just do it. Be generous. Offer a gift to the world that no one else can offer: yourself.” — Glennon Doyle Melton , Carry On, Warrior: Thoughts on Life Unarmed

“Most important, I learned that to take on immovable mountains, the first thing you have to do is move. Before you try to conquer something as big as a mountain, you have to change. — Jena Lee Nardella

“Disciplined runners consistently clear their heads and focus fully on the journey ahead.. .because their passion and zeal for the goal supersedes the strain. The goal beckons them onward. Passion doesn’t negate weariness; it just resolves to press beyond it.” — Priscilla Shirer , Gideon: Your Weakness. God’s Strength- DVD Leader Kit

“God is the God of “right now.” He doesn’t want you sitting around regretting yesterday. Nor does He want you wringing your hands and worrying about the future. He wants you focusing on what He is saying to you and putting in front of you ... right now.” — Priscilla Shirer , Discerning the Voice of God: How to Recognize When He Speaks

“People who really want to make a difference in the world usually do it, in one way or another. And I’ve noticed something about people who make a difference in the world: They hold the unshakable conviction that individuals are extremely important, that every life matters. They get excited over one smile. They are willing to feed one stomach, educate one mind, and treat one wound. They aren’t determined to revolutionize the world all at once; they’re satisfied with small changes. Over time, though, the small changes add up. Sometimes they even transform cities and nations, and yes, the world. People who want to make a difference get frustrated along the way. But if they have a particularly stressful day, they don’t quit. They keep going. Given their accomplishments, most of them are shockingly normal and the way they spend each day can be quite mundane. They don’t teach grand lessons that suddenly

enlighten entire communities; they teach small lessons that can bring incremental improvement to one man or woman, boy or girl. They don't do anything to call attention to themselves, they simply pay attention to the everyday needs of others, even if it's only one person. They bring change in ways most people will never read about or applaud. And because of the way these world-changers are wired, they wouldn't think of living their lives any other way." — Katie J. Davis , Kisses from Katie

"The disparity between the vision and the reality establishes a gap. And what fills that gap is strategy." — Nancy Ortberg , Unleashing the Power of Rubber Bands: Lessons in Non-Linear Leadership

"Good morning, God. Another beautiful day. I'm still here, and so is the sun. Thank you. Right, now let's get down to business." — Cathleen Falsani , Sin Boldly: A Field Guide for Grace

"To influence others you have to help move them to new realities and possibilities. You can't take them where you haven't led yourself. You must be willing to confront your fears and lead others through theirs." — Jenni Catron , Clout: Discover and Unleash Your God-Given Influence

"God is constantly on the move. I cannot stay where I am and follow God at the same time; responding requires movement." — Margaret Feinberg , Hungry for God: Hearing God's Voice in the Ordinary and the Everyday

"Sometimes you don't know when you're taking the first step through a door until you're already inside." — Ann Voskamp , One Thousand Gifts: A Dare to Live Fully Right Where You Are

"We bend. I bend to sweep crumbs and I bend to wipe vomit and I bend to pick up little ones and wipe away tears ... And at the end of these days I bend next to the bed and I ask only that I could bend more, bend lower. Because I serve a Savior who came to be a servant. He lived bent low. And bent down here is where I see His face. He

lived, only to die. Could I? Die to self and just break open for love. This Savior, His one purpose to spend Himself on behalf of messy us. Will I spend myself on behalf of those in front of me? And people say, “Don’t you get tired?” and yes, I do. But I’m face to face with Jesus in the dirt, and the more I bend the harder and better and fuller this life gets. And sure, we are tired, but oh we are happy. Because bent down low is where we find fullness of Joy.” — Katie J. Davis

“My calling is to do the one more thing in front of me. And then the next. If I can step into that, I want to be there. If stepping into this calling means stepping into hard times, I still want to be there. — Jena Lee Nardella

“God’s plan for you is to move you into a position of impact by infusing you with truth and employing you in prayer. You don’t need to be a genius to do it. You don’t need to learn ten-dollar words and be able to spout them with theological ease. You just need to bring your honest, transparent, available—and, let’s just say it—your fed-up, over-it, stepped-on-your-last-nerve self, and be ready to become fervently relentless. All in His name.” — Priscilla Shirer , *Fervent: A Woman's Battle Plan to Serious, Specific, and Strategic Prayer*

“Whatever your situation might be, set your mind to whatever you want to do and put a good attitude in it, and I believe that you can succeed. You are not going to get anywhere just sitting on your butt and moping around. — Bethany Hamilton

“Just because something is hard doesn’t mean it’s impossible.” — Lysa TerKeurst , *Unglued Devotional: 60 Days of Imperfect Progress*

“Submission is not an occasional event. It is a lifestyle. It isn’t a negative obligation on women, but the natural outworking of the gospel in every Christian’s life. Submission is an attribute of Jesus, so it ought to show up in all of his followers.” — Carolyn Custis James , *The Gospel of Ruth: Loving God Enough to Break the Rules*

“Whenever God thinks of you, he has your best interests in mind; he has plans to take you further, deeper, and higher than you ever dreamed. This process begins when you seek God and spend time with him. Look for every opportunity to know God. Consider your daily schedule. What does it include? A workout at the gym? A trip to the post office? A lunch hour? A commute? Look for ways to include God in your activities. Invite God to accompany you by talking together. Look for moments- even if it's only ten or twenty seconds- to steal away with him. God will reward your efforts as you reshape your inner life to be focused around him. As you seek God, you will find yourself abiding in him.” -Hungry for God” — Margaret Feinberg , Hungry for God: Hearing God's Voice in the Ordinary and the Everyday

“Greatness is never achieved nor dreams realized apart from great discipline.” — Kay Arthur , How to Study Your Bible

“Of course one wants to feel better. But are we willing to have new experiences? Are we willing to work for it? Do we want it bad enough?” — Monica A. Coleman , Not Alone: Reflections on Faith and Depression

“God is not merely at your fingertips but within your grasp. Live each day like a child digging through a treasure chest, rifling for the next discovery. Open your arms and your eyes to the God who stands in plain sight and works miracles in your midst. Look for him in your workdays and weekends, in your meeting-filled Mondays and your lazy Saturdays. Search for him in the snowy sunsets and Sabbaths, seasons of Lent and sitting at your table. Pray for—and expect—wonder. For when you search for God, you will discover him.” — Margaret Feinberg , Wonderstruck

Even today, my talents are not in being the most capable person in the room but in knowing when I need others and remaining teachable. — Jena Lee Nardella

“Will you surrender your plans and purposes into the greater known of God's unknown designs for your life?” — Priscilla Shirer, Life Interrupted

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