

HEALING AND RESTORATION | **DIG IN YOUR HEELS**

LESSON NOTES

1. Dig in your heels means, to _____ to change your mind.
2. Fainting first takes place in your _____.
3. Your mind will talk you _____ of it every time, it has to be renewed.
4. Instead of changing everything at once, change _____ thing at a time.
5. Don't be content with being _____.
6. People are not paid for what they know, but rather for what they _____ with what they know.
7. When you stop educating yourself, you _____.
8. Don't wait! The time will _____ be just right.
9. You get what you _____.
10. Fear activates Satan's _____ in your life.
11. Your _____ determine the direction of your life.
12. Worshiping and praising God helps you get the _____.
13. If you want to see change in your life, change something you do _____.
14. Never stop _____.
15. High achievers plan their day the _____.
16. _____ is a weapon to defeat the devil and fulfill the plan of God for your life.
17. What comes out of your mouth is vitally linked to you having _____ or not.

ACTION STEPS

- Push play every day! Listen to one motivational teaching each day.
- Change your routine and you'll change your life. Your challenge is to change one thing you do every day.
- Purchase 1 book that will help you renew your mind or stretch you to think bigger and dedicate 30 minutes a day to reading.