

## Module 7: Elevate

*Throughout this training,*

you've learned **six of our seven tools** so you can *Breathe* and live the stress-free, abundant life God designed for you.

I've taken you on my own *Breathe* journey showing you how each tool has helped me learn to *Breathe*.

There's one more tool we need to *Breathe*—**Elevate**.

*What does it mean to Elevate?*

- **Elevation is the action of promotion, upgrade, advancement, and the ability to rise above previous conditions.**
- **It's the ability to move forward** beyond your situation and current circumstances.
- **It means doing an about-face** and changing your behavior, posture, attitude and disposition.
- **Elevation looks like** having abundant health and an abundant mindset.



God has an abundant life of purpose ready for us, but if we reach success and haven't done our personal and character

development, we don't have what it takes to sustain success.  
**"What we achieve inwardly will change outer reality."**

**"What we achieve inwardly will change outer reality."**

Plutarch, Ancient Greek philosopher

We have to do our personal development and grow into a person of character who could sustain an abundant life.

Do you have the character to sustain your abundant life? Where do you still need to grow so you can **Elevate**?



## Pause

**It's time to Pause and think about our character.**

You need to identify what areas in your life you still need to Elevate.

We're going to examine six character qualities in this module. Each quality will naturally and simultaneously develop others not listed.

The steps you take to grow these character qualities may feel like seemingly insignificant changes, but these small, thoughtful actions will compound into massive results and rewards over time.

## Character Qualities to Elevate

### Responsibility

It starts with responsibility. Responsibility says I won't blame my past for my current **conditions**.

A responsible person embraces failure and the gift of adversity. They don't blame others and take power over their thought life.

### Authenticity

Authenticity is humility that isn't afraid to seek wisdom and wise counsel and embraces the power of friendship, collaboration and community.

**It's being honest about your past, present and future. It knows who you are, where you are and where you want to go and makes the necessary adjustments to be your best self.**

### Discipline

Discipline is a decided heart. It knows what it wants and disciplines itself to go for it and keep going for it. It's the ability to have the self-control to say no or yes when necessary and take action on what's important.



## Attitude

**People with a good attitude lift others, inspire them, see the possibilities when others don't, and they demonstrate commitment when others want to quit.**



**"I am convinced that life is 10% what happens to me and 90% how I react to it."**

Charles Swindoll

Every day, we have a choice about what kind of attitude we'll embrace.

**Zig Ziglar reminds us that our attitude, not our aptitude determines our**

## Compassion

**Compassion is a concern for ourselves and others. It allows you to forgive and ask forgiveness.**

**Compassion helps you generously give your time, talents and treasures. It asks, "What is one thing I can do for someone else who has no opportunity to repay me?"**

## Persistence

Persisting without exception means we don't get comfortable being comfortable. It's about never giving up. It's faith over fear and the courage to keep going in the face of obstacles and adversity.

When you're persistent, you create consistency in your life. You make the hard decisions even when it's uncomfortable.





## Pause Exercise

Assess each character quality using a scale of 1 - 10

1 being poor and 10 being outstanding. If unsure how to rate yourself in a particular area, answer the questions under that character quality to gain clarity.

### Character Qualities:



#### Responsibility

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#### Authenticity

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#### Discipline

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#### Compassion

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#### Persistence

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## Responsibility

- Do I take responsibility for my failures or shift blame?
- What do I do when I fail?
- What's my most prevailing thought?
- What's my first response when adversity hits me? What are the actions or inactions that I take?
- Are my initial response and action I take different? (For instance, do I pause and shift my response, so I take the right action even if I didn't do it right the first time.)
- What are 3 - 5 decisions (big or small) that have contributed to where I am right now? Am I happy with the results of those decisions?

## Authenticity

- What are the last five books I've read? How long ago did I read them?
- Do I have a mentor or coach that gives me honest feedback?
- Can I readily admit my mistakes?
- How well do I take advice?
- Do I always have to have the last word?
- Do I give others credit for their ideas or work?
- Do people seek me out for wise counsel or advice?
- Do I admire the lives and lifestyles of those closest to me? Are they people I want to emulate?
- Do I know who I am? My gifts, qualities and flaws?
- Do I share my real self with others?
- Do I merge with the agendas of others or stand up for what I believe?

## Discipline

- Do I give up easily or stick with something until it's done most of the time?
- Would I say I'm consistent?
- Do I have a healthy morning routine that I stick with most days?
- Do I say "no" now so I can say "yes" later?
- Do I plan my day and follow the plan most days?
- Am I comfortable where I'm at, or am I diligently growing to reach my next level?
- Do I make decisions quickly and decisively or slowly, agonizing over them?



## Attitude

- Do I smile at people as I pass them?
- Do I thank God daily for the blessings He's given me, or are my prayers only full of requests?
- Do you have a whatever-it-takes mindset?
- Do you struggle with depression or feeling down often but aren't sure why?
- Do you see the 90% right or the 10% wrong in a friend, family member or situation?
- (The last two questions could indicate continually thinking about what's going wrong instead of being thankful for what's going right)
- Do people comment on how happy I am, my smile, or how encouraging I am?
- Do people often ask me, "are you okay?" (You may not realize you wear a negative attitude on your sleeve.)
- Can I take feedback well, whether it's positive or negative?

## Compassion

- What do I currently do for others that have no opportunity to repay me?
- Is it easy or hard for me to forgive?
- Is it easy or hard to see when I'm wrong and ask forgiveness?
- Am I a dualistic thinker (only two options, black or white thinking), or can I see more sides to the story?
- If I am a dualistic thinker, am I willing to look for another side to someone's story?
- Have you ever been described as empathetic, big-hearted or kind?
- Do I find myself randomly giving away gifts, ideas or time?
- Do I give to charity regularly?

## Persistence

- Do I persist without exception?
- Where have I given up?
- What good thing have I committed to doing that I've quit doing?
- Am I on the path to something absolutely incredible or something utterly average?
- Can I continue pursuing an idea or dream in the face of criticism?
- Do I have shiny object syndrome or FOMO (fear of missing out)?
- What was the last big project or goal that I finished?
- When it comes to my dreams or goals, what do I do in the face of fear? Do I keep moving forward, or do I back down or make excuses for why I can't do it?





# Process

**It's time to pull out our Process tool and uncover what happened.**

Why am I at the level of character development that I am? Is there a deeper issue I need to address to grow and move forward?

**"There are two primary choices in life: to accept conditions as they exist or accept the responsibility for changing them."**

Denis Waitley

Let's take choose to Process our character so we can change it.



## Process Exercise

### Instructions

- Write down your score for each Character quality:
- For each quality, ask yourself:
- What happened? Why am I at the level I am in these areas?
- For instance, if I give up easily, why do I do that? What am I afraid of? Am I running from something?

**Remember not to judge yourself when you process. If you had known better, ultimately, you would have done better. So be sure to process objectively and judgment-free.**

### Next you'll ask yourself:

- Do I see any patterns that reveal a deeper issue or why I struggle in this area?
- How have these character qualities affected my ability to Elevate so far?
  - Who might I have hurt or affected due to where I'm at in my self-development?
- Who will miss out if I don't Elevate in these Character Qualities?

# Responsibility

- **What happened? Why am I at the level I am in this area?**
- For instance, if I give up easily, why do I do that?
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**How has this character qualities affected my ability to Elevate so far?**

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**Who might I have hurt or affected due to where I'm at in my self-development?**

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**Who will miss out if I don't Elevate in these Character Qualities?**

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# Authenticity

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**Who will miss out if I don't Elevate in these Character Qualities?**

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# Discipline

1 2 3

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**Who will miss out if I don't Elevate in these Character Qualities?**

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# Attitude

1 2 3 4 5 6 7 8 9 10



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**Who will miss out if I don't Elevate in these Character Qualities?**

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# Compassion

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**Who will miss out if I don't Elevate in these Character Qualities?**

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# Persistence

1 2 3 4

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**What happened? Why am I at the level I am in this area?**

- For instance, if I give up easily, why do I do that?
- What am I afraid of? Am I running from something? Remember not to judge yourself when you process. If you had known better, ultimately, you would have done better. So be sure to process objectively and judgment-free.

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**Who will miss out if I don't Elevate in these Character Qualities?**

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Now, it's time for you to take your Character to the Lord.  
Where does He need to do surgery?

## *Prayer Exercise*

**Write down the Character Qualities you scored 7 or under:**

_____	_____
_____	_____
_____	_____
_____	_____

Now, take those areas of yourself before the Lord in Prayer.  
Ask Him for wisdom, ideas and a plan on how to grow.

**Journal here what you feel God is speaking to you:**

_____
_____
_____
_____
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## Next, we need to make a Plan.

How are we going to grow? What are the action steps we need to take?

### *Plan Exercise*

Go back to your Pause exercise. Order your 6 Character Qualities in order 10 to 1, best to least.

1. Score: \_\_\_\_\_

4. Score: \_\_\_\_\_

2. Score:5. \_\_\_\_\_

Score: \_\_\_\_\_

3. Score:6. \_\_\_\_\_

Score: \_\_\_\_\_

**Circle the three character qualities with the lowest scores.**

Now, choose one area out of these three  
that you want to Elevate first.

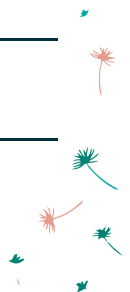
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**Make a Plan now for how you'll Elevate in this area here:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**You can use these questions to prompt ideas:**

- Looking at this character quality, what's one thing I should eliminate from my life because it's holding me back from reaching my full potential?
- What outside influences cause me to be worse in this area?
- How can I lessen or eliminate these influences? How can I plan for better?
- How can I take daily steps to make progress in this area?
- How can I use my time better to grow this area?
- Where can I live more courageously?
- What impossible thing am I believing and planning for that Elevating will help accelerate?



## Need more help making a plan?

Here are more ideas and exercises to Elevate Your Character.  
Choose any exercises you want to do for each area you need to Elevate.

# Responsibility Exercise #1

## Learning from Failure exercise:

DEUTERONOMY 30:19 NASB

I CALL HEAVEN AND EARTH TO WITNESS AGAINST YOU TODAY, THAT I HAVE SET BEFORE YOU LIFE AND DEATH, THE BLESSING AND THE CURSE. SO CHOOSE LIFE IN ORDER THAT YOU MAY LIVE, YOU AND YOUR DESCENDANTS.

In God's economy, responsibility is about hoping things can change and applying control over your thinking, emotions and choices.

Part of the responsibility is taking ownership of our failures. The beautiful thing is we can learn from our failures, pick ourselves back and move forward with more wisdom.

**What is your biggest failure so far? Write it down here:**

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**Think about that failure for a moment and ask yourself these questions:**

- What came out of that experience?
- What did I learn?
  - Instead of asking God, "Why God, why?" Ask Him, "What, Lord? What do you desire for me to learn?"
- How is my life different now or better due to this experience?

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# Responsibility Exercise #2

## Renew My Mind exercise:

### I Think > I Feel > I Choose

We must become self-aware and take responsibility for our thoughts because they lead to our choices.

If our choices are not leading us to our abundant stress-free life, we need to go back to the source—our thoughts.

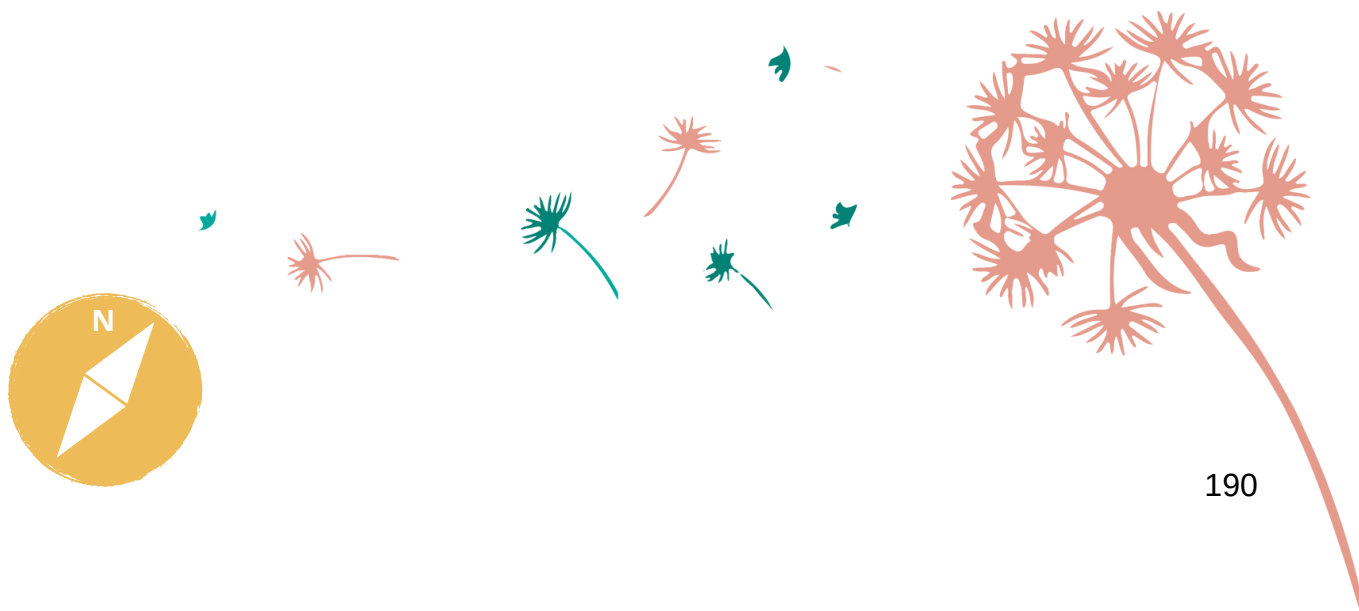
We change our thoughts by renewing our minds (Romans 12:2). Renew means to

renovate. But how do we renew our minds as God tells us?

Here's a 5-step process that Dr. Caroline Leaf developed. She calls it the Nerocycle. **She recommends you pick one toxic thought you want to renew and go through this process daily for 63 days. Dr. Leaf says our mind heals in 3 - 21 day cycles.**

#### 5-Step Nerocycle:

**Gather > Reflect > Write > Recheck > Active Reach**



# Responsibility Exercise #2

## Renew My Mind exercise:

### 5-Step Nerocycle:

## Gather > Reflect > Write > Recheck > Active Reach

### 1. Gather:

Gather is the awareness stage. Like with our pause exercise, you're going to stop and think about what you're thinking on. Think of it as gathering fruit in a basket. No judgment, just pick the fruit, the information, and put it in the basket.

#### My Emotions:

What are the emotional warning signs coming up? Your feelings.  
Panic attack, despair, anxiety, depression, etc.?

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#### My Body:

What are your physical/bodily responses? How is your body feeling?  
Heart fluttering, chest tight, gut hurting or butterflies?

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#### My Behaviors:

What are my behaviors or actions? What am I saying or doing?

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#### My Perspective:

What do I think about this? What's my perspective? Do I think this is bad, terrible, overwhelming, etc.?

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# Responsibility Exercise #2

**Renew My Mind exercise:**

**5-Step Nerocycle:**

**Gather > Reflect > Write > Recheck > Active Reach**

## 2. Reflect

Reflect is like our process tool. We're like detectives trying to discover why?

Look at the basket of information you just gathered from your emotions, physical body, behaviors and perspective.

**Reflect on it.**

- What's it trying to tell you?
- What's the origin story?

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# Responsibility Exercise #2

**Renew My Mind exercise:**

**5-Step Nerocycle:**

**Gather > Reflect > Write > Recheck > Active Reach**

## 3. Write

Write down your thoughts. Literally, write to empty your brain onto paper. You can also write using your phone or computer if you'd like.

The act of writing allows your anxiety energy to flow from your body and brain to the pen and paper.

Writing also increases your feeling of autonomy and self-efficacy. It gives you clarity. And, each day you do it, you gain more and more clarity and order to help clean up your thoughts.

The write step is like our prayer tool. We're laying it all out there before ourselves and God.

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# Responsibility Exercise #2

## Renew My Mind exercise:

### 5-Step Nerocycle:

Gather > Reflect > Write > **Recheck** > Active Reach

#### 4. Recheck

Now you're going to go back and look at the physical, emotional and informational warning signs you wrote down earlier.

You're looking for patterns and noticing where you can make changes. Yet, at this point, you're looking for solutions.

#### **We're planning our new thoughts now.**

You get to redesign your healthy thoughts in this stage. As you create solutions, you're also activating your unconscious thoughts and pushing them to your conscious brain, where you can modify your thoughts and reconceptualize what they mean.

You're getting free from internal conflicts and positively planning a way out.

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# Responsibility Exercise #2

**Renew My Mind exercise:**

**5-Step Nerocycle:**

**Gather > Reflect > Write > Recheck > Active Reach**

## 5. Active Reach

**Time to take action, like when we pivot.**

It's time to practice your newly designed thoughts from stage 4.

**Rehearse things mentally.**

Each time you do this, you strengthen your memory by adding energy. The more energy, the more impact on your memory that you'll have in terms of your communication and behavior.

This stage weakens the old toxic or negative thoughts and creates new thoughts in your **mind**.

**Do this 5-step process daily for 63 days; then, choose a new toxic thought to renew.**

You can study this process further in her book, *Clean Up Your Mental Mess: 5 Simple, Scientifically Proven Steps to Reduce Anxiety, Stress, and Toxic Thinking*.



# Authenticity Exercise #1

## I Will Seek Wisdom Exercise

You're past can't be changed, but you can change your future by changing your actions today.

Wisdom is applied knowledge. It's the insight gained from the knowledge we've learned and the experiences that serve us as we make choices.

Seeking wisdom is a continual process, not a one-and-done event. It's the defining characteristic of influential, successful people.

**Here are three simple ways to Seek Wisdom:**

### Read > Wise Counsel > Serve Others

#### 1. Read

Yes, read. And read books.

Rarely will you find wisdom in magazines, newspapers, social media, and entertainment.

The national average of books read by adults is two per year. This is not a recipe for personal success.

Read with a highlighter or pen in hand. Profound words of wisdom seldom jump off the page when we're passively reading.

Don't have time to sit with a book? Read audiobooks and take notes on your phone.

Don't forget you can use resources like the library. Most libraries also have apps you can use to download audiobooks and ebooks.

Look out for something that will change everything, and you'll find it.



# Authenticity Exercise #1

## I Will Seek Wisdom Exercise

Here are three simple ways to Seek Wisdom:

Read > **Wise Counsel** > Serve Others

### 2. Wise Counsel

We can guide the direction of our future by choosing our companions wisely.

We all know how vital the right peer group is for kids. But at what age does this principle cease to work in someone's life?

As you've seen in the stories I've shared with you and your own life, you can see that it's always a factor.

When you tolerate mediocrity in your choice of friends, you tolerate mediocrity in your life. So, if you want to grow and be better, surround yourself with people who are better or further along in an area than you.

There's safety in wise counsel, and only a fool refuses this counsel.

In Module 5 – Take Action under the Social Wellness dimension, we learned the power of our inner circle.

If you need to, go back and revisit the exercises and be sure you're harnessing the power of your inner circle or if you need to make more adjustments.

#### Board of Directors

You can also seek wisdom by harnessing the power of a board of directors. These people should be more intelligent or skilled than you and have more fruit in the area you desire or need growth.

Your Board of Directors doesn't actually need to know they're on your board. You're simply gleaning wisdom from them by observing how they've succeeded.

Write down potential board members and which area of your life you want their advice.

i.e., finances, marriage, business, parenting, fitness, etc.

Don't limit your candidates to just those in your inner circle. Brainstorm anyone you'd love to have, even if you don't currently have a relationship with them. Remember, they don't have to know they're on your board, so the sky is the limit.

Now, watch, listen and ask questions to glean wisdom from your Board of Directors.



# Authenticity Exercise #1

## I Will Seek Wisdom Exercise

Here are three simple ways to Seek Wisdom:

Read > Wise Counsel > **Serve Others**

### 3. Serve Others

- Carry their groceries
- Pour their coffee
- Hold their chair
- Open the door for them

#### Live a life of service to others.

By serving others, we value them, and through this, it increases our value. When we serve others, we also increase the possibility that they'll share their wisdom with us.

The associations we create through serving many times give us the wisdom we need or connect us to other relationships we need to take us to the next level.

Now we don't serve and expect to get, but people naturally want to help because you held a chair or opened a door.

Brainstorm ideas of how you can serve others:

- Can you volunteer at church or a charity?
- Visit the elderly?
- Spend more time with your family or commit random acts of kindness?

Pick one idea and commit to doing it in the next five days.

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# Authenticity Exercise #2

## Honesty Check-In Exercise

Honesty isn't just about not lying. It's about showing up authentically yourself.

**Ask yourself these questions to see how honest you are with yourself and others:**

YesNo

Do I admit when I'm wrong?

Do I speak up when something upsets me?

Do I say the truth even if it's unpopular?

Am I able to show my disappointments and emotions in a healthy manner?

Can I share constructive feedback?

Do I do the right thing even when no one is looking?

Do my close friends know the good, the bad and the ugly about me and my life? Or do I hide parts of myself from them?

Do I feel comfortable being my "real" self, quirks and all, or do I merge to act like those around me?

Review your answers. Now, rate yourself on your authenticity on a scale of 1 to 10. 1 being I'm hiding or inauthentic 100% of the time to 10 being I am 100% authentic all the time.

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**Our goal in life should be to be our best, most authentic selves. When we show up**

fully ourselves, developing our personality, gifts and character, we've positioned ourselves to make the greatest impact on ourselves, others and the world.





# Discipline Exercise #1

## 100% Commitment Exercise

Look at an area you need more discipline, such as:

- Waking up when the alarm goes off
- Exercising 3-5 times a week
- A daily journaling habit

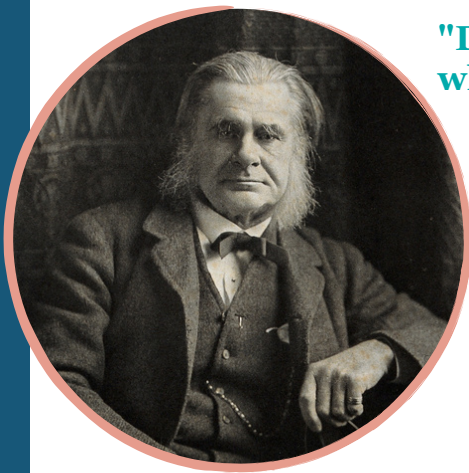
Set up rules ahead of time, such as when, how long, or how much. Now, honor those rules—no **opting out**.

**When we give ourselves an out, we'll take it 99% of the time if we don't feel like doing it.**

But, if we choose to have no option and make that commitment 100%, no matter what, then we honor that commitment to ourselves. That's true discipline.

You don't have to use your willpower at that moment because you've already decided.

Also, the more you honor that commitment to yourself, the better you get at it. You've practiced it. Also, as you get better in one area of your life, you get better in every area.



**"Do what you should do, when you should do it, whether you feel like it or not."**

Thomas Huxley



## Short Term Discipline for Long Term Benefits Exercise

# Discipline Exercise #3

## Stretch Your Abilities Exercise

To Elevate our character, we must continually stretch ourselves and grow beyond our comfort zone. To do this, we must be intentional.

Stretching can be scary because stretching involves getting out of our comfort zone. Yet, when we do stretch, we'll begin to expand our comfort zone. Then what used to be a scary stretch now becomes more comfortable.

Here's an exercise you can do to stretch your abilities and expand your comfort zone. Life coach Rhonda Britten calls this exercise, Stretch-Risk-Die.

This exercise will also develop your discipline to do what is necessary whether you feel like it or not.

## Stretch-Risk-Die Exercise

Pick one area of your life or business where you want to create more discipline and grow, such as your health, relationships, finances, content creation, speaking, client acquisition, social media presence, etc.

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### Create a list called Comfort Zone.

Now write down everything you can do to move forward in that area that's in your Comfort Zone.

### Make a second list called Stretch Zone.

These are actions that begin to take you out of your comfort zone. They're a stretch yet still feel doable—you're just not currently doing them.

### Create a third list called Risk Zone.

These are things way outside your comfort zone. They feel risky, and maybe your heart skips a beat thinking about doing it.

### Make a fourth list called Die Zone.

You feel like you'd die if you had to do those things right now.



# Discipline Exercise #3

## Stretch-Risk-Die Exercise

Comfort Zone	Stretch Zone	Risk Zone	Die Zone

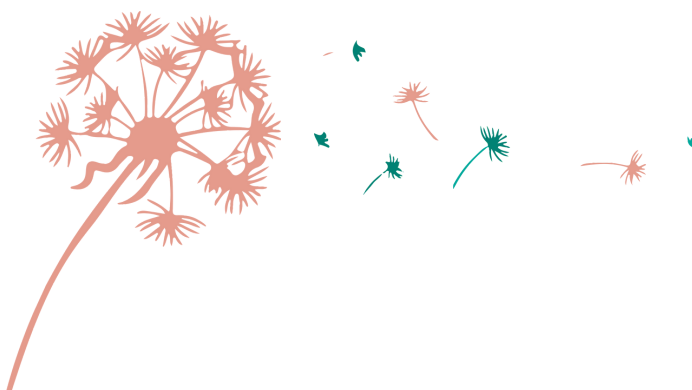
**Now pick one thing from your Stretch Zone and take action.**

You don't have to feel comfortable—you just need to do it. Now that you're comfortable in your Stretch Zone, your Risk Zone shifts and becomes your new Stretch Zone.

Every time you stretch yourself, you begin to think differently about yourself and what you're capable of—that's growth. You're also new Stretch Zone), and it'll also grow into disciplining yourself to do what you don't want to do in the moment. Continue in this manner until you get to your Die Zone, which will now only be in your Stretch Zone.

**As you progressively work through your Stretch Zone list, your Stretch Discipline and growth are nothing Zone will become your Comfort Zone. more than trying no matter what we feel like or even whether we succeed**

You're getting comfortable being the first time (or second or third time). uncomfortable.



# Attitude Exercise #1

## Smile Exercise

Smile for the next 60 seconds as you remember your favorite activity or memory.

**As you're going about your day, notice what your face is doing.**

- If you're in resting, "you know what face," start smiling.
- You don't even need to have a reason why.
- Notice how you instantly begin to feel better.

Then, start smiling at those you walk by. Notice how many people smile back.



**When you smile, you choose to be the master of your emotions.**

Smiling affects your biochemistry, and it's also contagious.



# Attitude Exercise #2

## Gratitudes Exercise

**Write 10 things you're thankful for.**

If you're having a bad day, keep writing until you start to feel better and your attitude shifts to gratitude.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

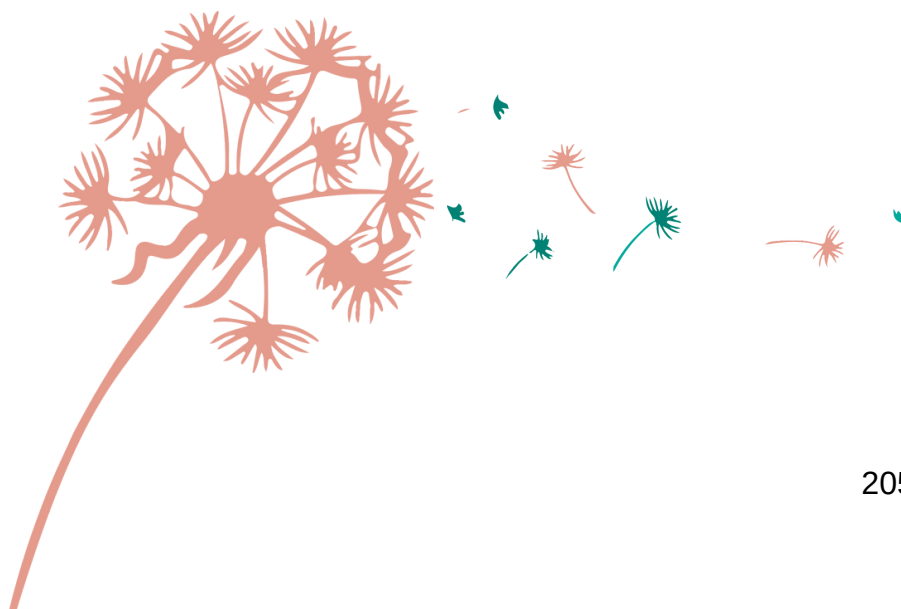
7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

**Bonus points if you can get to 100.**





# Attitude Exercise #3

## Smile While You Talk Exercise

Very few people smile while they talk. Most of us speak with a bland or serious expression on our faces without realizing it.

People can't help but smile back, and you'll connect quicker. People are drawn to joyful people. Smiling while you talk will transform the opportunities that you attract!

**For the next five days, practice smiling while you talk in the mirror for 5 - 10 minutes. Incrementally add:**

- A little chuckle, so slight laughter comes through your voice
- An eyebrow lift and open eyes
- A little nod
- A faster cadence to your speech

Once you feel comfortable, begin to practice it casually with other people. You don't have to tell them what you're doing. Just smile, nod, slightly chuckle when appropriate, lift your eyebrows at times and talk just a little faster.

**You're spreading joy as a by-product too.**



# Attitude Exercise #4

## Enter the Room Exercise

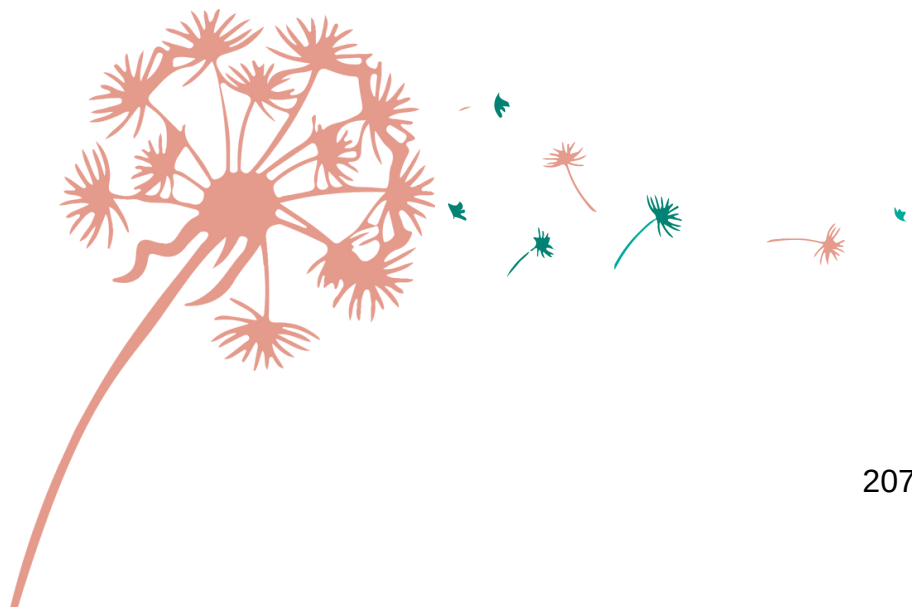
How do you enter a room?

- How do you treat people when they enter a room?
- Are they uplifted when they encounter you?
- Do you focus your energy and attention on making others feel seen?
- Do you brighten the room?

We're often so focused on our own world, problems and challenges that we miss seeing the soul standing in front of us.



**Make it a point of noticing, listening, and letting others know they're seen and heard.**



# Attitude Exercise #5

## Responding to Challenges Exercise

How do you respond to a challenge? Do you react by complaining like those around you?

**It may be a conditioned response, something you automatically do because that's**

how most people respond. Sometimes we do it to fit in. Either way, it's not helping us **Elevate.**

Develop proactive responses to common challenges or situations. You get to choose if you're going to react without thinking or if you're going to respond thoughtfully to a situation.

How you respond affects your attitude and how others react to you.

List a common or recurring challenge of yours:

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## Write three to five planned responses here:

How do you want to respond to challenging situations?

1.

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2.

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3.

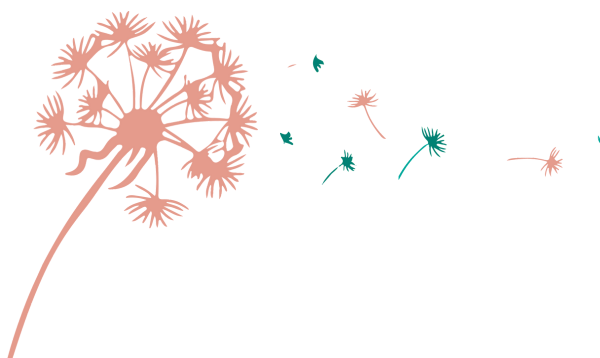
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4.

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5.

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# Compassion Exercise #1

## Step Into Their Shoes Exercise



**I heard a story about a blind man walking in the woods alone. A**

group of hikers came across this blind man.

They asked him, "Why do you bother carrying a lantern? You can't see anything?"

The blind man replied, "I don't carry the lantern for me. I carry the lantern so others can see me."

**The hikers thought it was ridiculous for a blind person to carry a lantern—that was their perspective.** They failed to step into the blind man's shoes. The blind man used this lantern to ensure he didn't get run into by someone who couldn't see him.

**Perspective is everything.**

How many of us go through life irritated at someone else, **yet we've never walked in their shoes?** We don't know what they've experienced. We don't know their story. We don't know why they think the way they do.

**Think of a social media post that ticked you off or a seemingly ignorant or angry act that bothered you.**

**Write it down here:**

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Now, step out of your shoes and into their shoes for a moment.

- Ask yourself why they think that way?
- What's their story?
- What's it like to live in their shoes?

Are you making their story up? Maybe, but this exercise will shift your perspective, give you more joy and help you extend compassion to the other person.



# Compassion Exercise #2

## Pray for Others Exercise

What can you do when you see someone making a bad decision, acting out of anger or saying something you disagree with?

### Pray For Them

There is something powerful when you pray for someone you don't agree with or are angry at.

**We can't change other people, but when we pray for them, it will change us!**

Think of anyone you're angry with, disagree with, or are currently making poor decisions.

Write their names down here:

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**Now, pray for them.**

- Pray that God would give them wisdom and understanding.
- Pray that God would soften their hearts so they could see the truth.
- Pray that God would give you a different perspective and understand their story.



# Compassion Exercise #3

## Forgiveness Exercise

Is there anyone you need to forgive that you didn't already forgive in Module 6—Healing?

**Write their names down here:**

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Walk yourself through the exercise in the Healing module so you can forgive them.

Is there anyone you need to ask for their forgiveness?

**Write their names down here:**

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### **Schedule a time to ask their forgiveness for offending them.**

- Do it in person if possible, or the next best option is on the phone.
- Don't attempt to do this through a text message or email. People can't read your tone or hear your heart.
- You can write a hand-written note if there is no option to do it in person or by phone call.

Be sure not to justify yourself while you're asking forgiveness. So no, "I'm sorry, but you did..."

Trying saying something like, "I'm sorry **for doing X. I realize now how much that hurt you. Will you please forgive me?**" And leave it at that.

Also, know that if they choose not to forgive you, that's okay too. It is only your responsibility to ask forgiveness. Now, it's on them if they decide to hold onto an offense. Just kindly walk away and let it go.



# Compassion Exercise #4

## Generosity Exercise

**What can I do for someone that has no opportunity to repay me?**

Write down their name and what you can do for them here:

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**Schedule when you're going to exercise generosity and plan what you need to do to make it happen.**

Write your plan here:

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If you're struggling with what you can do for someone, ask yourself these questions to spark some ideas:

- What are my strengths, and how can I use them to serve someone?
- What are my experiences, and how can I use them to serve someone?
- What do I have in my house that I can use to bless someone?
- What do I love that I can use to serve someone?



# Persistence Exercise #1

## Transform Problems into Opportunities Exercise

Some of the greatest inventions were discovered out of a problem.

While trying to invent a strong adhesive, Spencer Silver, a scientist, accidentally created a glue that was light and easy to remove. His co-worker, Arthur Fry using Spencer's "not-so-sticky" adhesive, thought he could use it as a bookmark to keep his place in his choir hymnal and not ruin it.

**Post-it notes were born—an unfortunate problem turned into a multi-billion dollar product.**

What are your three biggest problems right now?

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Now ask yourself these questions:

- What makes these problems so significant, or why do I feel they're big?
- What could be great about each of these problems? List 3-5 reasons why each of these problems could be great.
- List 2-3 ways I can deal with this problem right now.
- List 3 creative solutions to handle these problems going forward.
- Now, choose your biggest problem and the best solution you can implement.
- Do it. Implement it immediately.

When we encounter problems and issues, we're not missing money, time or even a mentor; **we're only lacking an idea.**

What's your "Post-it note" idea?





# Persistence Exercise #2

## Close Your Door Exercise

Life is demanding and busy; so many things and opportunities are competing for your attention. We often don't do self-development because we're distracted by other things that seem important or urgent at the time.

**If you want to achieve and sustain an abundant stress-free life, you must make time for what matters most.**

### Here are some ideas

- **View your self-development time** as sacred and non-negotiable, just like you would an important meeting you'd never imagine missing.
- **Close your door (or put your headphones on if you don't have a door to shut people out) and go into "do not disturb" mode.**
- Turn off the phone and email.
- **Select one of the Character** Qualities you want to grow in.
- **Pick how long you will focus on this** (30 minutes, 60 minutes, etc.).
- Work through 1-2 exercises.
- **Set a time on your calendar when** you will do this Close Your Door exercise again.





## Pivot

**So it's time to Pivot and take action.**

When you consistently Pivot by displaying strong character and making the right decisions, you're stretching and growing your ability to Elevate. You're gaining the strength to stick with it no matter what comes your way.



**"No one can go back and make a new start, my friend, but anyone can start today and make a new end."**

John Maxwell

## Pivot Exercise

Schedule a time this week to work through the exercises from your Plan for the character quality you scored the lowest.

The following week, pick the next lowest scoring character quality and work through those exercises until you've worked through all the character qualities you need to develop.



# Wrap Up

You're now fully equipped to *Breathe*—it's time to Elevate.

**Abundance is available to every single one of us, but we must go above and beyond our expectations.**

- We have to rise.
- We have to shine.
- We have to be bold.
- We have to be courageous.

Now it's time to take everything you've learned throughout these seven modules and do it. Don't sit on it, but materialize it, execute it and keep doing it! *Breathing* is a lifestyle.

I can't wait to hear your stories about you're *Breathing* and living your abundant stress-free life!

AND WHEN IT'S ALL OVER, YOU'LL HEAR YOUR HEAVENLY FATHER SAY: "WELL DONE, GOOD AND FAITHFUL SERVANT." (MATTHEW 25:23)

*It's time to*

## Scripture References

ROMANS 12:21

HEBREWS 13:5

COLOSSIANS 2:10

JAMES 3:17

JAMES 1:22

JAMES 4:7,8

1 THESSALONIANS 5:16-18 NIV

EZEKIEL 36:26 NIV



# *Prayer of Elevation*

Father, I pray for everyone that goes through this study. Help us to remain teachable so that we may receive instructions from our spiritual leaders, mentors, and accountability partners. We are Your children, and You have equipped us for the work of ministry, for the edifying of the body of Christ. Bring us to the unity of faith and knowledge of the son of God, to a perfect man, to the measure of the stature of the fullness of Christ. On the authority of Your Word, we declare we are more than conquerors and are gaining a surpassing victory through Christ Jesus, who loves us. We refuse to be overcome by evil, but we will overcome evil with good. We have on the full armor of light, love and peace, clothed with the Lord Jesus Christ, and make no provision for indulging our flesh.

May we always be doers of God's Word. We have God's wisdom, and we draw it forth with prayer. We are peace-loving, full of compassion and good fruits. We are free from doubts, wavering, and insincerity. We are subject to God, our Father.

We are strong in the Lord and in the power of His might. Therefore, we take our stand against the devil and resist him; he flees from us. We draw close to God, and God draws close to us.

We do not fear, for God never leaves us. We ask for all of these things or better in Jesus' name.

Amen.

