



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.

KEY: 1. refuse 2. mind 3. out 4. one 5. average 6. do 7. stop growing 8. never 9. expect 10. power 11. thoughts 12. right perspective 13. daily 14. learning 15. night before 16. Worship 17. victory