

# *The* ROUTINE

2017

A  
NEW  
BEGINNING

TV  
OUT  
REACH

MINISTRY  
UPDATE  
BY THE  
NUMBERS

PEP TALK

THE WORDS THAT  
LEAD TO YOUR  
SUCCESS

HOW TO  
AVOID

THE  
COMFORT  
ZONE  
TRAP





# ICING WOMEN'S EVENT 2017

October 13-14

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Fort Worth, TX

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for all God has for you.**

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## DEAR FRIENDS & PARTNERS,

### I WANT TO GIVE YOU A PEP TALK!

When I was a cheerleader in high school, we had pep rallies to get the football team and the school motivated and excited about the upcoming game. I could see the students and players go from unenthusiastic and apathetic, to jumping and cheering. What brought about this change in them? The words we spoke. Words are powerful—they can bring life or death to any and every situation.

I see the same thing today as I travel the United States and other nations. People in the audience go from discouraged, hopeless, and fearful to inspired, hope-filled, and full of faith to achieve the dreams and goals God's placed in their heart. On a greater level, we receive testimonies every day of lives transformed after

they've read a book, listened to a podcast, or watched our TV program. That's the power of words.

As you read this issue of *The Routine*, you will see that God's done amazing things over the last few months through this ministry. The need is great, but the vision is greater. Partners and friends, thank you for your support that sends me to give a godly pep talk to hundreds of thousands of people every month through our media outreaches, resources, and conferences. **R**

Grateful for you,

# PEP TALK

“You have the ability to change the entire direction of your life with that little thing under your nose: your mouth. Yes, it’s as simple as it seems.”





We all talk to  
ourselves, and  
our own voice  
is the one we  
believe more than  
anyone else's. So  
**don't you think  
it's important  
what words we  
are saying to  
ourselves?**

Successful people take a proactive approach to their dreams. They don't wait to see what happens with their lives. They prophesy their future. Unsuccessful people speak of things the way they are *as if* they will always be that way. The truth is, as long as you continue to declare negative statements over your life, that's exactly what you will continue to experience.

After years of failed diets and believing his weight problem would never go away, Shad Helmstetter heard about Olympic athletes hiring self-talk trainers to help them win gold medals. So, he decided to try it regarding his weight loss. Shad

wrote out detailed affirmations and positive declarations about his weight loss goals, then audio recorded himself reciting them.

He listened to these affirmations every morning while shaving, and over the course of ten and a half weeks he lost 38 pounds, without dieting! His wife even lost 25 pounds eavesdropping on his declarations as she got ready each day! You see, your words create your reality.

I am so grateful my parents taught me the power of the tongue, and I've done my best to guard my mouth from speaking death or detrimental words over myself. However, I didn't necessarily practice the habit of doing the opposite: *proactively speaking positive words over my future. At least, not with any intentional effort.*

Like the Lord told Joyce Meyer, "Joyce, you have stopped saying negative things, but you have not started saying *positive* things." It's one thing to stop speaking negative, debilitating words over yourself (*I'll never live in a house like that. I have a slow metabolism. I'm not qualified.*), but you've got to take it a step further by *replacing* those words with positive declarations over yourself and your future.

If your first image of giving yourself a pep talk reminds you of *Saturday Night Live's* Stuart Smalley and his catchphrase, "I'm good enough. I'm smart enough,



and doggone it, people like me,” then you probably think this is some kind of ridiculous joke you’re playing on yourself. I understand.

However, you can’t argue with results. When you’ve experienced dream after dream occur in your life as a result of speaking them out loud, ol’ Stuart doesn’t seem so crazy after all. But be encouraged, I do not sit in front of a mirror and slowly talk to myself (with a lisp)!

What would happen if you set aside the potential of feeling silly and traded your limiting, negative self-talk with motivational, positive declarations of faith? Your life would move in that direction.

In 2007, I made a list of declarations to speak over myself. To begin with, most (if not all) of these positive statements were the *opposite* of what I was experiencing at the time. However, I wrote them and spoke them by faith. Some of the declarations included: “I am proactive.” “I am in the best shape of my life.” “I am bold and courageous.” “I am a voice impacting France for Jesus.” “I am confident to minister on television.” “I am confident to minister to thousands of people.” “I speak at the largest conferences in the world.”

When I began this

demonstration of faith, I had never ministered in the nation of France, and the largest crowd I had ever spoken to was about 300 people. However, each morning before driving to the office, I would go in my guest bedroom, grab my homemade notebook of declarations and speak them out by faith.

We see this written in Isaiah 46:10 that God “declares the end from the beginning.” That’s exactly what you’re doing when you declare your dreams before they happen.

I’ll never forget the evening of March 12, 2012, as I stood on the front row of the largest evangelical church in the nation of France. As I was preparing to take the stage, my daughter, Kassidi, leaned over to me and asked, “Mama, are you a little nervous?” Rightfully so, as I was preparing to minister to approximately 10,000 people in Paris, France. I answered, “I am confident to minister to thousands of people. I speak at the largest conferences in the world.”

Why did I reply so courageously? Because what you repeatedly hear, you eventually believe. And like I said before, you believe your own voice more than anyone else’s.

When you consistently give yourself a pep talk by declaring what you believe about yourself



We see this written in Isaiah 46:10 that **God, “declares the end from the beginning.”** That’s exactly what you’re doing when you declare your dreams before they happen.

instead of what you feel, eventually, your actions will line up with your words.

In addition to positive declarations, there is nothing more powerful than speaking God’s Word out of your mouth. If you’re wondering what God’s will is for your life, His Word is His will. When you align your mouth with what God’s Word says, you are activating the power of God to go to work in your life.

If your dreams and goals appear hopeless and there’s no indication things will improve any time soon, let me encourage you to start using your words to change your life instead of just describing it. God always places a bigger dream in your heart before you have the ability

to achieve it. Speaking your dreams into existence is part of the process in achieving them.

Whatever your need may be, instead of talking about what you don’t have, start speaking the Word, “I seek the Lord, and I do not lack any good thing” (Psalm 34:10). Declare out loud, “I don’t worry about anything; instead, I pray about everything, telling God what I need and thanking Him for all He has done” (Philippians 4:6). Find the promises of God in His Word and declare them over the need and over your life.


Don’t get me wrong. You might still think those negative thoughts, just don’t speak them! You cannot talk failure and live in victory. The reverse is true as well: You cannot talk victory

and live in failure.

The Bible tells us we serve a God who speaks of “nonexistent things” AS IF they already exist. He expects us to apply the same principle. What nonexistent things do you need to begin speaking as if they already exist? There are some things in your life that will not change until you begin to speak them out.

You can start changing your life today by changing what you say. I know it works because I’ve experienced it myself. I am literally watching things happen in my life that I know are direct results of declaring by faith the desires God’s placed in my heart. And you can too. Determine to stop saying the wrong things and take it a step further to start saying the right things. **R**

## CHANGE YOUR LIFE WITH YOUR WORDS





- **Pep Talk book**
- **Pep Talk audio book**
- **My Gratitude Journal**
- **Power of Gratitude CD**
- **Positive Declarations CD**
- **My Daily Pep Talk static cling**


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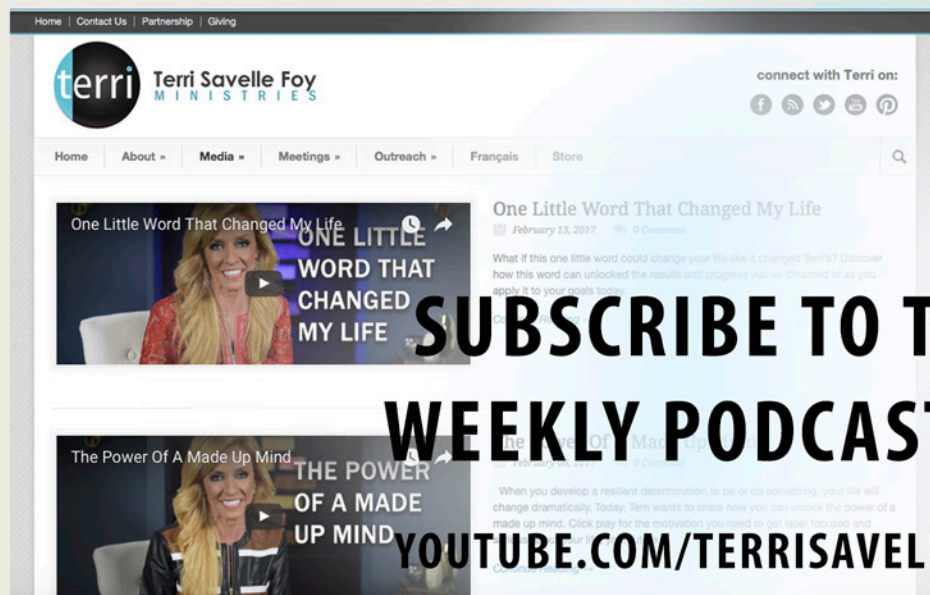
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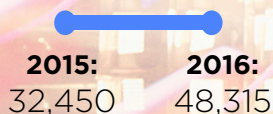
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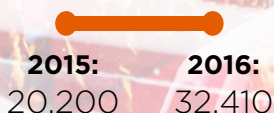
# MINISTRY UPDATE

## SOCIAL MEDIA

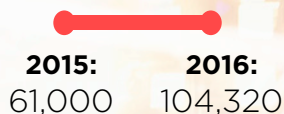
### Facebook Likes



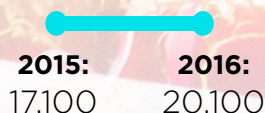
### Instagram Followers



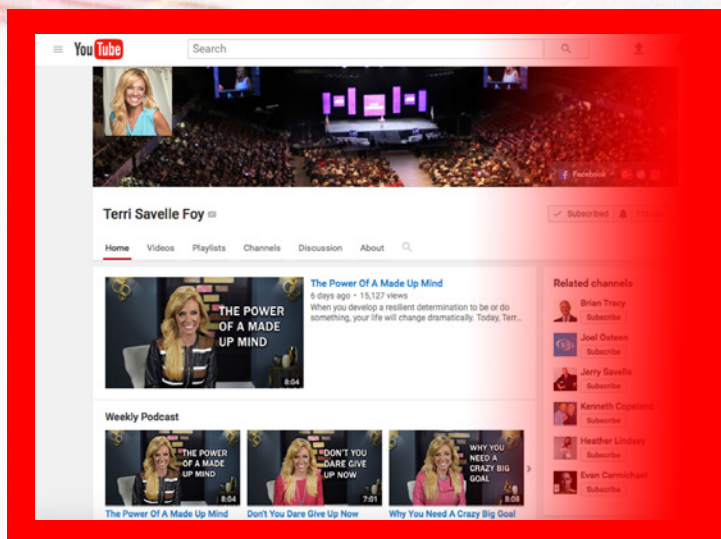
### YouTube Subscribers



### Twitter Followers



- 11.5 million video views
- 284 new subscribers everyday
- 465 podcast teachings available
- 35,455 average website sessions each month
- Facebook posts reach 210,000 people per week



## FRANCE OUTREACH

An additional **2,100** French translation copies of *You're Valuable to God* were distributed during

our last France ministry trip (over **25,000** total given away).

Terri has ministered in *Paris, Lyon, Nice, Brest, Toulon, Marseilles, Vichy, Annecy, Normandy*

TSFM now has **5** books translated in French



## MINISTRY OUTREACHES

We call an average of **571** partners and friends each month to offer prayer and encouragement.

We ship **1627** ministry resource orders each month.

Last year we shipped ministry resources to **84** countries.





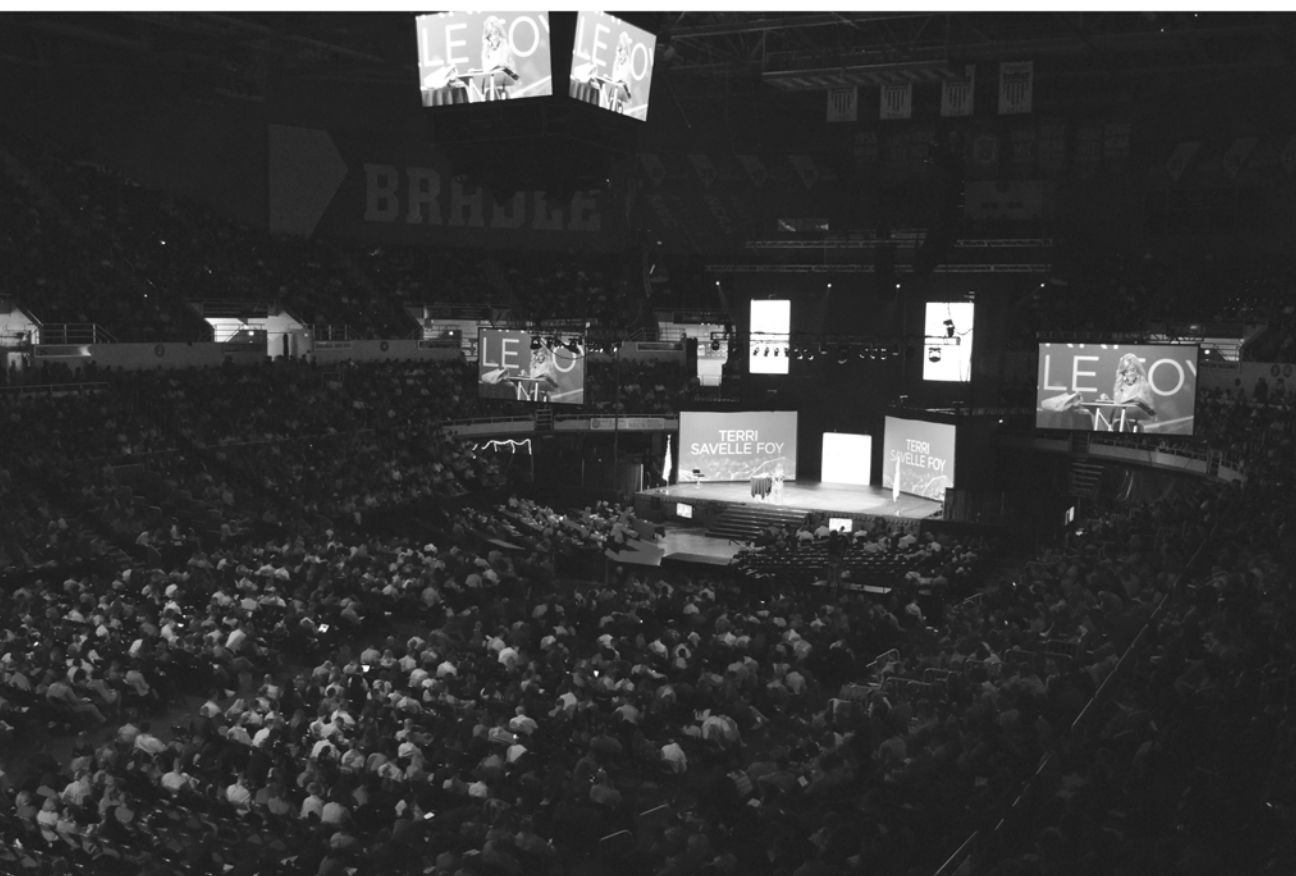


**Our Live Your Dreams TV broadcast** launched on October 2, 2016. We're excited about this new outreach to impact more people than ever. In the first three months of airing, we received an additional 1,509 ministry phone calls along with testimonies everyday of lives changed. For more info on what's next to reach people through television see page 17.

**Our Free to Dream kits** are given away free of charge to girl's homes and help centers in 11 states (with more being added). These precious young women are discovering how to make their dreams bigger than their memories and fulfill God's assignment on their lives.

**Icing 2016:** 1,700 attendees from 30 states and 9 different countries







# TESTIMONY

**I HAVE BEEN  
A LONG-TIME  
LISTENER OF YOUR  
PODCASTS.**

I wanted to say THANK YOU for the time you have taken to make podcasts for many years on important subjects that most of us deal with. Your podcasts have helped me realize the importance of prayer and how to prepare, grow, deal with struggles, forgive, among many others. During the days when I felt very down and alone, when my mind was very sad, low, frustrated or anxious, I watched your videos over and over, one after the other, and my heart felt comforted. I don't know how I would have gotten through some of those nights without you. Thank God for your videos. Just wanted to say I'm grateful to God for you.

**L.S., CANADA**



**I TURNED ON THE  
TV THE OTHER DAY,  
AND YOU WERE ON  
IT.**

I don't know the name of the sermon, but you were talking about removing things from your life, that the enemy uses to remind you of past hurts. The line that got me was, "You may have to delete some texts you have been holding onto." I said to the Lord, "Why would someone hold onto old texts?" BAM! He reminded me of some I was holding onto, on a phone I don't even use anymore. I felt lead and obediently powered up that old phone and deleted the old texts. I asked God to forgive me for my sin. Then I began to thank Him for using you to show me my error. You know after I did that, this huge anger and burden was removed from me! I praise The Author & Perfecter of our faith, Christ Jesus, for your being faithful to preach what He tells you to.

**J.D., FAIRCLOTH**

**I READ YOUR BOOK  
DREAM IT, PIN IT,  
LIVE IT AND LOVED  
IT!**

I am now reading Imagine Big. I wasn't totally convinced that a vision board work, but I was encouraged to make one. I made a book and put pictures of pregnant women on one page. I saved the pictures to my phone as well so I saw them all the time. You see, I was told I couldn't get pregnant because of a health issue. I had been given guardianship of my niece and we started the adoption process but were unable to finish because of finances. We had come to terms with my infertility and not have biological children. I still held out a little hope though that one day we could afford a fertility specialist. God had his own plans though. That page of my dream book came true on September 24, 2016 at 1:37 am when I gave birth to a healthy baby boy! He was conceived naturally and completely by surprise! We have truly been blessed with our growing family, and I will never again doubt the power of having a vision and keeping it in front of you!

**V.M., INDIANA**

**THANK YOU FOR  
BEING OBEDIENT  
TO LAUNCH LIVE  
YOUR DREAMS.**



I want to testify what I have experienced from doing a gratitude journal that I learnt from listening to Terri's broadcast, Live Your Dreams, online. I had an old car which started having problems with a hand break. I did not complain audibly, but inwardly, I wished I had a new car. Since I was doing the gratitude journal, I changed my attitude and started saying, "Thank God I have a car." I became so grateful for what I had. Before long, some friends were relocating to Finland and decided to give us their car! More doors are opening and I am just amazed. Thank you for being obedient to launch Live Your Dreams.

**M.M., ENGLAND**

**I WANTED TO THANK YOU FOR THE ROLE THAT  
YOUR MINISTRY HAS PLAYED IN CHANGING MY  
LIFE FOR THE BETTER.**

Over the last year, I have made a big effort to practice many of the principles you have taught and have been overwhelmed with amazing results. Here are just a few things that happened:

-I graduated undergrad on time and debt free. I received a lot of scholarship money for graduate school. I received two full ride scholarships to pursue a masters program. I was also accepted into a tier one university with over 50% reduction in tuition and fees. I was offered the opportunity to travel abroad and report for major news outlets on a scholarship.

-My income doubled last year. I sowed the biggest seed of my life the very week I moved to NYC under the Lord's instruction and I reaped the biggest harvest of my life.

-My career experienced a major pivot point. I even won a competition for the opportunity of a lifetime to be mentored by a former Victoria Secret model and I have learned so much from her.

I just wanted to thank you again! I'm only 22 years old and it is truly amazing to see all that God has done in my life. God bless you!

**A.L., MICHIGAN**

**I WANTED TO SHARE WITH YOU HOW YOUR MINISTRY HAS  
IMPACTED MY LIFE.**

Before I came across your podcasts and other resources, I used to set goals like "lose weight", "spend more time with God", "be a better wife", etc. I started using your tips and watching your podcasts everyday last year and achieved so much.

Last year I set out to lose 30 pounds by August 30, I managed to lose 22 pounds. And plan on losing the rest this year by May 31.

I was asked to be a board member of a women's organization that seeks to help unemployed and unskilled women, by equipping them with skills and education that will allow them to enter the formal job market. This is something I am very proud of.

Another goal I had was to own our own house by the end of the year, I am happy to report that we managed to get a home last December, and will be moving in February of this year.

Thanks to you and your team, I feel motivated and excited to reach for more goals and know that with dedication, discipline, daily confessing the Word, and with God's help, I am set up for success.

**E.B., NAMIBIA**



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# STEPPING TOWARD A BIG TV VISION

**“I saw you on TV, and at 84 years old,  
I know God has a purpose for me.”**

G.M., North Carolina

# SOMEONE IN NEED IS WAITING ON THE OTHER SIDE OF YOUR OBEDIENCE.

Those are the words I heard years ago that made me wonder if someone could be waiting for me to get my life together and fully pursue all God wanted me to do.

It seems as though every time I start to get comfortable, the Lord instructs me to make a change! But I have made a commitment to Him that regardless of how uncomfortable it is, I will obey.

We took a big step of faith and started our *Live Your Dreams* broadcast on October 2, 2016. The response in phone calls, emails, and partners has been amazing! We are experiencing first-hand the power of television to reach more people than before.

Now the Lord is directing us to take the biggest leap of faith yet. We believe

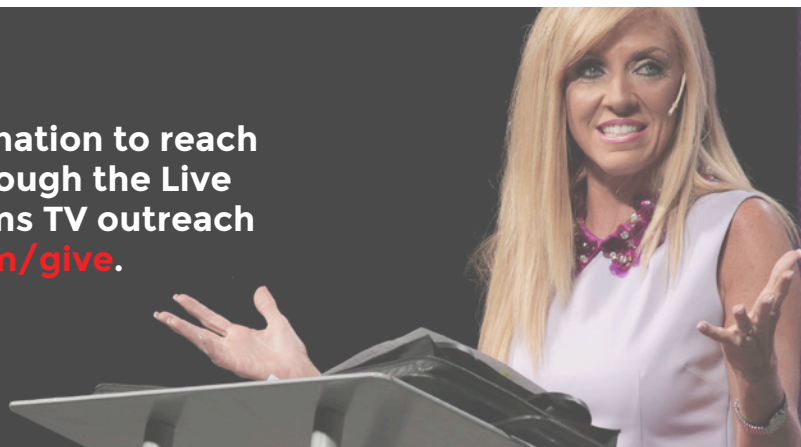
God is calling us to go on a large national/international network. This bold move will essentially triple the number of people we'll be able to reach each week. A big leap like this also brings a big financial commitment. The cost for this expanded outreach will be an additional \$41,000 per month (\$493,000 annually). We know that with God, all things are possible and we're trusting Him all the way!

I'd like to ask you to prayerfully consider sowing a financial seed into this outreach expansion. Together we can do great things to reach people and make an eternal impact. We'll be standing in faith with you for a great harvest on the seed you sow. **R**

Much love to you,



**Make a donation to reach  
people through the Live  
Your Dreams TV outreach  
at [terri.com/give](http://terri.com/give).**





# The Comfort Zone Trap

by Terri Savelle Foy

Any time you are getting ready to go to a new level in your life, it will demand leaving a place of comfort. God never wants us to plateau or get too comfortable for too long. He's constantly stretching us to do new things, to launch out, to dream bigger. You can't stay in the safe zone all your life and expect to live your dreams or fulfill God's call on your life.

In Joshua chapter three, the Children of Israel were facing a point of transition as they were about to cross the Jordan. God had to instruct them on how to follow Him. "Then you will know which way to go, since *you have*

*never been this way before.*"

I believe God is saying that to you today. "New things are on the horizon for you—new places, provision, and dreams you've never experienced before!" But you have to step out in faith as you follow Him.

Just when we think, "Yes, I've got a system in place. I can rest here." He says, "It's time for something new." These new things are usually something big, expensive, costly, uncomfortable, challenging and downright scary. So many times, we make our goal in life to be comfortable and convenient. But living that way only results in an unsuccessful life filled with regrets. I like what I heard Brian Tracy say, "Move out of your comfort zone! You can only grow if you are willing to feel awkward and uncomfortable when you try something new."

Sometimes the things God has brought into your life to bless you were only meant for a season. Those blessings can turn into a curse if you never let go or stay there too long. It's time to move out of the comfort zone. Imagine what your life will be like 5-10 years from now if you stay exactly where you are. Will you be satisfied? Will you be fulfilling all God has for you?

Throughout the Bible, we see people leaving great things in order to have greater things. "Jesus replied, 'Let me assure



you that no one has ever given up anything—home, brothers, sisters, mother, father, children, or property—for love of me and to tell others the Good News, who won't be given back, a hundred times over, homes, brothers, sisters, mothers, children, and land with persecutions" (Mark 10:29).

You do have to give up in order to go up, but God promises to give you back more than what you're willing to give up!

Every time I've sucked it up, and made myself launch out of my comfort zone, the results far exceeded my expectations. You will never regret obeying God.

Everything you've ever wanted is one step outside your comfort zone.

Change can be scary, and transition brings an element of the unknown. Know that behind it all God is preparing to launch you into a promotion. **R**

**If you are facing a transition in your life, this is a must-have teaching series. Terri shares her personal story of stepping out of what was familiar and comfortable for 22 years in order to launch out in a new direction. As you listen, you'll discover how you can get out of the nest of comfort and soar to new heights too.**



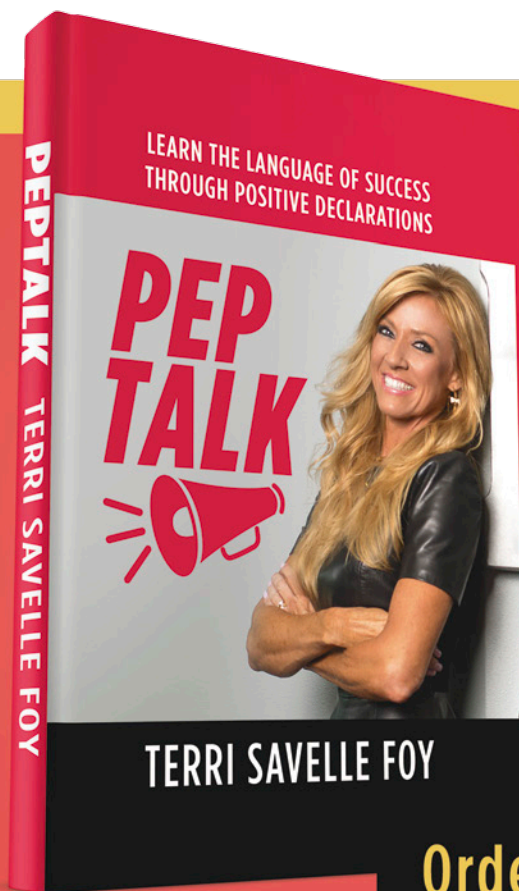
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