

Brave Body Method Workbook

STEP 1: K – KNOW YOU'RE HOT

1.1 YOU ARE WHAT YOU THINK YOU ARE

1. What does the idea “everything is an act of second creation” mean to you? How have you seen that principle at work in your own life, good or bad?

2. How do you view yourself? Describe three words that run through your mind often... or finish the phrase: “I am so _____.”

3. What would your life look like, if you viewed yourself as a Masterpiece? How would you act differently?

1.2 THE 4:8 FILTER

SPAGHETTI STRAINER EXERCISE

1. Be honest, have you ever thought like the devil's translation of Philippians 4:8? Name one critical thought, or a thought that brings you pain (write down your painful thought, you painful belief):

2. When you think this thought, how do you feel? Write down at least two feelings the painful thought causes you to feel.

3. When you experience these feelings, how do you act? Write down the actions you take with these feelings.

4. When you act this way, what is the result? Write down what happens when you behave the way you do.

SHIFTING PERSPECTIVE

5. Take a moment and ask, "Is your original thought true? Is it 100% sure? Write down three reasons why your thought is not 100% true.

6. Knowing your original thought is no longer true, what's a new, less painful thought that is just as true, or more true than your original thought? Write down three slightly better feeling thoughts that you know are true.

7. Of the three new, less painful thoughts, which one resonates with you the most? Circle this new, less painful thought.

8. When you experience these feelings, how might you act? Write down the actions you might take with these feelings.

9. If you act this way, what will be the result? Write down what happens if you behave in this new way.

1.3 DISCOVER YOUR U.A.P!

UNIQUE AWESOME PROPOSITION—WHAT MAKES YOU, YOU!

Be encouraged by taking this sample script, customizing it, and sending it to five friends via email (or [make it free in Survey Monkey!](#)).

Sample Script:

Hi Friends!!!

As some of you know, I just (started a new season / began a career shift / am honing in on my strengths / thought I'd just do this for fun) whoo hoo! I really want to get super clear on my unique abilities, because I really want to help people, and add real value to their lives - the best way that I can. I'm sending this to only a few people who I TRUST and really admire, so wanted to ask - would you take just 3 minutes to fill this out for me? Unique abilities would be described as my:

- talents and abilities (what I'm good at)*
- characteristics that describe me*
- how I do things*
- what you count on me for*
- anything that impresses you about who I am*

Thank you - I REALLY appreciate your help with this!

1. What do you feel are my 3 best qualities?

2. What 3 words would you use to describe me?

3. What other comments and/or observations would you like to share?

1.4 YOU ARE A MASTERPIECE

MASTERPIECE MOMENT EXERCISE

1. Think back to a time when you excelled beyond what you thought you could do. Write down a description of that event:

2. What did it feel like to perform so well? Write down three adjectives that describe the sensation you felt.

3. Hold the picture of you doing so well in your mind. In what ways, will experiencing this moment again, and again, change your life? In what ways will your life be different?

That is the real you. As you meditate on your Masterpiece Moment, get ready to begin experiencing success with greater frequency, and power.

What is an ugly, hairy, thought you have been having lately?

What are five of your most amazing qualities?

What are five things you love about your body?

If you spoke to yourself as a cherished friend, what would you say?

What is one of your “masterpiece” moments, a time when everything went better than you had hoped and you felt at your absolute BEST?

What is one Hot Thought you can begin to think upon?

1. I am healthy and vibrant.
2. I plan my meals and snacks.
3. My metabolism works effectively.
4. I have more than enough energy.
5. I crave lean protein, healthy carbs, and essential fats.
6. I drink lots of pure water.
7. I am on top of addictions and destructive lifestyle habits.
8. I can do it through Christ.
9. I lose weight easily.
10. My best days are still ahead of me.

Or write your own Hot Thought here:

STEP 2: I – INFLICT DAMAGE

1. What do you tend to do more, speak out negative remarks regarding yourself, or be quiet— and just think them?

2. Have you ever faced incredible fear like Eileen did on the airplane? What would it look like for you to move from being the one “afflicted”, to being the one to “inflict damage” and declare out loud God’s promises? How would you feel?

3. What sort of things would you like to speak into existence regarding your health? confidence? appearance?

4. Which verse resonates with you the most from the Scripture list (pg. 92)?

5. Which verse resonates with you the most from the Scripture list (page 92)? Which one could you most imagine speaking out loud?

STEP 3: S – SEE THE GOD-PAINTING

“When you don’t have vision, you are actually dying while you are alive. You notice there is no joy, no spark, no hope that anything could change.”

Is this statement something you can relate to? Have you ever felt stuck by not having a clear vision?

To Prime the Pump begin asking yourself these 4 Questions:

1. What does your IDEAL body look like?

2. How do you FEEL in your new shape?

3. What are people SAYING to you as a result of your success?

4. What else has shown up in your life as a result of having now healthy mind, body & spirit?

When you don't have vision, you are actually dying while you are alive.

You notice there is no joy, no spark, no hope that anything could change." Is this statement something you can relate to?

Have you ever felt stuck by not having a clear vision?

7 Steps to See Your God-Painting

1. Find a Sacred Space.
2. Become Quiet and/or Put on Instrumental Music.
3. Focus your attention upon the Word.
4. Don't Ask, "How?" Ask, "What?"
5. Keep At It Until You Get a Feeling of Calm and Confidence.
6. Emerge with a Smile.
7. Add Pictures to Your God-Painting.

What energizing picture of the future is God giving you? Record some of what you see here: *(Be specific: What are you wearing? How do you feel? Use present tense.)*

In the future when you have achieved your ideal body & ideal life...what does it look like?

What do you see and feel, or hear from people that lets you realize you have achieved success?

Did the Holy Spirit reveal an ideal weight for you? [Optional]

The weight I believe You desire for me is: _____

STEP 4: S – START BEFORE YOU’RE READY

What does this thought mean to you: “Too often we wait to ‘feel it’ before we take action”? What would show up in your life if you started to “do it now” and start before you’re ready?

Think back to how the seed-principle has been at work in your own life. Name a small action that you have done, that has produced big positive results.

Practice “advance decision making” for when your flesh might throw a fit. Name 3 activities you can do to mitigate resistance when it comes.

Identify the seed you’ll sow in each area:

Eating: I sow this as a seed toward my healing:

Bedtime eating

This beverage _____

Other: _____

As an alternative, I will plan on doing this Non-Eating Activity (walking, writing letters, cleaning out a closet, etc.) instead:

Exercise: I commit to sow this seed of activity for at least 10 minutes:

Confidence: I commit to acting confident when I am in this upcoming situation:

Pray this when you sow:

Father, I sow _____ as a seed in faith. It's impossible with me, but thank you, it's possible with YOU to help me! Strengthen me in Jesus' Name. Amen.

Don't forget to sow your seeds daily—you are going to see supernatural results quickly!

BBM 21-DAILY ACTION GUIDE

“K” — KNOW YOU’RE HOT

Choose one Hot Thought (from page 46) and commit to think about it for 2 minutes each day.

“I” — INFLICT DAMAGE

Speak one Scripture (from the list on page 92) every day. (You may want to speak more than one scripture, but commit to speak at least one!)

“S” — SEE THE GOD PAINTING

Practice meditating for a few minutes upon your God painting each day.

“S” — START BEFORE YOU’RE READY

Identify the seed you’ll sow in each area:

1. Eating: I sow this as a seed toward my healing:

Bedtime eating

This beverage _____

Other: _____

As an alternative, I will plan on doing this Non-Eating Activity (walking, writing letters, cleaning out a closet, etc.) instead:

2. Exercise: I commit to sow this seed of activity for at least 10 minutes:

3. Confidence: I commit to acting confident when: