



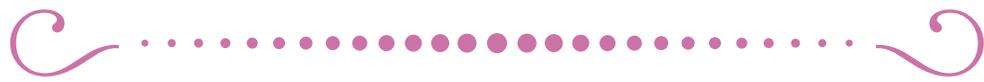
LAMOUR LIFE EMPOWERMENT

GROUNDING IN FAITHFULNESS

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NOW IS THE TIME TO REMAIN FAITHFUL!



Your regular routine may not be so regular at this time. You may have needed to adjust on different levels, whether its home-schooling children, working from home or having to be at home. Of course this does not mean the world stops or we stop working. This means being intentional with what you choose to do during these challenging time. What are you doing to move, motivate and inspire you.

This 7-day Planner can be used to ground you while you adjust to this temporary way of living.

Grounding is to stand firm and let your day be intentionally led through divine guidance.



7 PARTS TO GROUNDING

PRAYER:

This is where you speak to your highest power

During this time try not to lean on your own understanding. Know there is a higher power that is in charge of everything. When you depend on a higher power, you will trust that whatever you cannot handle; can still be overcome. In prayer, bring all thoughts and feelings to your highest power. Let your creator be your source of release.

LISTEN:

When connecting with your higher power make time to listen

Listening involves sitting in silence after prayer. You ask; you shall receive. In silence, there is an inner voice you will hear that will guide you in your choice, follow that inner voice. The voice should be aligned with Gods' will.



JOURNAL:

- Write down what you hear
- Write down your request
- Write down when your prayers are answered.

Writing is a great way of looking back, remembering Gods promise and your growth.

AFFIRMATIONS:

Take the time to practice positive thinking and self-empowerment.

By repeating an empowering sentence or phrase, you are fostering a positive belief and a positive mental attitude. Your attitude is what is going to ultimately guide your day.

DECLARATION:

Have a say over what your day will bring.

Use the power of your words to make a bold statement of your day, despite how challenging things may seem. Declarations are what your day gets to be verses what your day appear to be.



POWER UP:

Intentionally, take the time to add song in your daily life.

Music is one of the best mood changers. Start your day off by deciding a power up song. When things get challenging, sing or play your power up song.

CALL TO ACTION:

Your call to action is the way you can be of service to yourself, family, or others.

Your call to action is similar to a to do list. This time you are asking for your higher power to guide you. Whoever or whatever is placed in your heart after you ask the question, execute your call to action.

CELEBRATION:

Always celebrate who you are.

"Celebrating you" can mean:

- Dancing in the mirror
- Making an exciting video
- Doing your own mani/pedi
- Drawing yourself a picture
- Working out
- Or anything that makes you happy

Whatever you choose, schedule time to do it, journal your experience and the feelings it brought to you.



JOURNAL ENTRY # 1

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?



JOURNAL ENTRY # 2

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?



JOURNAL ENTRY # 3

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?



JOURNAL ENTRY # 4

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?



JOURNAL ENTRY # 5

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?



JOURNAL ENTRY # 6

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?



JOURNAL ENTRY # 7

Date:

Time:

Affirmation (sample): I am peaceful, I am one, I am complete, I am free

My Affirmation for today: I am _____

Declaration (sample): I declare today will be a peaceful day

My deceleration for today: _____

Power up song: _____

My prayer today is:

My heart told me:

What words do you hear while you're in silent, what bible verses



Journal:

What thoughts do you have? What message would you like to share?



Call to Action:

What is on your to do list. What calls do you need to make? Who do you need to check on? What actions are you going to take towards your growth and empowerment?



Celebration:

How did you celebrate yourself today?

