



Step 4: Permission to Do.

Commitment, Excellence, Discipline

Colossians 3:23 TPT

Put your heart and soul into every activity you do, as though you are doing it for the Lord himself and not merely for others.

Ephesians 3:20 TPT

Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you.

You've done mental work, you've written your goals... the intention has been set! Now it's time to include 3 vital ingredients! Commitment, excellence and discipline! Here is how I define these three activators for MORE

Commitment: Honoring your promises and priorities (How would your life change if you began to look at your goal as a promise to yourself! WOW!)

Excellence: "Commitment to completion" (has nothing to do with perfection... but rather how you SHOW UP for yourself as you create the life you desire! And complete what you set out to accomplish)

Discipline: The will to MOVE forward to MORE despite your current feelings, emotions and/or circumstances! (remember Ephesians 3:20 God's power energizes us... TAP IN)



Step 4:

Permission to Activate.

Commitment, Excellence, Discipline

Based on what we covered, what has been your biggest "aha". How will Colossians 3:23 and Ephesians 3:20 impact how you SHOW UP, and Manifest Overflow & Results in your life? How can you begin to add in the three **activators for M.O.R.E** (commitment, excellence and discipline) to fuel your goals (promises to yourself)?

As you give yourself permission for M.O.R.E remember, not everyone will understand. Not everyone will get it, or support what you are doing (especially as a whole momma, you're amazing by the way). Don't let that discourage you! This is deeply personal! And as Colossians 3:23 states, we do what we do for HIM! Furthermore, just because you're doing this challenge, doesn't mean negativity will stop! IT will come and sometimes it may knock you off your game! Since we know it happens, what can we do? Make a **"Permission for MORE" playlist** that you can turn on when you feel the negativity trying to creep in! Songs, podcasts, affirmation videos from YouTube, voice memos...etc! Have it preselected and ready at a moments notice! This will help you stay in alignment, and keep your vibrations high! You win the battle by being prepared for the attacks! Remember that!