

10XFreedom

LIVE OUT YOUR CALLING

MAXIMIZE YOUR DREAMS

OPTIMIZE YOUR HEALTH

STAY IN THE FIGHT

GROW YOUR IMPACT

LEAD BY EXAMPLE

10X YOUR FREEDOM

ABOUT 10XF.

A few years ago, I realized I wasn't living the way I was called to. From the outside, things looked good—I had a great career, a strong family, and a vision for my future. But deep down, I knew I wasn't being disciplined with my time, my habits, or my mindset. I wasn't striving to optimize my life in the way I knew I could. More than that, I wanted to show up fully, lead boldly, and make an impact in a way that truly mattered.

I had areas of my life that weren't in alignment. I was managing instead of mastering. I was keeping things to myself instead of bringing them into the light. I knew I had to get serious about accountability—not just for my goals, but for my soul. I needed to deal with my past sins and wounds, get honest about where I was, and fully commit to the discipline of living in truth. No hiding. No excuses. 100% in the light.

That's when I built the system behind 10XF.

At first, it was just a way to hold myself accountable—to create structure around my time, my faith, my fitness, and my leadership. But the more I leaned into these daily disciplines, the more I saw how the Holy Spirit was guiding me. My priorities shifted. My focus sharpened. The more I surrendered my plans to God, the more clarity and freedom I experienced.

10XF isn't about grinding harder. It's about aligning your life with the right priorities—faith, family, health, and leadership. It's about eliminating distractions, building real discipline, and letting the Holy Spirit guide your path. Over time, the small, consistent wins stack up—until one day, you realize you're walking in a level of freedom, confidence, and opportunity that you never thought possible.

My hope and prayer is that this system helps you step into that same freedom. That you take control of your time not to serve yourself, but to serve God. That you stop holding back, stop hiding, and start living fully in the light.

Let's get to work.

— Tim Adair

LIVING A 10X LIFE.

A 10X life isn't about settling for average—it's about pushing beyond limitations, taking full ownership of your time, and living purposefully in every area of life. 10XF is about breaking free from excuses, distractions, and complacency to build a life of discipline, impact, and relentless growth. It means strengthening your faith, sharpening your mind, forging your body, and confidently leading your family. Living at this level requires intentionality, consistency, and an unwavering commitment to becoming the man God created you to be.

At its core, 10XF is built on four key pillars: Leadership, Authenticity, Purpose, and Character—principles that shape how you live, lead, and impact those around you.

1. Leadership – Stepping Up with Strength and Conviction

Leadership is not about titles—it's about taking responsibility, setting the standard, and guiding others with wisdom and courage. A true leader is humble yet bold, servant-hearted yet strong, leading by example in faith, family, and mission.

“Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves.” — Philippians 2:3 (NLT)

2. Authenticity – Living with Integrity and Truth

Authenticity means being real, transparent, and unwavering in your values. It's about aligning your actions with your beliefs—no masks, no compromises, no pretending. You live the same way in private as you do in public, standing firm in truth.

“We reject all shameful deeds and underhanded methods. We don't try to trick anyone or distort the word of God. We tell the truth before God, and all who are honest know this.” — 2 Corinthians 4:2 (NLT)

3. Purpose – Pursuing Your God-Given Mission with Focus and Grit

Purpose is more than ambition—it's the calling God has placed on your life. It requires focus, discipline, and a refusal to settle. When you live with purpose, every decision, habit, and challenge is filtered through the lens of why you were created.

“For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” — Ephesians 2:10 (NLT)

4. Character – The Foundation of Strength and Resilience

Character is the discipline to do what's right, even when it's hard. It's the strength forged in faith, tested in adversity, and proven in how you show up daily. Without strong character, success is temporary—but with it, your legacy endures.

“People with integrity walk safely, but those who follow crooked paths will be exposed.” — Proverbs 10:9 (NLT)

10XF

ANNUAL PLAN

THEME FOR THE YEAR

PRAY FOR PEOPLE

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08
- 09
- 10

FOCUS GOAL

GOAL 01

PRAY FOR IMPACT

- 01
- 02
- 03
- 04
- 05
- 06
- 07
- 08
- 09
- 10

GOAL 02

GOAL 03

PRAY FOR INTENTION

- 01
- 02
- 03
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GOAL 04

GOAL 05

ENERGY AUDIT

WHAT GIVES ME ENERGY?

WHAT DRAINS ME?

WHAT IS THE ONE THING THAT EXCITES ME THE MOST?

WHAT AREAS WILL I STOP FOCUSING ON?

25 YEAR VISION

WHAT IS MY VISION FOR THE NEXT 25 YEARS?

HOW WILL OTHERS FEEL ABOUT MY IMPACT?

MAJOR GOALS THAT I WILL ACCOMPLISH IN THE NEXT 25 YEARS

ANNUAL PLAN

BIG ROCKS CALENDAR

WHAT MAJOR EVENTS NEED TO BE PLANNED?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
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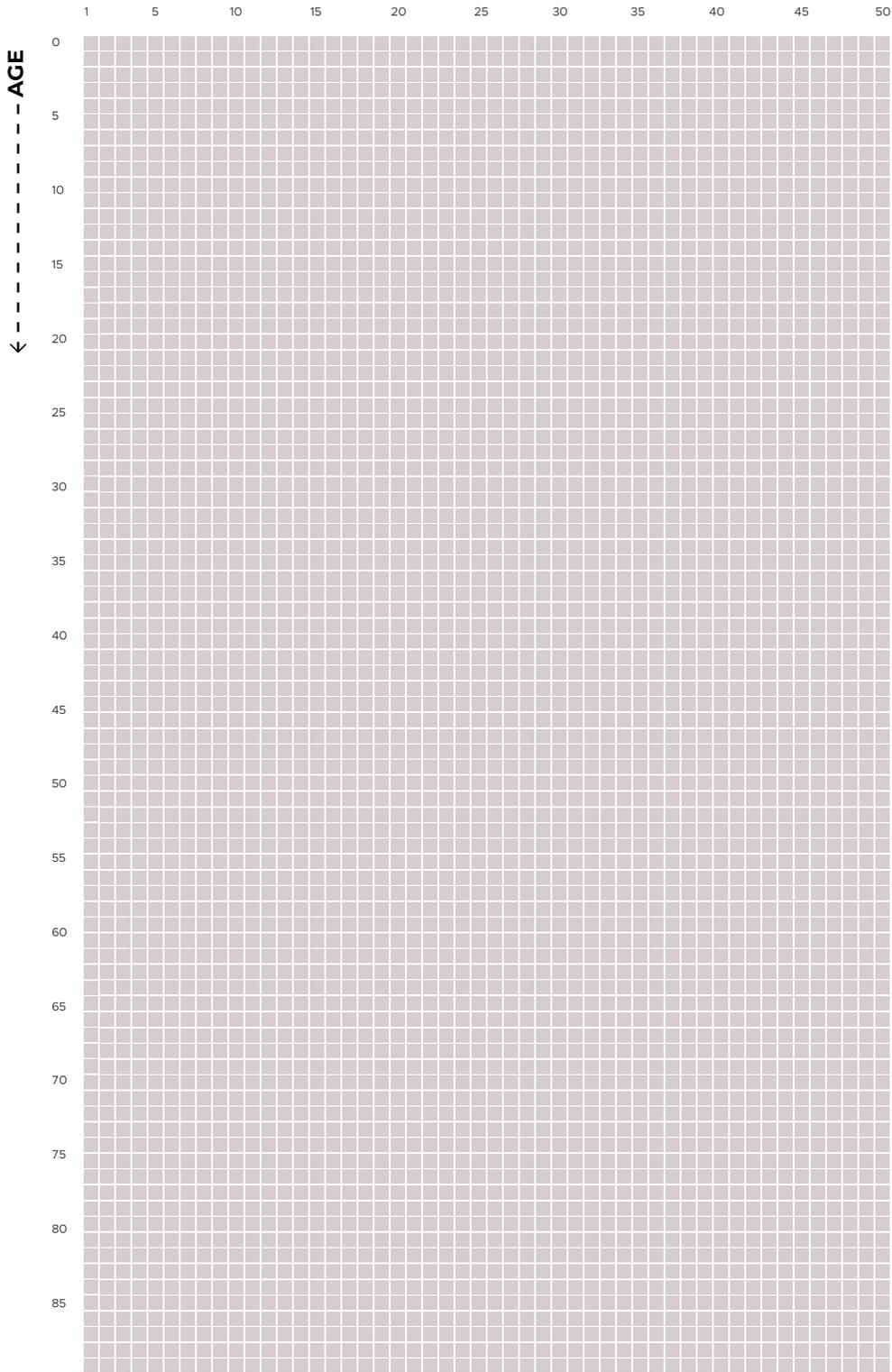
NOTES

ANNUAL PLAN

MAKE THE MOST OF EACH DAY

HOW WILL I BE INTENTIONAL THIS YEAR?

WEEK OF YEAR ----->



Reflection Questions:

Do I spend my time in alignment with my purpose and priorities?

Where do I waste time or get distracted?

Do I invest in relationships that matter (family, faith, friendships, business)?

What is one thing I need to do differently to be more intentional?

How much of my calendar is filled with things that truly move me forward?

Where do I need to create more discipline or structure in my schedule?

Do I leave enough margin for rest, reflection, and relationships?

How can I ensure my time reflects my faith, purpose, and long-term goals?

WHAT GOALS DID I ACCOMPLISH?

WHAT WAS MY IMPACT?

WHAT DID I HEAR FROM THE HOLY SPIRIT?

WHAT PRAYERS WERE ANSWERED?

WHAT NEEDS TO CHANGE NEXT YEAR?

10XF
MONTH

MONTHLY PLAN

MONTH IN QUARTER 3 2 1

BIG GOAL 1

BIG GOAL 2

BIG GOAL 3

MONTHLY FAMILY GOALS

01

02

03

MONTHLY FAITH GOALS

01

02

03

MONTHLY LEADERSHIP GOALS

01

02

03

MONTHLY HEALTH GOALS

01

02

03

MONTHLY FINANCIAL, & GIVING GOALS

01

02

03

MONTHLY PRAYER

PRAY FOR FAMILY

01

02

03

04

05

PRAY FOR FRIENDS

01

02

03

04

05

PRAY FOR BUSINESS/WORK

01

02

03

04

05

BATTLE AND BEAR BURDENS

01

02

03

04

05

WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

NOTES

OPENING PRAYER

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WHO I AM IN CHRIST

I am victorious: I have victory over sin and death through Jesus.
"Despite all these things, overwhelming victory is ours through Christ, who loved us." — Romans 8:37 (NLT)

I am forgiven: My sins are cleansed, and I am made new.
"He is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins." — Ephesians 1:7 (NLT)

I am called: God has called me into relationship with Him.
"For you are a chosen people. You are royal priests, a holy nation, God's very own possession." — 1 Peter 2:9 (NLT)

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"But to all who believed Him and accepted Him, He gave the right to become children of God." — John 1:12 (NLT)

I am a new creation: I am transformed, leaving behind the old life.
"Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" — 2 Corinthians 5:17 (NLT)

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I lift up my monthly goals, prayers, and dreams—give me clarity and strength to move forward.
"Commit your actions to the Lord, and your plans will succeed." — Proverbs 16:3

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PRAYER

OPENING PRAYER

Father, I surrender this day to You. You are my Creator, Redeemer, and King—and I give You all of me: my heart, my thoughts, my words, my actions. I trust You with everything. Jesus, I need You. Lead me in Your truth, fill me with Your Spirit - I choose to walk in step with You today. I declare that my success is following You, no matter the outcome. I break every agreement I've made with fear, shame, or defeat—I am free because of You. Cover me with Your armor. I choose to fight today's battles with Your truth, righteousness, faith, salvation, and the power of Your Word. I am Yours and my identity is in You. In Jesus' name, Amen.

WHO I AM IN CHRIST

I am victorious: I have victory over sin and death through Jesus.
"Despite all these things, overwhelming victory is ours through Christ, who loved us." — Romans 8:37 (NLT)

I am forgiven: My sins are cleansed, and I am made new.
"He is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins." — Ephesians 1:7 (NLT)

I am called: God has called me into relationship with Him.
"For you are a chosen people. You are royal priests, a holy nation, God's very own possession." — 1 Peter 2:9 (NLT)

I am a child of God: I belong to God's family and can call Him Father.
"But to all who believed Him and accepted Him, He gave the right to become children of God." — John 1:12 (NLT)

I am a new creation: I am transformed, leaving behind the old life.
"Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" — 2 Corinthians 5:17 (NLT)

I am God's workmanship: I am uniquely created for good works.
"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." — Ephesians 2:10 (NLT)

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GOAL

GRATEFUL FOR

PRAYER

WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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BIG GOAL

PRAY FOR PEOPLE

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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GOAL 01

GOAL 02

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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MONTHLY PLAN

MONTH IN QUARTER 3 2 1

BIG GOAL 1

BIG GOAL 2

BIG GOAL 3

MONTHLY FAMILY GOALS

01

02

03

MONTHLY FAITH GOALS

01

02

03

MONTHLY LEADERSHIP GOALS

01

02

03

MONTHLY HEALTH GOALS

01

02

03

MONTHLY FINANCIAL, & GIVING GOALS

01

02

03

MONTHLY PRAYER

PRAY FOR FAMILY

01

02

03

04

05

PRAY FOR FRIENDS

01

02

03

04

05

PRAY FOR BUSINESS/WORK

01

02

03

04

05

BATTLE AND BEAR BURDENS

01

02

03

04

05

WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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GRATEFUL FOR

PRAYER

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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MONTHLY PLAN

MONTH IN QUARTER 3 2 1

BIG GOAL 1

BIG GOAL 2

BIG GOAL 3

MONTHLY FAMILY GOALS

01

02

03

MONTHLY FAITH GOALS

01

02

03

MONTHLY LEADERSHIP GOALS

01

02

03

MONTHLY HEALTH GOALS

01

02

03

MONTHLY FINANCIAL, & GIVING GOALS

01

02

03

MONTHLY PRAYER

PRAY FOR FAMILY

01

02

03

04

05

PRAY FOR FRIENDS

01

02

03

04

05

PRAY FOR BUSINESS/WORK

01

02

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04

05

BATTLE AND BEAR BURDENS

01

02

03

04

05

WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

NOTES

OPENING PRAYER

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WHO I AM IN CHRIST

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"Despite all these things, overwhelming victory is ours through Christ, who loved us." — Romans 8:37 (NLT)

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"He is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins." — Ephesians 1:7 (NLT)

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"For you are a chosen people. You are royal priests, a holy nation, God's very own possession." — 1 Peter 2:9 (NLT)

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Father, I surrender this day to You. You are my Creator, Redeemer, and King—and I give You all of me: my heart, my thoughts, my words, my actions. I trust You with everything. Jesus, I need You. Lead me in Your truth, fill me with Your Spirit - I choose to walk in step with You today. I declare that my success is following You, no matter the outcome. I break every agreement I've made with fear, shame, or defeat—I am free because of You. Cover me with Your armor. I choose to fight today's battles with Your truth, righteousness, faith, salvation, and the power of Your Word. I am Yours and my identity is in You. In Jesus' name, Amen.

WHO I AM IN CHRIST

I am victorious: I have victory over sin and death through Jesus.
"Despite all these things, overwhelming victory is ours through Christ, who loved us." — Romans 8:37 (NLT)

I am forgiven: My sins are cleansed, and I am made new.
"He is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins." — Ephesians 1:7 (NLT)

I am called: God has called me into relationship with Him.
"For you are a chosen people. You are royal priests, a holy nation, God's very own possession." — 1 Peter 2:9 (NLT)

I am a child of God: I belong to God's family and can call Him Father.
"But to all who believed Him and accepted Him, He gave the right to become children of God." — John 1:12 (NLT)

I am a new creation: I am transformed, leaving behind the old life.
"Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" — 2 Corinthians 5:17 (NLT)

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GRATEFUL FOR

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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GRATEFUL FOR

PRAYER

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MONTHLY PLAN

MONTH IN QUARTER 3 2 1

BIG GOAL 1

BIG GOAL 2

BIG GOAL 3

MONTHLY FAMILY GOALS

01

02

03

MONTHLY FAITH GOALS

01

02

03

MONTHLY LEADERSHIP GOALS

01

02

03

MONTHLY HEALTH GOALS

01

02

03

MONTHLY FINANCIAL, & GIVING GOALS

01

02

03

MONTHLY PRAYER

PRAY FOR FAMILY

01

02

03

04

05

PRAY FOR FRIENDS

01

02

03

04

05

PRAY FOR BUSINESS/WORK

01

02

03

04

05

BATTLE AND BEAR BURDENS

01

02

03

04

05

WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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Father, I surrender this day to You. You are my Creator, Redeemer, and King—and I give You all of me: my heart, my thoughts, my words, my actions. I trust You with everything. Jesus, I need You. Lead me in Your truth, fill me with Your Spirit - I choose to walk in step with You today. I declare that my success is following You, no matter the outcome. I break every agreement I've made with fear, shame, or defeat—I am free because of You. Cover me with Your armor. I choose to fight today's battles with Your truth, righteousness, faith, salvation, and the power of Your Word. I am Yours and my identity is in You. In Jesus' name, Amen.

WHO I AM IN CHRIST

I am victorious: I have victory over sin and death through Jesus.
"Despite all these things, overwhelming victory is ours through Christ, who loved us." — Romans 8:37 (NLT)

I am forgiven: My sins are cleansed, and I am made new.
"He is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins." — Ephesians 1:7 (NLT)

I am called: God has called me into relationship with Him.
"For you are a chosen people. You are royal priests, a holy nation, God's very own possession." — 1 Peter 2:9 (NLT)

I am a child of God: I belong to God's family and can call Him Father.
"But to all who believed Him and accepted Him, He gave the right to become children of God." — John 1:12 (NLT)

I am a new creation: I am transformed, leaving behind the old life.
"Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" — 2 Corinthians 5:17 (NLT)

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"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." — Ephesians 2:10 (NLT)

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WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

02

03

04

05

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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GRATEFUL FOR

PRAYER

WEEKLY PLAN

WEEK IN QUARTER 13 12 11 10 9 8 7 6 5 4 3 2 1

CHALLENGES TO PRAY THROUGH

BIG GOAL

PRAY FOR PEOPLE

01

02

03

04

05

NOTES FROM THE HOLY SPIRIT

PRAY FOR IMPACT

01

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04

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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WEEKLY WORKOUT PLAN

GOAL 01

GOAL 02

	MON	TUE	WED	THU	FRI	SAT	SUN	GOAL	ACTUAL
CARDIO									
WEIGHTS									

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BIG GOAL

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FITNESS WINS

BUSINESS WINS

CHANGES NEEDED

VISION FOR NEXT MONTH

NOTES

