FROM FEAR TO FLOW

PARTICIPANT WORKBOOK

How faith, knowledge, and bold action break stagnation and release what you carry

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COURSE PROMISE

This workbook helps you translate the course into personal clarity, practical action, and visible movement. The goal is not inspiration alone. The goal is one concrete step of faith, structure, and execution within 24 hours.

THE FLOW METHOD™

F - Face the Fear	L - Locate the Oil	O - Offer It in a Vessel	W - Walk in Bold Action
Name the resistance clearly.	Identify what God has placed in your hands.	Package it so it can serve a real need.	Take one visible step before fear renegotiates.

THE FLOW METHOD™

What fear, shame, or hesitation has been keeping you bound?

_____

_____

_____

_____

What language has that fear been using? Check any that apply:

- ☐ I need more time before I start.
- ☐ It is not ready enough to be seen.
- ☐ Others are already better than me.
- ☐ Maybe this is not the right season.
- ☐ I do not want to be rejected or misunderstood.

3. IDENTIFY THE EMPTY VESSELS

People are hungry for something specific. Name the need your oil could serve.

Who needs this?	What are they struggling with?	What transformation do they want?	What would "full" look like?

4. BUILD THE OFFER VESSEL

Your oil needs a container people can understand. Choose one vessel to test.

- ☐ One coaching session
- ☐ A paid workshop
- ☐ A short guide or workbook
- ☐ A consulting service
- ☐ A digital product
- ☐ A small group class
- ☐ A short video series
- ☐ Other: _____

5. RENEW THE MIND

Romans 12:2 points to transformation through renewed thinking.
Write the old thought and the renewed thought.

Old Thought	Renewed Thought

6. THE 24-HOUR ACTION BRIDGE

Complete this commitment before leaving the course.
Within the next 24 hours, I will:

_____

_____

_____

_____

Time I will do it: _____ Channel: _____

If fear rises, then I will:

_____

_____

7. CLOSING DECLARATION

I will not let fear, shame, or stagnation keep me bound. I will locate the oil, serve the vessel, renew my mind, and take bold action with what God has placed in my hands.

SELECTED FOUNDATIONS

2 Kings 4:1-7; Matthew 14:13-21; John 6:1-14; Romans 12:1-2; Psalm 37:25; Psalm 82:6.

Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. Psychological Review.

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