

Here's your [Coaching Reflection Sheet](#) you can read at the end of your guide or use during your 1:1 sessions with Coach Stephanie

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## The Strength Exchange: Deep-Dive Reflection

Use these prompts to identify where the "leaks" in your spiritual energy are occurring.

### 1. Identifying the Source of Weariness

- **The "Drain" Audit:** Looking back at the last 48 hours, what specific task, conversation, or thought pattern left you feeling the most drained?
- **The "Weight" Check:** If your current burden were a physical object (a backpack, a boulder, a suitcase), how heavy would it be, and what is inside of it?

### 2. Assessing Self-Reliance vs. God-Reliance

- **The "Last Resort" Question:** When a problem arises, is prayer your first response or your "break glass in case of emergency" last resort? Why do you think that is?
- **The Control Grip:** What is one area of your life where you feel like things will "fall apart" if you aren't the one holding them together? (e.g., finances, a child's choices, a work project).

### 3. Mapping the Exchange

- **The Specific Trade:** Choose one of the 7 days from the guide. What would your Tuesday look like if you *actually* traded that specific burden for God's strength? How would your behavior change?
- **The Resistance:** What is the hardest part about "letting go" for you? Is it a fear of failure, a lack of trust, or a habit of perfectionism?

### 4. Moving into Action

- **The Smallest Step:** What is one practical, 5-minute habit you can implement this week to "refuel" your spirit before you start your "to-do" list?
- **The Support System:** Who is one person in your life who displays the "Strength of the Lord"? How can you reach out to them for prayer or accountability this week?

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My Current Burden	The Exchange (The Truth)	My New Action Step
<i>Example: Worrying about</i>	<i>God is the author of their</i>	<i>Praying for 5 mins then</i>

<i>my kid's future.</i>	<i>story, not me.</i>	<i>letting it go.</i>

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**A Quick Coach Tip:**

**Listen for the word "should." If you hear, "*I should trust God more,*" you are still in performance mode. Gently pivot yourself toward "could." Ask yourself, "*What could happen in your heart if you allowed God to carry this for just one hour today?*" It lowers the pressure and invites grace.**

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