



THE BREAKTHROUGH BLUEPRINT

A GUIDE FOR CLARIFYING YOUR
VISION & BUILDING BETTER BOUNDARIES,
SO YOU CAN FLOURISH FREELY.



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VISION & BUILDING BETTER BOUNDARIES,
SO YOU CAN FLOURISH FREELY.

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For more breakthrough coaching and
mentorship, visit: Robyn-Ann.com





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*She is like a tree planted by streams of water that yields
its fruit in its season, and its leaf does not wither.*
In all that she does, she prospers.

-Psalm 1:3

FLOUR·ISH

/ˈfləriSH/

verb

grow or develop in a healthy or vigorous way, especially as the result of a particularly favorable environment. i.e. *"wild plants flourish on the banks of the lake"*

noun

a bold or extravagant gesture or action, made especially to attract the attention of others; an instance of suddenly performing or developing in an impressively successful way.



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HELLO LIONHEART, WELCOME.

This year, let's take hold of all the plans calling to you from your purpose...

All the promises that Jesus died for...

All the passions that have been blazing in your heart.

Vision boards are great for tracking ***great inspiration and good intentions*** – but this workbook takes it a step further and helps you plan for ***godly insight and graceful implementation*** also.

Like most women, you probably already know what you desire from this new season... yet, you sometimes end up settling for contradicting habits or a compromising pursuit of the happiness God already has prepared for you. No more.

You are a daughter of the Most High, which means you have the supernatural advantage and authority to work **FROM** abundance, and not **FOR** abundance.

It's time to shift into your heavenly mindset and put on your true identity in Christ:

Forgiven.

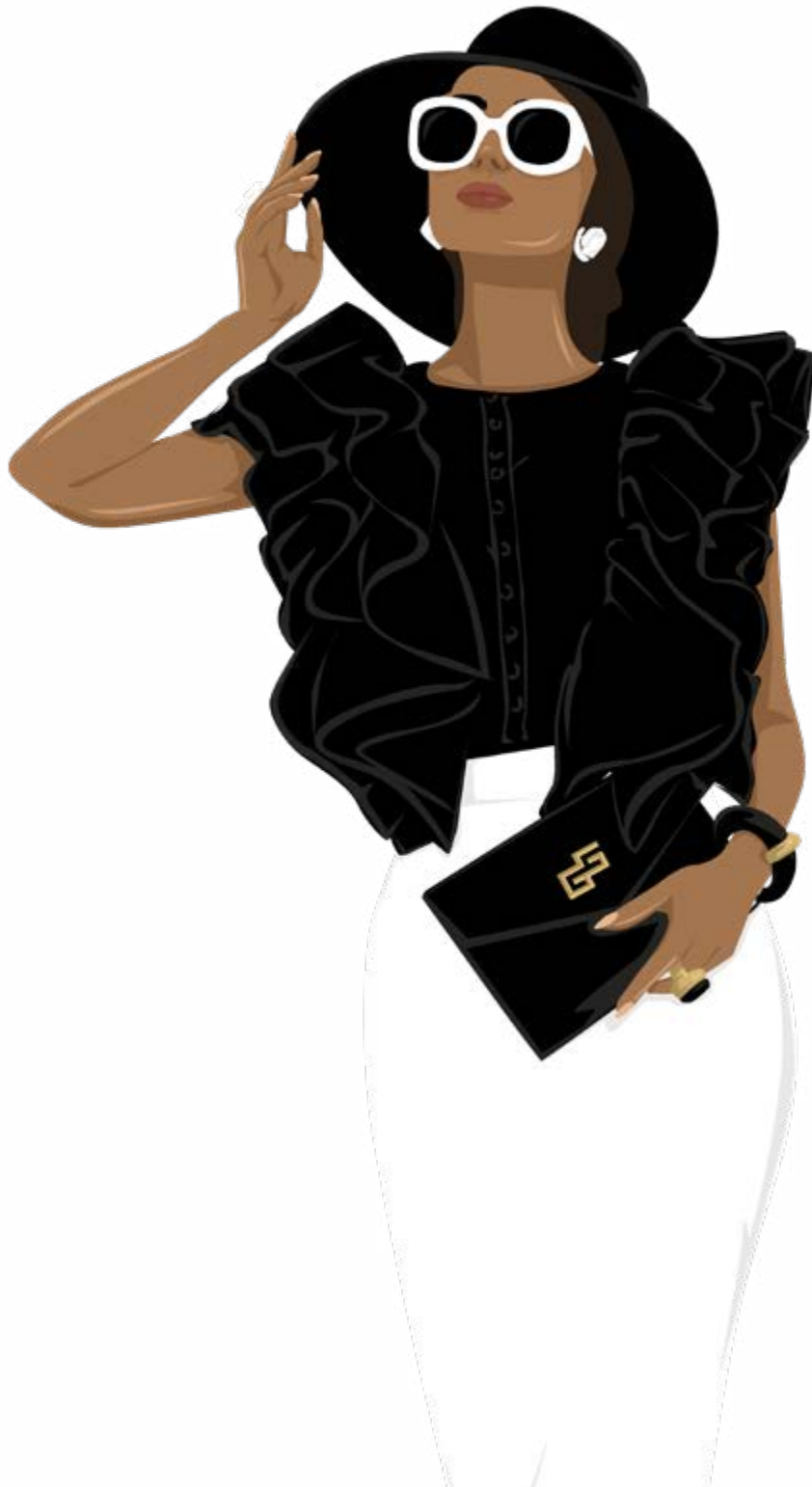
Favored.

Flourishing.

Get what you really came for, and everything Christ resurrected for you to have. May these journal prompts guide your thoughts and prayers into a clearer, more confident, faith walk this year.

LET'S ROAR.

KNOW YOUR FOCUS



4. Why is this one thing so important to me? How would I feel if I accomplish this goal? Who would benefit from it?

5. How will I feel if I get to the end of this year and I still haven't made any progress on this one thing?

6. If I'm expecting different results this year, I have to do things differently. So which relationships & commitments will I change or cut off to make time & mental space for this?

7. Do I want this bad enough to make a promise to myself to get it done, no matter what surprises will definitely pop up?

8. What scripts can I prepare to tell people when they ask about my renewed focus - so I don't get caught off guard?
(i.e. I'm focusing on a personal project that I'm eager to finish, so I won't be available for the next few months.)

FOOD TO FLOURISH:

Psalm 90:12

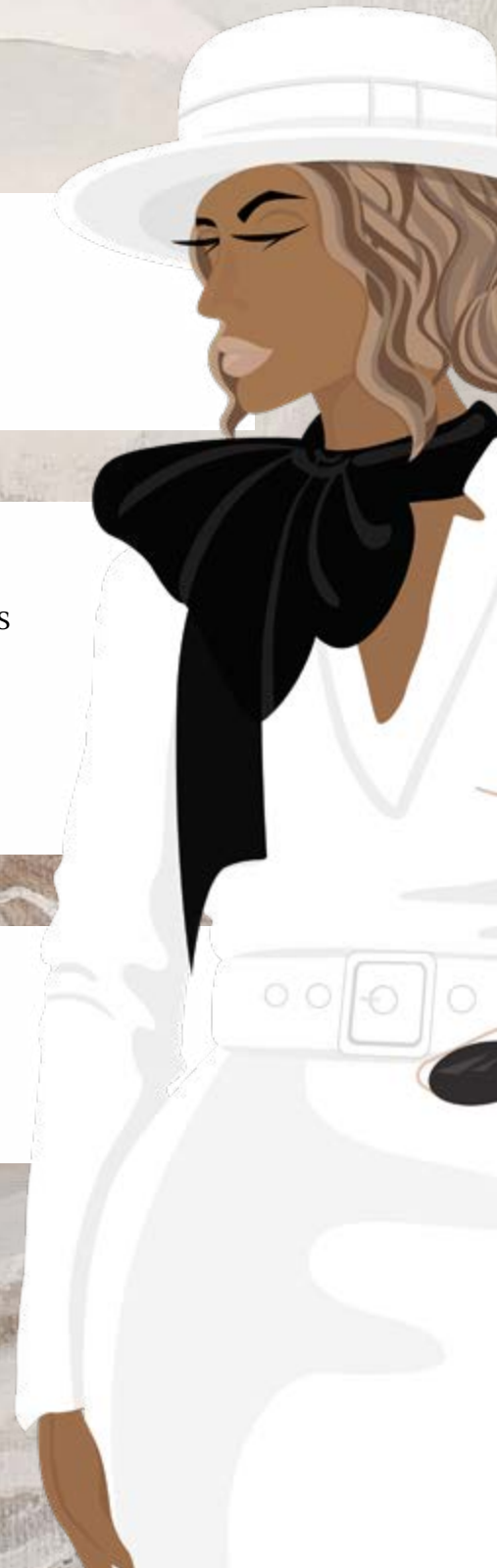
So teach us to number our days and consider our mortality, so that we might live wisely.

Ephesians 5:15-17

Pay careful attention, then, to how you walk, not as unwise but as wise, redeeming the time, because the days are evil. Therefore, do not be foolish, but understand what the Lord's will is....

Psalm 143:8

Show me the way I should go, for to you I entrust my life.



KNOW YOUR FEELINGS



KNOW YOUR FEELINGS

Living in the light of vulnerability and accountability.

1. In the past, which events usually cause me to compromise and stop pursuing and succeeding in this one area of focus?
2. Why do I usually give in to those distractions or temptations, even though I know they're not what I really want most? *(i.e. They satisfy me temporarily; they used deceptive sweet talk; my dream is taking too long, etc.)*
3. How can I satisfy those cravings or vulnerabilities in a healthy way this time, instead of using temporary fixes which sabotage my long-term goals? (Pray and ask God for wisdom if unsure).

4. If I were the devil, how would I tempt me to distract me from what matters right now? (Be as specific as possible).

5. Looking at the previous answer, what specific measures can I put in place to close the door before the enemy can prey on those vulnerable areas? (i.e. find a mentor or accountability group that empowers women with strategies in that area of weakness).

FOOD TO FLOURISH:



2 Corinthians 2:11

So that we should not be outwitted by Satan; for we are not ignorant of his schemes.

1 Peter 5:8

Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

KNOW YOUR FEARS



KNOW YOUR FEARS

Doubt your doubts, and conquer them with truth.

1. What do I fear people will say when I tell them I am taking some time to pursue this passion I have for myself?
2. Would someone who loves me really say that?
3. If they say those things, do they really love me? And if that's not true love, should I be sad if that relationship ends?

4. If I stay in this relationship and stay where I am to please them, will I be sad and sorry I made that sacrifice later on?

5. If I succeed in pursuing my goals and becoming a happier person, would it make this relationship better if it returns to me down the road? *(i.e. would I be a better friend/ daughter/ girlfriend if I take some time to improve myself in this way so that my relationships will be healthier?)*

6. Outside of losing relationships, what else do I fear will happen if I commit to pursuing this passion for myself? *(i.e. fear of failure, fear of the responsibility or things I'll have to give up?)*

7. Is my fear of being lukewarm and stuck forever bigger than my fear of failing and growing from the lessons learned?

8. What's the worst thing that I can see happening if I go after this with all my heart?

9. Would I survive?

10. Would God still be there with me?

11. If God would still be there, do I need to fear going there?

12. Has God made a powerful testimony out of worse things?

FOOD TO FLOURISH:



Isaiah 41:13

For I am the LORD your God, who takes hold of your right hand, who says to you, “Don’t be afraid. I’ll help you”.

Psalms 73:22-24

Then I was senseless and ignorant...
Nevertheless, I am continually with You; You have taken hold of my right hand. With Your counsel You will guide me, and afterward receive me to glory.

2 TIMOTHY 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

KNOW YOUR FUTURE SELF



KNOW YOUR FUTURE SELF

Becoming who you already are in Christ.

1. When I think of myself in 20-30 years, what kind of lifestyle do I have?
2. What do I think about myself now that I see how much God loves me and how many of my heart's desires He has fulfilled, just as He promised?
3. What things do I no longer tolerate so that I don't compromise this amazing friendship I've developed with God?

4. What boundaries does this future version of myself have setup so that I don't tarnish this happy and amazing reputation I now have in my community?

5. Am I now respected by my friends and family for setting standards and going after them no matter what people said?

6. Do people enjoy being around me more, now that I am happy with myself and the dedicated work I put in to get to where I am?

7. Am I a woman that my family, friends, and offspring can respect and look up to?

8. What advice would I give them about not compromising, and what boundaries would I tell them to setup?

10. Is there any part of that advice that I need to heed for myself right now? (i.e. any shallow or draining relationships that I need to cut off, or any daily habits of praying and reading that I can put it place today to grow spiritually, etc.)

11. Based on my current actions, will I succeed in becoming that woman I see down the road? Why or why not?

12. How can I set aside time to pray and fast for God's help to change into this woman, and not just assume that I will get there one day (since so many church-goers do not necessarily mature)?

FOOD TO FLOURISH:



Deuteronomy 32:29

“Would that they were wise, that they understood this, that they would discern their future!

Isaiah 48:18

If only you had paid attention to My commandments! Then your well-being would have been like a river, And your righteousness like the waves of the sea.

KNOW YOUR FAITH FOUNDATION



KNOW YOUR FAITH FOUNDATION

*Freedoms that you should never compromise on because
Christ paid too much for them.*

1. What do I believe about God? Who is He and what does He do?
2. Do I believe I am saved and that I am a daughter that God loves very much? Why do I believe this? What proof do I have?
3. Do I think He has good and secure plans in place to prosper and help me, or do I sometimes believe He sets me up to fail? (Be honest.)

4. Do I think God is stiff and boring, or do I see Him as happy and enjoyable to be around? Do I act like I love being around Him?

5. Do I think my desires are too hard for Jesus to handle, or do I believe He wants to give me good things (in addition to salvation)?

6. Do I really believe that God is enough and that He can satisfy my desires? Has Jesus done all He can to make sure I walk forgiven and free, or do think there is more He can do?

7. Despite what I sing in worship or say in prayer, do my actions show that I depend on Him for what I want, or do I depend on myself and other men?

8. Are my current actions making me happy? If not, how can I change what I do to actually align with God's promised good toward me? *(i.e. cut up my credit cards and ask God to show me creative strategies for generating provision, if I say and believe He will make me debt free this year.)*

9. Which 3 verses confirm the vision on my heart, and reassure me of God's faithfulness to fulfill?

FOOD TO FLOURISH:

Psalm 84:11

For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly.

Jeremiah 29:11

For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

Psalm 16:11

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.



THANKS IN ADVANCE

Your visions and dreams are valid to God. Write a prayer thanking Him in advance for elevating you and satisfying every desire – for your good and for His glory.





Bless the Lord, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love and mercy,
who satisfies you with good
so that your youth is renewed like the eagle's.

-Psalm 103:2-5

VISION BOARDS

And the LORD answered me: “Write the vision; make it plain on tablets, so he may run who reads it. For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay. —Habakkuk 2:2-3



Now that your vision, mindset, and boundaries are aligned with God's plans and promises – it's time to create your visual board(s).

However, this doesn't need to be a one time thing! As you evolve, grow, and pivot throughout the year – be sure to create additional vision boards and journal entries that fit the season you're entering.

Be sure to write what you see in the present tense, i.e. I own, I manage, I drive, I serve, etc.

MY VISION FOR MY FAITH:

MY VISION FOR MY FINANCES:

MY VISION FOR MY FITNESS/HEALTH:

MY VISION FOR MY FAMILY:

MY VISION FOR MY FRIENDSHIPS:

MY VISION FOR MY FREEDOM:

MY VISION FOR MY FUN:

MY VISION FOR MY FEMINITY:

QUARTERLY BREAKDOWNS

It's time to break those big visions down into specific quarterly tasks, so you know what to focus on each month. Doing this now helps prevent confusion and inconsistency later, due to overwhelm or overthinking.

Let's plan your work, so you can confidently work your plan.



QUARTER 1 BREAKDOWN

I will complete _____ by _____

PROJECT DUMP: (LIST ALL POSSIBLE TASKS)

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THIS QUARTER'S PRIORITIES (ASSIGN ESSENTIAL TASKS TO A SPECIFIC MONTH)

MONTH 1:

MONTH 2:

MONTH 3:

QUARTER 2 BREAKDOWN

I will complete _____ by _____

PROJECT DUMP: (LIST ALL POSSIBLE TASKS)

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THIS QUARTER'S PRIORITIES (ASSIGN ESSENTIAL TASKS TO A SPECIFIC MONTH)

MONTH 1:

MONTH 2:

MONTH 3:

QUARTER 3 BREAKDOWN

I will complete _____ by _____

PROJECT DUMP: (LIST ALL POSSIBLE TASKS)

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THIS QUARTER'S PRIORITIES (ASSIGN ESSENTIAL TASKS TO A SPECIFIC MONTH)

MONTH 1:

MONTH 2:

MONTH 3:

QUARTER 4 BREAKDOWN

I will complete _____ by _____

PROJECT DUMP: (LIST ALL POSSIBLE TASKS)

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THIS QUARTER'S PRIORITIES (ASSIGN ESSENTIAL TASKS TO A SPECIFIC MONTH)

MONTH 1:

MONTH 2:

MONTH 3:

MY RESOLUTION SUMMARY

God has stirred my heart & asked me to create: (THE VISION)

So, this year I will prioritize: (THE WHAT)

I need to finish this because: (THE WHY)

I cannot **make** time, so I will **take** time from: (THE HOW)

MY RESOLUTION SUMMARY

I will set aside non-negotiable time to do this on: (THE WHEN)

To minimize distractions, I will complete these tasks at: (THE WHERE)

To get accountability and disarm my excuses, I will tell: (THE WHO)

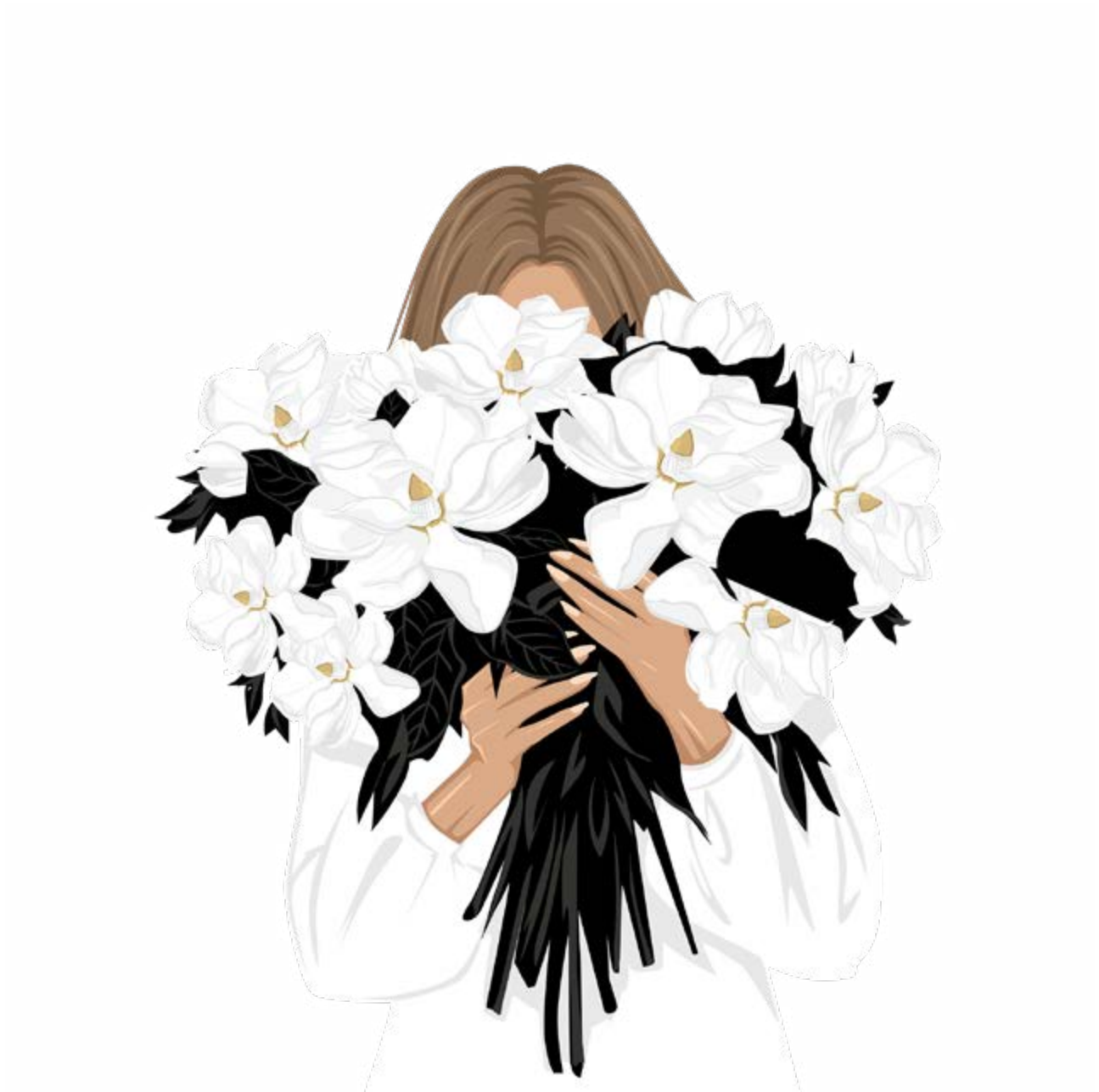
Once this is done, I will finally feel: (THE WIN)

NOTES/IDEAS

NOTES/IDEAS

FORGIVEN.
FAVORED.
FLOURISHING.





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