

# Summer Strong

WITH THE BFF'S OF TRINITY

AN ONLINE EVENT TO CREATE  
CLARITY ON PURPOSE, CONFIDENCE  
AND IDENTIFYING AND RELEASING  
WHAT HOLDS YOU BACK.

# Getting Started

- During our online event, we will share with you what we know to be true about moving forward when we feel as if we are stuck or flailing, and get clarity on your purpose.
- You can download this workbook and follow along as you watch. Feel free to print this out on paper and write in your notes and thoughts!
- After our event, go through this workbook again on your own, with your family, or start a small group! It's wonderful to have an accountability partner as you spend this time becoming clear on your purpose too.

# Summer Strong

## AGENDA



Dawn Barton  
**PART ONE**  
**IT ALL STARTS WITH YOU**



Bridget Shaw  
**PART FOUR**  
**IT ALL STARTS WITH YOU**



Casie Hembree  
**PART TWO**  
**IT ALL STARTS WITH YOU**



Melissa Shoemaker  
**MODERATOR**



Kali Brigham  
**PART THREE**  
**IT ALL STARTS WITH YOU**

Dawn Barton  
**CLOSING**

## Timeline

|                 |                      |                   |                      |
|-----------------|----------------------|-------------------|----------------------|
| <b>WELCOME</b>  | <b>10 AM</b>         | <b>PART THREE</b> | <b>10:50 - 11:10</b> |
| <b>PART ONE</b> | <b>10:05 - 10:25</b> | <b>PART FOUR</b>  | <b>11:10 - 11:30</b> |
| <b>PART TWO</b> | <b>10:25 - 10:45</b> | <b>BREAK</b>      | <b>11:30 - 11:35</b> |
| <b>BREAK</b>    | <b>10:45 - 10:50</b> | <b>CLOSING</b>    | <b>11:35 - NOON</b>  |

“ IN ORDER TO CREATE GREAT CHANGE,  
AND HAVE CLARITY, WE MUST FIRST  
FALL BACK IN LOVE WITH OURSELVES. ”

## CLARITY COMES

From first remembering who you are, identifying your strengths and your gifts and defining your passions.

You have specific gifts, talents and desires that make you uniquely qualified to step into this next season of your life. Defining these is half the battle.

## TO DO

- Write a list of your gifts and talents. If you are feeling a little stumped, take the tests at [SPIRITUAL GIFTS](#) or your [STRENGTHS TEST](#)
- Keep this list somewhere you can see it but also add to it like a list on your phone or a planner or a journal.
- Download and do the I LOVE ME Challenge at [dawnbarton.com/iloveme](http://dawnbarton.com/iloveme)

## NOTES

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“SOMETIMES YOU DON'T FEEL THE WEIGHT OF SOMETHING YOU'VE BEEN CARRYING UNTIL YOU FEEL THE WEIGHT OF ITS RELEASE.”

### HAVING THE COURAGE TO RELEASE IT

We have all experienced pain in our lives but finding a place of joy to live in daily is worth fighting for. It requires courage to let go of what's familiar, positive or negative, and be vulnerable enough to embrace what the Lord has planned for us.

### TO DO

- Are you chained by whatever you blame? If so, write down what or who has hurt you so you can feel the emotions.
- Rewrite your story by adding "BUT GOD" at the end of the sentence!  
*i.e. - I'm afraid (health, finances, family, etc) BUT GOD says He hasn't given me a spirit of fear. 2 Timothy 1:7*

### NOTES

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“**THRIVING IN LIFE EMBRACES A RELEASE OF  
LIMITING BELIEFS, PEOPLE, AND SITUATIONS.**”

### TIME TO THRIVE

You were built with your own blueprint for success. You get to rediscover your purpose or even redesign it.

### TO DO

- Decide what YOUR moving forward looks like.
- Remove the things that DO NOT support the process.
- Surround yourself with people who are LIKE MINDED.
- Take steps towards the new design EVERY SINGLE DAY.

### NOTES

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