

# TRANSFORMATION ACTIVITIES

These are a handful of activities that can help you begin lasting and meaningful transformation. Pick the ones that seem beneficial to you for your journey of lasting God-glorifying change!

## Life Assessment

Complete this guide sheet to identify areas of life that may need your focused attention and intentional actions for meaning transformation.

## 7 Levels Deep

Complete this guide sheet to bring clarity to the transformation you desire and the root of you desire for change.

## Reflect on Your Identity in Christ

- **Activity:** Spend time in prayer and journaling, focusing on the truths of Ezekiel 36:26-28. Reflect on what it means to have a "new heart" and "new spirit" in Christ.
- **Prompt:** Write down what it means to you to be a child of God. How does this truth shape your daily decisions?

## Create New Habits That Reflect Your Transformed Heart

- Inspired by *Atomic Habits*:
  - **Start small:** Choose one habit that reflects your transformed identity, like reading a short Bible passage daily or expressing gratitude in prayer.
  - **Habit stacking:** Attach a new habit to an existing routine (e.g., praying after brushing your teeth).
  - **Make it visible:** Use reminders like sticky notes with scripture around your home.

## Clarify Your "Why" for Change

- Inspired by *Find Your Why*:
  - **Activity:** Write a personal "why statement" that connects your desire for transformation to your purpose in Christ.
  - **Example:** "I seek transformation because I am a child of God, called to glorify Him in all I do."

## Align Goals with God's Purpose

- **Activity:** Reassess your personal and professional goals. Ask, "Do these align with God's calling and the new identity I have in Christ?"
- **Scripture:** What scripture guides your life and goals? Commit some of these to memory.

## LIFE ASSESSMENT

The goal of this short assessment is to help you identify where you are in life and potential areas for transformation. As with any assessment, the goal isn't a complete or perfect snapshot and rating of every nuance of your life, but rather a good opportunity for overall self-reflection. So, don't stress about the exact wording of these descriptions. Instead, just give your overall impression of how you rate in each category based on the last 6 months of your life. Use the space below each rating to write down a sentence or two of why you chose this rating.

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### **Health**

I feel that my overall physical and emotional health (my well-being) is primed and optimized to make me feel energetic, motivated, and strong each day. I have the mental and physical stamina to deal with life's challenges and opportunities. I regularly take care of myself so that I can feel my best.

*Your Rating*

1  2  3  4  5  6  7  8  9  10

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### **Family and Friends**

My immediate social circle of family and friends brings connection, fun and positive energy into my life. I seek out positive people and I do my very best to bring positive energy and real authenticity into all my relationships.

*Your Rating*

1  2  3  4  5  6  7  8  9  10

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### **Significant Other (if applicable)**

I feel a consistently deep, trusting, appreciative, soulful, loving connection with my significant other. I am patient, respectful and attentive to my partner's needs.

*Your Rating*

1  2  3  4  5  6  7  8  9  10

**Mission**

*I feel clear, energized and fulfilled by my work/schooling/ministry and contribution to the world. I believe my day's efforts adds real value to the world and is a true reflection of my best efforts and contributions. I enjoy the lifestyle my work/school/ministry is helping me experience in life.*

Your Rating

1  2  3  4  5  6  7  8  9  10

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**Finances**

*I have the level of abundance I need to have a stable income and lifestyle I desire for myself. I earn and invest at the levels I had hoped at this time in my life I am able to be generous with my resources. I have a clear vision for improving my finances and lifestyle in the next few years.*

Your Rating

1  2  3  4  5  6  7  8  9  10

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**Hobby**

*I have a passionate past-time that allows me to express, enjoy or develop myself outside of my school/career/ministry. I give enough time to the things I love in life.*

Your Rating

1  2  3  4  5  6  7  8  9  10

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**Spirit**

*I feel connected to the present moment and vitally alive in my spirit. I am congruent with my beliefs and behaviors, and I keep my faith and values at the forefront of my decisions and daily actions.*

Your Rating

1  2  3  4  5  6  7  8  9  10

## 7 LEVELS DEEP

The 7 Levels Deep exercise will help determine what really drives you to accomplish anything in life. Digging deep will help you reach lasting transformation. First, determine what you want to see transformed or realized in your life and write it down. Then ask “Why is it important...” about your answer. Repeat the “Why is it important...” question until you get to the root of what is driving you forward. How is the goal or change you want to see in line with God’s love and purpose. How will your transformation bring glory to God?

**LEVEL 1:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

**LEVEL 2:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

**LEVEL 3:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

**LEVEL 4:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

**LEVEL 5:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

**LEVEL 6:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

**LEVEL 7:** Why is it important to me to \_\_\_\_\_

ANSWER: \_\_\_\_\_

This transformation helps bring glory to God by...

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DATE 3-11-19

LEVEL 1: (Question) Why is it important for me to start a new business?

ANSWER: I want to share my gifts/knowledge with others

LEVEL 2: Why is it important to me to share my skills with others?

ANSWER: I want to have an impact on others and in this world

LEVEL 3: Why is it important to me to have an impact on others and the world?

ANSWER: I want to raise the bar for others and set a new standard within my field of business

LEVEL 4: Why is it important to me to raise the bar and set a new standard?

ANSWER: I want to leave a legacy that benefits others

LEVEL 5: Why is it important to me to leave a legacy?

ANSWER: I'm afraid of insignificance and not making a difference. Plus, I want to live life on my own terms

LEVEL 6: Why is it important to me to make a difference and live life on my own terms?

ANSWER: I want my life to have purpose and have the means to provide me and my family with choices

LEVEL 7: Why is it important to me to live with purpose and have the means to make choices?

ANSWER: I want my life to matter! I want to be able to offer my family any opportunity and not be limited by anyone or anything. I want my resources to bless others and glorify God.