

January Daughter Mentality Online Worksheet

Feel free to make copies of this worksheet



“I am focused on my assignment”

This month it’s all about keeping your focus on what you must do.

1. Take this opportunity to write down exactly what you are working on during the month of January. If you don’t know your assignment, write down 5 goals you will commit to working on during this month.
2. Write down words of faith you will practice saying this month as you work on your assignment. Words like:
I can do this. I am focused. I will succeed. I will not be distracted. I will stay in control.
3. It’s a good idea to have an accountability partner to pray with you and hold you accountable to your focus. Name two people you could ask to be a prayer and focus partner with you.
4. Prepare your emotions by knowing what things trigger a defeated attitude within you internally. Prepare a comeback for the trigger. For example, if you get off track by negative words focus your heart on the scriptures at the end of the chapter. Pick one that you can speak back to any negativity that may try and trigger you.
5. Say your faith confession daily.
6. Stick to the plan!!