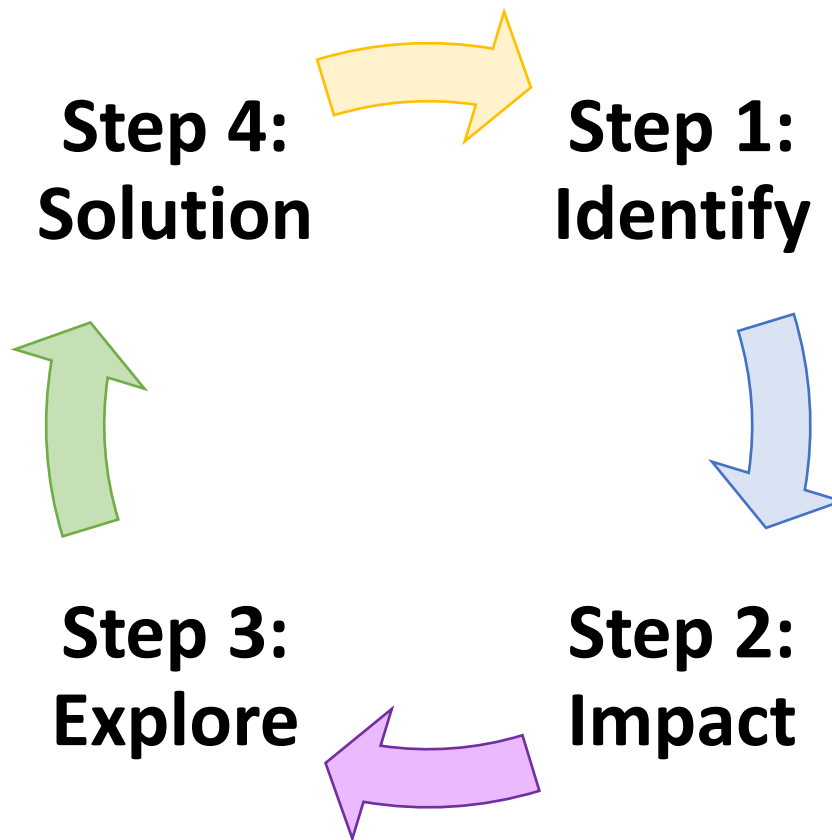


# The “Struggle” Tool

Use this tool to help you work through every single struggle you are currently facing.

“Your struggles are meant to teach you and empower you. The struggle is not a bad thing, it is a power thing.”

Jeanice Sherai



## Identify Your Struggle

**1. What is your current struggle?**

i.e., making a decision to purchase a home, start a business, write a book, sending your kids to school, virtual, or homeschool

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**2. What areas are causing you to struggle concerning this subject?**

i.e., my choice could have long term consequences, the opinions of others, fear

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## How is this struggle currently impacting your life?

**1. What are your current thoughts concerning this struggle?**

i.e., I am fearful of getting into something I can't get out of, I am fearful of failing, I am fearful of making decisions that could harm or impact others

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**2. How can you shift your current mindset concerning your struggle?**

i.e., I am equipped with the knowledge to make this decision, I am capable of accomplishing my dreams, I am able to handle every trial that comes my way

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3. **What are your current emotions concerning this struggle?**

i.e., frustrated, sad, afraid

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4. **List the emotions that you mentioned above, identify why you are feeling this emotion?**

<b>Emotion</b>	<b>Why?</b>	<b>Why?</b>	<b>Why?</b>	<b>Why?</b>
i.e., Frustrated	I can't determine what I should do.	I am afraid	I don't trust my decision making	I've failed at decision making before

**Explore the things you need to move through this struggle.**

1. **What happens if you move forward with a decision?**

i.e., I have a new home, my kid is enrolled in school in a way that satisfies the both of us, I start something new

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2. **What research would help you move forward with a decision?**

i.e., the pros and cons of owning a home, the pros and cons of the different school choices, prayer and scripture studies, similar businesses that I am interested in

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3. **What is one key thing that will help you move forward?**

i.e., being assured that I can handle whatever comes my way with my decision, hearing God clearly, confirmation

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**Solution: Are you ready to make a decision?**

1. **Where are you after working through your struggle?**

- a. Ready to Make a Decision? Yes or No
- b. Still working through the struggle? Yes or No

**Key:**

**If you answered A, congrats!!!**

You can utilize this tool to help you with your next struggle.

**If you answered B, it's okay!**

Just start this worksheet over and continue to diligently work through your struggle. There is no time limit, give yourself time.