THREE DAY LIVE EVENT

The Life Changing Workshop

WORKSHEETS FOR CATHOLIC MOMS

MADE FOR GREATNESS

Dear Lovely Woman,

God has led you to this moment. He has something He wants you to learn about yourself. He desires holiness for you.

God desires that you live in peace. It grieves him to watch you when you are full of fear, guilt, down, and stress.

This workshop is going to show you how truly worthy you are of love and peace in your life. We will show you how it starts by loving yourself, by being truly kind to yourself.

The more you feel this love and kindness, the more you will be able to hear God's love and kindness for you.

And that's what we do. We teach women to quiet the chaos in their minds so they can hear the Holy Spirit. Then we equip them with tools to do whatever He tells you.

This is a life-changing workshop.

Come with an open heart. Let the Holy Spirit move you.

Take notes, have fun, and have hope. Life really can feel so much better than it does now. That's what we'll show you.

We're praying for you!

In Christ,

Lorissa and Sterling

Day One: Self-Talk

"For as he thinks within himself, so he is."
Proverbs 23.7

How would you feel if others could hear your thoughts?

For most of us, it's not simply the everyday judgemental thoughts that we have... and we do have those. Rather, it is the demeaning ways that we often talk to ourselves.

You're so ugly.
You're ruining the kids.
He doesn't love you anymore.
God is so disappointed in you.
Why cant you get it together?

No wonder we don't have peace!

With a running commentary like that, it's no mystery why we feel unhappy and unfulfilled.

Today we're going to teach you to simply become aware of your thoughts. To put some distance between you and what you think.

You are not your thoughts.

Thoughts come automatically. You are the traffic cop to your thoughts. You decide, "Is this a good and holy thought or is this a toxic lie?"

"Take captive every thought to make it obedient to Christ."

Let's do this!

©2023 MADE FOR GREATNESS

Learning The Model

The Model

Your experience of your home life is the result of your thinking. You have thoughts about your husband, your kids, their future, yourself as a mom, and your family as a whole. You must understand your thinking if you want to change your family life.

Unintentional Model
Circumstance: Husband doesn't clean the kitchen.
Thought: I have to do everything.
Feeling: Bitter
Action: Snap at husband (or kids), withdraw, clean the kitchen with anger, buffer (wine, ice cream, scrolling, TV, etc.) Not praying or talking with husband.
Result: You don't communicate your needs and you continue to have to do everything.

Intentional Model
Circumstance: Husband doesn't clean the kitchen.
Thought: I love serving my family.
Feeling: Willingness
Action: Clean the kitchen, spend quality time with kids and husband, take a bath, read a book, pray
Result: You enjoy serving your family

Circumstance: Husband doesn't clean the kitchen
Thought: I communicate my wants and needs.
Feeling: Empowered
Action: Ask husband to clean the kitchen, spend time with the kids, take a bath, read a book, pray
Result: I'm a person who communicates my needs

©2023 MADE FOR GREATNESS

The Model

You're going to learn The Model and it has the power to radically change your life. This is the exact tool Catholic moms in our membership use to become the peace centers in their homes.

Unintentional Model

C _____

T _____

F _____

A _____

R _____

Intentional Model

C _____

T _____

F _____

A _____

R _____

©2023 MADE FOR GREATNESS

Your Thoughts...

About yourself as a wife...

About yourself as a mom...

About the way you run your home...

About the health of your body...

About your faith and your prayer life...

©2023 MADE FOR GREATNESS

©2022 MADE FOR GREATNESS, LLC

Day Two: Self-Control

"But prove yourselves doers of the word, and not merely hearers who delude themselves."
James 1:22

Women desire control but we have it a little mixed up.

What we truly desire is a holy control of how we show up of how we respond in any situation.

Mother Teresa was a masters at controlling her actions no matter what was going on around her.

The enemy and the culture has tricked us to try and control the people and things around us.

We think things like...

If I could just lose 20 pounds...
If the kids would just do their chores...
If my husband helped me...

...I'd be happier.

But the truth is we cannot control others. We cannot control world events. We cannot control the unpredictable world we live in.

The only thing we can control is our response.

Today we're going to teach you how to do that.

And mama, it feels amazing.

©2023 MADE FOR GREATNESS

Taking Back Control

How can you take responsibility for yourself as a wife...

How can you take responsibility for yourself as a mom...

How can you take responsibility for the way you run your home...

How can you take responsibility for the health of your body...

How can you take responsibility for your faith and your prayer life...

©2023 MADE FOR GREATNESS

©2022 MADE FOR GREATNESS, LLC

MADE for GREATNESS

Day Three: Self-Worth

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."
Ephesians 2:10

As you begin to rebuild your self-worth in Christ, you will likely want to stand up for yourself.

"Yeah! I shouldn't be treated that way!"

And while communication and setting boundaries is very important, we must first understand that we cannot force people to change.

We cannot make others responsible for our emotional state.

That's like saying, "Husband, if you would treat me like X, then I could feel happy."

This is you saying to yourself, your husband, and to the Lord, "I can't be happy unless you act a certain way."

But we know that's not true.

You can be at peace any time you want. We'll show you how.

Then from a place of peace and knowing that you'll be okay no matter what... THEN we want to communicate our wants and needs to the people around us.

There is a world of difference between asking for something from fear and neediness... to asking from desire but knowing you'll be okay if the answer is no.

Come find out how today!

©2023 MADE FOR GREATNESS

Discovering Manuals

Explore what manuals you have for your husband...

Explore what manuals you have for your kids...

Explore what manuals you have for friends and extended family...

©2023 MADE FOR GREATNESS

©2022 MADE FOR GREATNESS, LLC

MADE for GREATNESS

Dear Worthy Woman,

We hope this workshop has been life changing for you!

Our mission is to teach women to stop believing lies... to quiet the chatter in their minds so they can hear the Holy Spirit.

God is so good and He loves you so much.

He desires that you live in peace and become a saint and He will tell you exactly how to do that.

You won't get it right every day. Maybe not even for an hour. This is a life long pursuit but one that is so worthy.

If you want to continue this work with other Catholic moms, we encourage you to join Masters. This is our coaching community where we teach women to master their mind for the Lord.

It's thoroughly Catholic.
It's incredibly powerful.
It's run by the Holy Spirit.

If we could help every mom become the peace center of her home, the world would change overnight. Be part of this movement of peace and join us in Masters.

We're praying for you!

In Christ,

Lorissa and Sterling