



Day 1

Jump Start Your Road to Freedom

Reflection

Welcome to Day 1!

Review the Top 10 Transforming Treasures on the following page. Mark any that stand out. In a quiet place, with a journal or pen, or computer in hand, take time to ponder these questions and right your answers down. There are no wrong or right answers.

1. If you could live in a world without problems, crisis, or trauma, what kind of world would it be? Describe it.
2. What would you be doing in a world in which you could thrive and live in absolute freedom?
3. Do you see yourself free from your deep emotional pain? Describe this new "You."
3. In this world, living in absolute freedom, write a fictional "Thank You Letter" from someone you were able to help or someone who benefited from your living in freedom. Post "Done" in the Group, and you may even post the "letter" in the comments.

It is for
freedom
that
Christ
has set us
free.

Galatians
5:1