

Week 2

Activation 1

How do I truly see myself- list everything you can think of
i.e. personality, physically, character etc.

List all the things that you love about yourself (personality,
character, physically etc.)

Ask God:

God, how do you see me?

Who did you create me to be?

God, what do you love about me?

What lies do I need to repent of believing about myself?

Feedback Challenge:

Ask 3 close male friends what they love/like/appreciate
about you

Activation2

Ask God:

Lord, what does dating for compatibility look like for me?

Lord, if a man isn't interested in me, what does that say
about me?

Lord, if a man doesn't find me attractive, what does that
say about me?

Lord, are there men out there who will be interested in me
and find me attractive?

Activation 3

List all the ways dating has grown/stretched/sanctified you so far

Activation 4

List some triggers in your life currently that you can identify?

Do you fight, flee, fawn or freeze?

Write down the 4 steps to go through when triggered and place it somewhere where you can see it every day

Activation 5

Write down who your type or ideal has been in the past, leaving nothing out

Write down where you think your type came from

Ask God:

Where did my type come from?

What is the root of the type of guy I have looked for or believed that you had for me?

Who is your type for me?

What characteristics and traits do you care about?

What do I need in a husband?