



Read [Chapter 2 : What Is S.W.A.G.?](#) for more information and a deeper understanding.



Session 1

What Is S.W.A.G.?

(And How the Heck Do I Get it Back?)

Session 1 is the opening session to this entire experience. It sets the tone for the rest of the sessions. During this session, you should expect to:

- Get connected with your group and discover what each person is hoping to gain.
- Define and breakdown the S.W.A.G. acronym and gain an understanding of the overall experience.
- Discuss the S.W.A.G. Analysis Tool.
- Thoughtfully commit to personal goals and outcomes and share them with a S.W.A.G. partner.

Who Are You Really?

Because this is not your typical workshop where we just say our names and rattle off our titles, we are going to start off with really finding out who is in the group. Who are you really? Find a partner and share.

My name is: _____

In this season, I define myself as:

I'm hoping to gain:

I'm ready to let go of:

I'm willing to give:



S.W.A.G. Re-Defined

INSTRUCTIONS: The definition that we are using for S.W.A.G. in this experience is quite different from the definition you may be used to hearing. Review the definition of S.W.A.G. in Chapter 2 of the book and fill in the blank spaces next to the letter with the correct acronym word. Include your personal definition of the word. For additional guidance, you will find a completed version of this page in the appendix.

S	
W	
A	
G	

S.W.A.G. Analysis

Gaining clarity on the status of your S.W.A.G. (*Self-confidence, Walk with God, Attitude of Gratitude and God-given Gifts*) is crucial to the success of your journey. To get a clear picture of where you are in these areas, please complete the S.W.A.G. Analysis below.

Instructions: Using the following rating scale, rate the statements in each S.W.A.G. area. When you're finished, answer the questions on the following page.

Rating Scale: 1= Strongly Disagree 2= Disagree 3= Somewhat 4= Agree 5= Strongly Agree

My Self-Confidence

- _____ I know that I am a person of worth.
- _____ I feel confident in all the roles I play in my life.
- _____ I'm not afraid to use my voice to influence others.
- _____ I make good decisions and stick to them.
- _____ I like what I see when I look in the mirror.
- _____ I am confident in my skills and abilities.

Overall Rating: _____

My Walk with God

- _____ I spend time alone meditating/praying.
- _____ I surround myself with positive, God-fearing people.
- _____ I know who I am in Christ.
- _____ I share the love of God with others.
- _____ I encourage myself through daily devotionals and/or scriptures.
- _____ I release feelings of resentment and unforgiveness fairly quickly.

Overall Rating: _____

My Attitude of Gratitude

- _____ My friends and family would describe my attitude as positively infectious.
- _____ I express my gratitude to friends and family members.
- _____ I volunteer my time and my talents to help others.
- _____ I journal or record my grateful moments.
- _____ I am content with where I am in my life right now.
- _____ I think and speak positively about myself and others.

Overall Rating: _____

My God-given Gifts & Talents

- _____ I have identified and am aware of my gifts and talents.
- _____ I examine and cross things off my life list/bucket list.
- _____ I use my gifts and talents to help others.
- _____ I encourage and support others in using their gifts and talents.
- _____ I have a clear vision for using my gifts.
- _____ In the last 30 days, I've taken action on pursuing my life's purpose.

Overall Rating: _____

S.W.A.G. Analysis Debrief

SCORING RESULTS: After you've completed your S.W.A.G. Analysis, take a moment and review your results. Remember, your results are a snap-shot in time and tell the story of where you are currently in your life. Each one of the S.W.A.G. areas can shift and become the area of focus at any time in our lives, which stresses the need of frequently analyzing these areas. After reviewing your results, answer and reflect on the following questions.

1. Using the overall rating from the previous page, rank your S.W.A.G. areas from lowest to highest.

1. _____
2. _____
3. _____
4. _____

2. Which S.W.A.G. area(s) did you rate the highest (meaning this area is in good shape)?

3. What factors in your life do you believe contributed to this rating?

4. Which S.W.A.G. area(s) did you rate the lowest (meaning this area needs improvement)?

5. What factors in your life do you believe contributed to this rating?

6. Which **S.W.A.G.** area(s) do you feel you need to focus on the most?

- My Self-confidence
- My Walk with God
- My Attitude of Gratitude
- My God-given Gifts & Talents

Reflect, Mourn, Move

Before we can move forward to getting our S.W.A.G. back, we have to revisit the place where we lost it. The “who, what, when, where, why and how” matter. Whether you’ve experienced great tragedy in your life or life’s circumstances have caused you to lose your balance, uncovering the details matter. It’s time to get real. This is your opportunity to **REFLECT** on the situations that got you to this point, **MOURN** to release the pain of it and **MOVE** forward into the life you were created to live.

In your personal journal or in the space provided below, answer the following questions:

Your Personal Truth

If you could draw or describe a picture of your life right now, what would it look like?

What past experiences have you allowed to prevent you from living up to your fullest potential?

What would your desired life/situation look like?

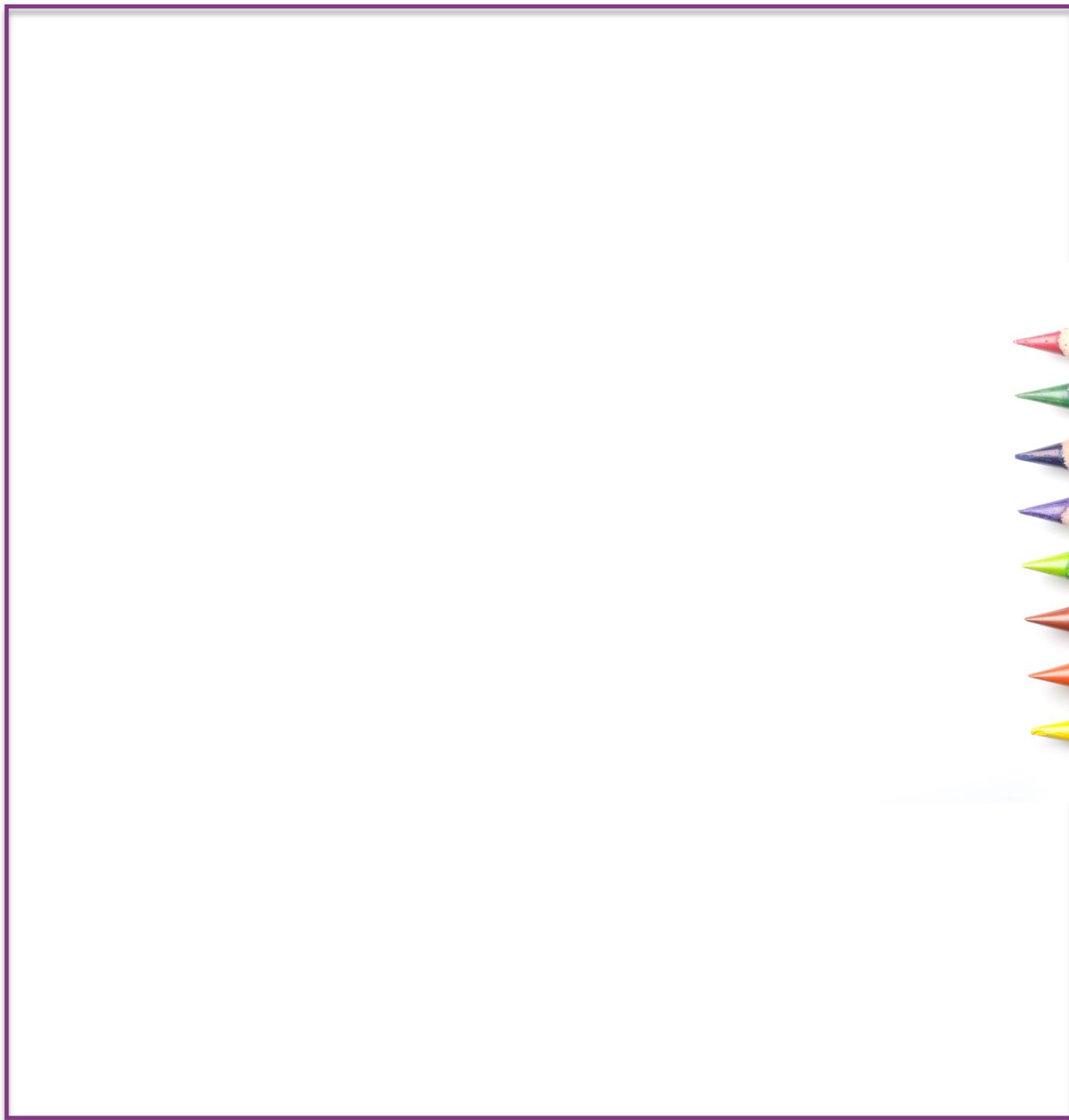
What changes are you committed to making to live your desired life? What barriers could possibly stand in your way and how will you overcome them?



Use your S.W.A.G. Pass to access Soul-Spirations Blog posts written to inspire and motivate you during this journey.

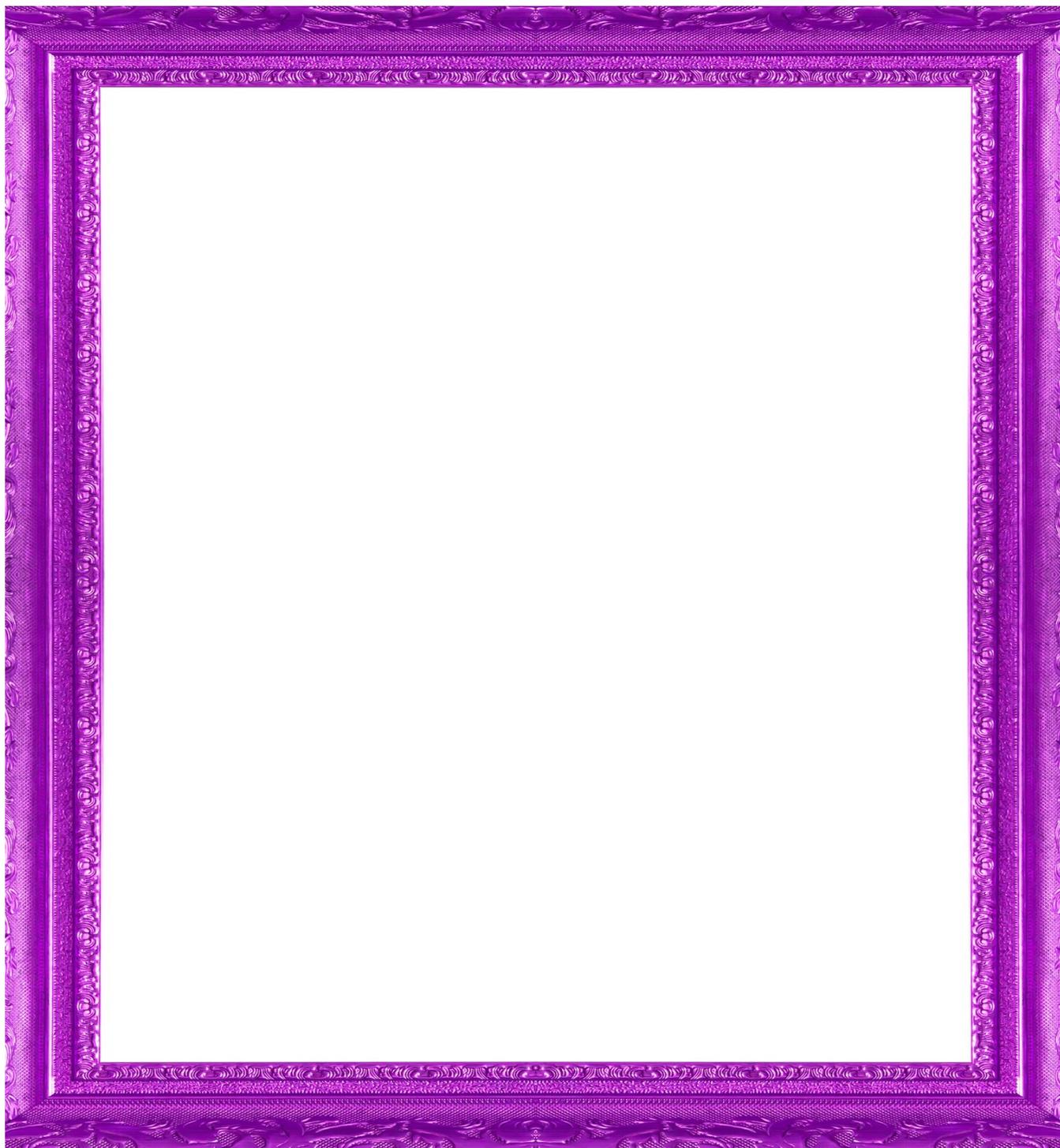
A Picture's Worth A Thousand Words

INSTRUCTIONS: Using the space provided, draw a picture to describe the CURRENT state of your life. You can use pictures, words, or symbols to create your picture.



A Picture's Worth A Thousand Words

INSTRUCTIONS: Using the space provided, draw a picture to describe the **DESIRED** life you are striving towards. You can use pictures, words, or symbols to create your picture.



Your Personal Commitment

Have you ever looked at the definition of the word “commitment”? According to the Merriam-Webster Dictionary, it means “*an agreement or pledge to do something in the future*”. In order to complete this journey, you have to make a commitment, a pledge for your future, to fully go through the process. We make promises and commitments to people all the time, but when will you make one to yourself? Why not start today?

By writing a Commitment Letter to yourself, you’re committing to doing whatever it takes to re-claim the life that God uniquely created for you. You’re also making a promise to find yourself again and to show up strong, confident and bold in your life.

Use the space on the following page (or in your S.W.A.G. Journal) to write your Commitment Letter. It should include what you want to get from this experience, what you’re willing to commit to in order to get it and what actions you will take to maintain your outcome. Remember, this letter is from YOU, to YOU and for YOU.

Take your time and really give some thought to what you want. This is your chance to pour out your heart’s desires by saying exactly what you want for yourself. You will refer back to this letter at the end of this journey.

COMMITMENT

noun com·mit·ment \kə-ˈmit-mənt\
*An agreement or pledge to do
something in the future.*

Reflection