

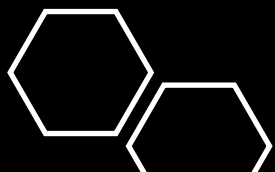
»» WALK OUT OF THE VALLEY

Over the past ten weeks, you've already taken giant steps of progress. But your journey back to the top of the hill is just beginning. Here are some helpful steps for you to consider as you move forward:

- Join a local church and get involved in a small group.
- Attend a REBOOT retreat or advanced course.
- Download a Bible app³ and start a daily Bible reading plan.
- Download the Rhema app⁴ and spend time each day reading truths about your identity.
- Find at least one person of the same gender to be your accountability partner along the path.
- Write down your goals. Divide those goals into weeks and months. Start with just one month.
- Seek help and healing from other "sticky" areas in your life such as addiction, marriage dysfunction, or career transition.
- Unfollow the people in your social media feed that post things that make you angry or may lead you to sin.
- Listen to music that is encouraging and uplifting.
- Make wise choices about how you will spend your time and with whom you will spend it.
- Pray first! When things get hard, develop the habit of prayer as your first step.

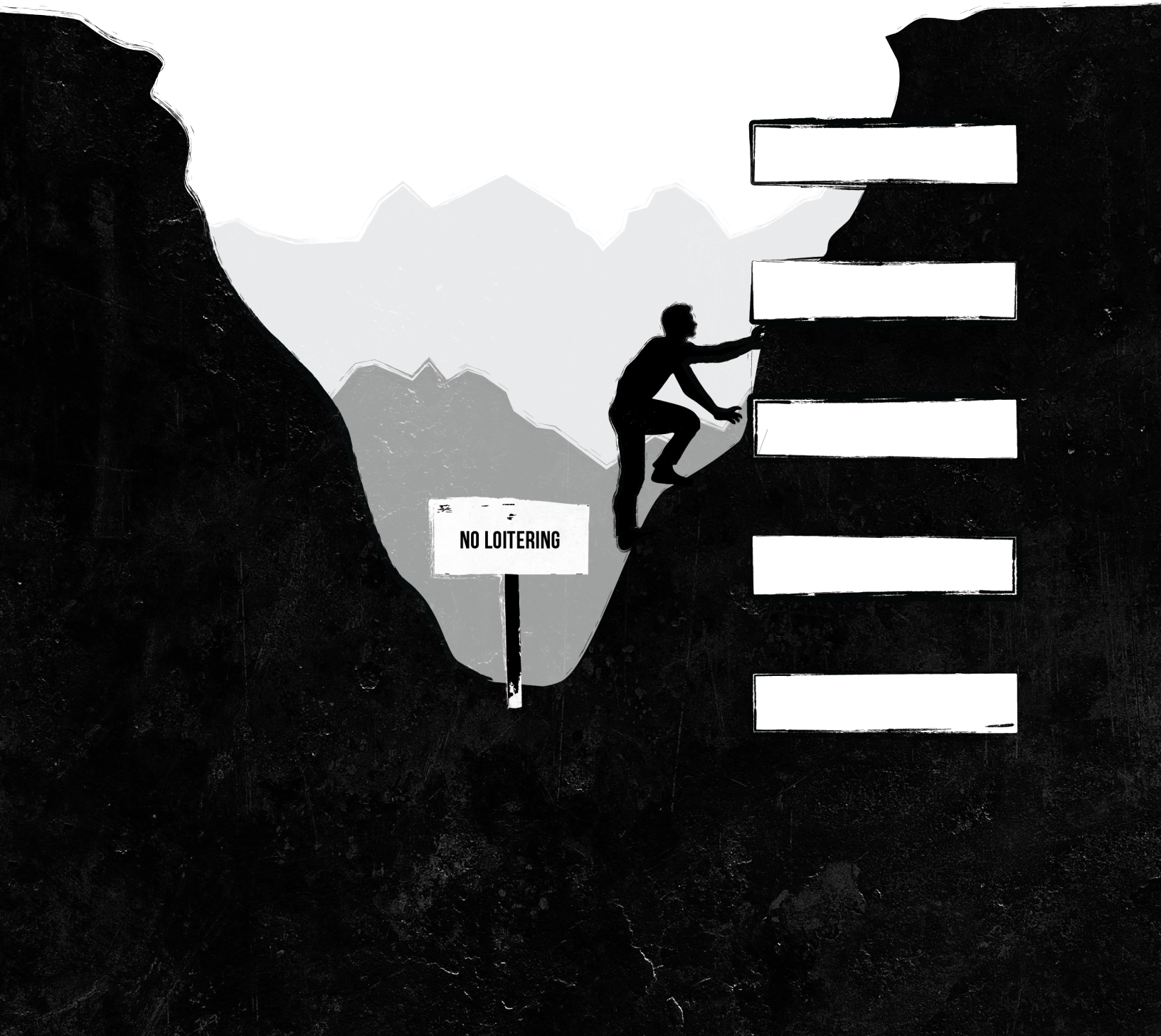
What other steps can you take?

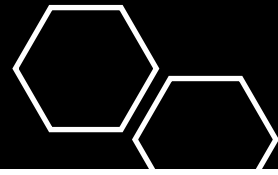
Who will hold you accountable to make sure you accomplish these goals?



You can't jump or sprint out of the valley. You must walk. And rather than simply walking "forward," having tangible goals to walk steadily toward is essential. Goals keep you moving. Goals provide motivation and momentum.

What goals will you set to help you continue to walk out of the valley? What steps will you take? Select from the list on the opposite page – including any steps you wrote for yourself – and fill in the blanks below to chart your course out of the valley.





»» MY ACTION PLAN

Now that you've evaluated your progress and set your goals, it's time to create an **Action Plan** you can execute to accomplish those goals. Select a few of the items from your **Walk Out Of The Valley** worksheet on the previous page. In the space below, write the *name of the goal*, followed by the *timeline* and a list of *to-do* items you'll need to accomplish in order to achieve the goal.

»» EXAMPLE

Goal: *Find an accountability partner* Timeline: *This month*
To-Do: *(1) Ask Scott if he is willing to help*
(2) Set a time to start meeting

»» Goal: _____ Timeline: _____

To-Do:

»» Goal: _____ Timeline: _____

To-Do:

»» Goal: _____ Timeline: _____

To-Do:
