



ARE YOU
SUPERWOMAN OR A
SUPER
MESS?

**GET
REAL**

KEISHA B. SPIVEY

JOURNAL

Get Real Journal

Let the *real* journey begin!

Keisha B. Spivey

Get Real Journal
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40-Day Journey to your “New Real”

- *Moses was on Mount Sinai for 40 days and nights receiving God’s laws...*
- *Spies were sent to investigate the land that God had promised the Israelites for 40 days...*
- *Jonah warned Nineveh for 40 days of what was about to come...*
- *Elijah fasted for 40 days...*
- *The children of Israel were punished by wandering the wilderness for 40 years before a new generation was allowed to possess the promised land...*

The number 40 is mentioned 146 times in Scripture. I just happen to believe it is not a coincidence that 40 is referenced numerous times in both the Old Testament and the New Testament.

I believe that the best way to read and maximize the heart of Get Real the book is to begin a 40-day journey of getting real with our praise, casting our cares, being mindful of our prayers, and learning how to encourage ourselves through the process.

What is waiting for you on the other side of a commitment to “Get Real” with Jesus and yourself for 40 consecutive days and allowing him to really show you what is in your heart? What promise is waiting to be fulfilled? What solution could become crystal clear? Are you willing to invest 40 days to shift your focus to Jesus and allow Him to reveal “Realness” beyond our thoughts? I believe you are – Let’s go!

Self-Awareness Scorecard

Each day give yourself a score from 1 to 5 rating (1 is low, 5 is high). The goal is not perfection, but to develop a self-awareness about how you really show up each day and to intentionally make the needed changes so that you are showing up consistently and authentically. The goal is not perfection, the goal is daily improvement. On this 40-day journey, you will score yourself on clarity, productivity, energy, influence, necessity, and courage.

- Clarity: Intentionally living according to MY why today.
- Productivity: Purposefully working on things that matter to ME today.
- Energy: Effectively managing MY mental, emotional, and physical energy today.
- Influence: Lovingly treating others well today.
- Necessity: Boldly choosing to be successful and victorious today.
- Courage: Authentically sharing the real ME (thoughts, feelings, and talents) with the world today.

My Commitment to Me

Why am I willing to begin this journey?

What time do I commit to journaling each day? *(Be specific)*

Upon completion of these 40 days, I will?

My prayer request as I begin this journey

Let the Get Real Journey begin!

MY REAL JOURNEY

Date

Word for Today

Self Awareness
Score Card (1-5)

Clarity
Productivity
Energy
Influence
Necessity
Courage

Praise Reports

Cares to Cast

Prayer Request

Areas of Improvement

Get Real Moment

MY REAL JOURNEY

Date

Word for Today

Self Awareness
Score Card (1-5)

Clarity
Productivity
Energy
Influence
Necessity
Courage

Praise Reports

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Cares to Cast

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Areas of Improvement

Get Real Moment

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Cares to Cast

Prayer Request

Areas of Improvement

Get Real Moment

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Areas of Improvement

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Prayer Request

Areas of Improvement

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Prayer Request

Areas of Improvement

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Prayer Request

Areas of Improvement

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Areas of Improvement

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Areas of Improvement

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Prayer Request

Areas of Improvement

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Praise Reports

Cares to Cast

Prayer Request

Areas of Improvement

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Praise Reports

Cares to Cast

Prayer Request

Areas of Improvement

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Define and Describe the Real You!
