

# THRIVE!



An Interactive Journal to Inspire Spiritual Growth

**Linda Pulley Freeman**

## About the Book:

Linda Freeman, author of *Thrive! An Interactive Journal to Inspire Spiritual Growth*, knows what it's like to go through times of testing and trial.

*THRIVE!* represents Freeman's journey of self-discovery and personal strategic planning. It encompasses what she learned during difficult periods of her life, and what she was able to turn around and share as a mentor. The very title, *THRIVE!*, invokes a spirit of motivation, inspiration, growth and excitement in Linda. Her desire is to help others move forward, learning not just how to survive, but *THRIVE!*

Her new devotional takes participants on a 40-day journey, giving them time to clarify who they are on a deeper level, what is important to them, and where they want to focus their energy. Freeman's goal is for the reader to emerge from this 40-day experience with renewed purpose and intensity, finding encouragement and inspiration along the way.

## About the Author:

Linda Pulley Freeman created "*Thrive!*" out of her personal struggles and victories, while juggling her roles as an engineer, wife, mom, ordained minister, mentor, community organizer, and program developer.



Freeman holds a Bachelors in Chemical Engineering, and a Masters in Environmental Engineering. She began her career as an environmental engineer with the U.S. Department of Energy in 1986, and since 1999, has served as an Associate Pastor at Trinity Church in Miami, Florida and the Executive Director of Peacemaker Family Center. Linda and David have been married for twenty-seven years, and they have four children in their lives: Zachary and his wife, Daniella, Vanessa, and a niece, Nina.



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**The THRIVE!  
Journal**

# **THRIVE!**

**An Interactive Journal  
to Inspire Spiritual Growth**

by  
Linda Pulley Freeman



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*Thrive!*

by Linda Pulley Freeman

Printed in the United States of America

ISBN 9781624196362

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*“You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.” Psalm 139:16*

## DAY 1 BEGINNINGS



**Today's Date:**

**Read Psalm 139:13-18**

**O**ur lives have a start date and an end date. We never know when either date will occur. Only God knows, but from the minute we are born, the clock is ticking. Not only that, we were born with an unspecified set of skills, abilities, talents and family/community conditions. We are not given an itinerary or an inventory, but what we are given is the opportunity to live. We have the opportunity to utilize those skills, abilities and talents to build our lives. It is this opportunity that is described in Hebrews 12:1, “And let us run with endurance

the race God has set before us.” Taking time to focus on yourself, understanding who you are and creating a blueprint for your life requires effort. It also requires that you understand how valuable you are and how purpose-full your life is. Lastly, it requires a personal commitment that you are going to make the most of the resources and the talents God has given you. Taking the time to step back and recognize them says, “I matter” and not just to yourself, but also to your family, to your community and to the world at large. There is something inside of you waiting to unfold. There is no better time than now to discover what that is.

I have had the privilege of attending and teaching many leadership classes. The topic of personal leadership, or leading your own life, is typically the first on the syllabus in a leadership class. Who am I? Why am I here? How do I lead my own life and am I leading myself in the right direction? These are important questions that only you can answer. Answering these questions is the focal point of Part I. During the first 16 days you will establish your core values, vision and mission. Plan to spend about an hour per day setting up this important foundation. So much of life in our culture is focused on externals: how we look, what we wear, what our profession is, what we own and who we know. However, the Scripture tells us: “So we fix our



eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4:18; NIV). In the pursuit of the externals, we may neglect our inner life which is unseen. King David, who obtained all the externals, wrote these lines in Psalm 139:1, 23-24, “O Lord, you have examined my heart and know everything about me... Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.”

David was on a journey of self-discovery, of understanding who he was in relation to God. He wasn’t crying out to God for more material success. I encourage you, as you work through Part I, to give yourself time to explore who you are. Be honest with yourself. Be like David and ask God to examine your heart. Be ready for change. Be open to new ideas. Emerge from the first 16 days of this study having discovered the “seed” of who you are. That seed is yours to protect. That seed is yours to grow. That seed is yours to nurture until it thrives. Part II is a 28-day devotional journal, created to help you establish a daily routine of prayer, meditation, reflection, exercise and alignment with what you developed in Part I. This is the process that I have been working through in my morning routine for years. Every morning, I get up, brush my teeth and

then sit down on my yoga mat. I read a passage of scripture, meditate on it, write down some thoughts about it, review the coming day, pray and finally, I spend some time exercising. Oh yes, then I enjoy a cup of coffee. The amount of time I spend in my morning routine varies, but I make it my habit to place myself on that mat every morning.

Some days I wake up energized, ready to go, looking forward to the day. Some days I wake up, remember what's on my calendar and sigh. On those days, I have to push myself to go to the mat and stick to the routine. In either case, the routine is a comfort and an encouragement. Not to mention, daily scripture reading, prayer, meditation and exercise yield great results.

*"Find the seed at the bottom of your heart and bring  
forth a flower." -Shigenori Kameoka*

## **DAY 1 NOTES**

Each day you will have the opportunity to write out some thoughts, plans, challenges, prayers and a note of gratitude. Over the course of the next 40 days, you will be able to appreciate the changes, answers and opportunities that will have opened up for you.

**Thoughts for today**

**Plans for today**

**Challenges for today**

## **Prayer for today**

**Today, I am grateful for**

[Note: Please begin to gather copies of your favorite magazines and a glue stick. We will use this in Chapter 4.]

*“Don’t waste your time living someone else’s life.”*

*-Chris Guillebeau*