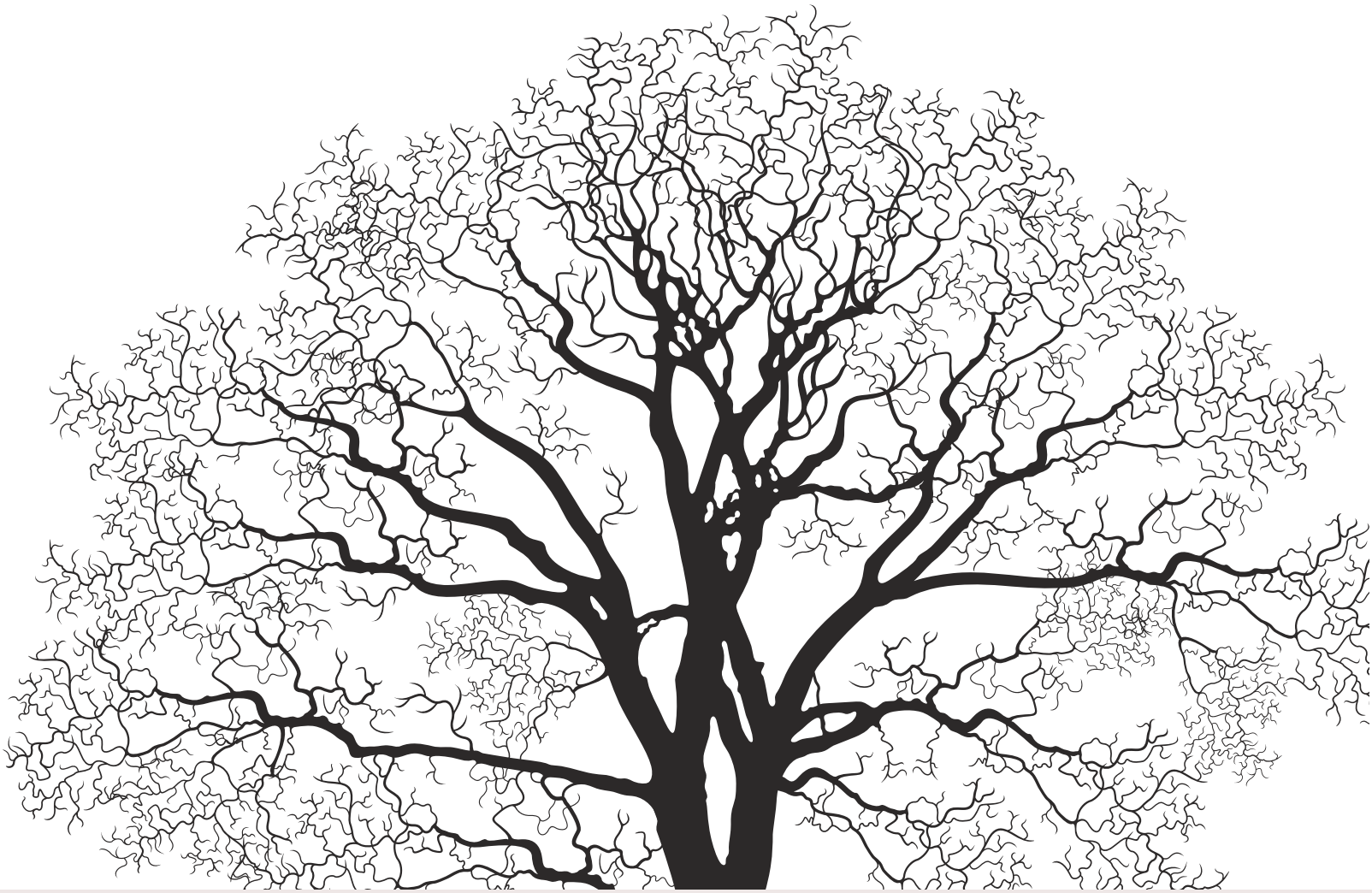

# CALM

"BE STILL AND KNOW THAT I AM GOD | PSALMS 46:10"

## MEDITATION JOURNAL

NICOLE O. SALMON

# DEAR GOD

Forgive me for putting to-do lists before you. I surrender my need to make things happen on my time. I shift from fear to *faith* and pray that you burn the bridge I crossed over on. In Jesus' name, Amen

# Alignment Checklist

## 5 Signs You Are In Need of a Purpose Re-alignment

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- [ ] You feel exhausted all the time
- [ ] You get adequate sleep, but still wake up tired
- [ ] You're confused about simple tasks
- [ ] You have racing thoughts you can't quiet
- [ ] You can sense God, but it feels like you're moving in your own strength

# DAY 1

# EXODUS 14:13

But Moses told the people, "Don't be afraid. Just stand *still* and watch the LORD rescue you today. The Egyptians you see today will never be seen again.

# DAY 2

# EXODUS 14:14

The LORD will fight for you; you need only to be *still*.

# DAY 3

# PSALMS 46:10

"Be *still*, and know that I am God!
I will be honored by every
nation. I will be honored
throughout the world."

# Calm Down...

## 3 Ways Being Still Can Help You Gain Purpose Clarity

- [ ] Reduces stress and anxiety so your gifts can flow with ease
- [ ] Makes room for you to experience the work of Holy Spirit
- [ ] Provides an opportunity for your inner woman to be heard and heal

# DAY 4

# PSALMS 62:5

For God alone, O my soul, wait in silence, for my hope is from him.

# DAY 5

# PSALMS 37:7

Be *still* before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!

## BONUS+

I pray these 5 days have refreshed and revitalized your soul. **Need something deeper? A bit more personal? I've taken the time to create an Monthly Accountability Plan and would love for you to take the next step in your journey towards a more authentic and purpose driven life.** As your Purpose Coach, I'm here to create the shift you need to get focused + clear, evoke your courageous spirit + get you fired up to live your ideal life the way you were created to. Together, over our weekly 15-minute power calls we'll create your personal blueprint for moving you forward.

**CLICK HERE TO LEARN MORE**

## ABOUT YOUR COACH

Over the past decade, my personal ministry has taken me across the country and I am humbled each time I am given the opportunity to minister as a conference speaker preacher, or workshop facilitator. Before stepping into full-time-purpose and launching my own coaching firm, I worked in the not-for profit sector for over 15 years, specifically with organizations serving communities experiencing marginality.

After many years of front line work God opened the door for me to move into a management role providing oversight to a portfolio of several diversely funded skills development programs.

As a certified life skills coach and a personality dimensions level III trainer, my reflective coaching techniques, coupled with my one-to-one and group facilitation sessions, has led scores of professionals and organizations alike to a place of lasting success and high-level efficiency. Due to my unique combination of expertise, I am blessed to have emerged as a sought after keynote speaker and panelist in many corporate circles.

I have a family. And they are my first ministry. I am a proud mother of five (that wasn't a typo lol). Four ogers and one princess. A beautiful, loud, and never dull blended family of seven. Together with my husband and partner in crime Evon, we live a full and exciting life in Brampton, Ontario.

## FOLLOW ME ONLINE

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