A FREE GUIDE FROM DR. JOHN WYNN

Reset, Release & Rise

Five steps to find your footing and your next step for the season ahead

"For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope."

JEREMIAH 29:11 (NKJV)

DR. JOHN WYNN EMPOWERMENT ENTERPRISES

BEFORE YOU BEGIN

There is more in you.

Maybe you are between jobs. Maybe a relationship ended but never let go of you. Maybe you have poured into everyone else and lost track of yourself. Wherever you are, this guide is for you.

You do not need a perfect plan to begin. You need clarity about who you are, the courage to let go of what is holding you back, and one written next step. That is what these five steps are built to give you.

Set aside about 30 minutes. Find a quiet place, bring a pen, and answer each question honestly. No one else has to see it. Then come back to it in a week and see what has changed.

> *"The biggest challenge in life is staying true to yourself, your dreams and your goals. Bet on yourself, not by tearing other people down, but by following through on what you desire to accomplish."*
>
> DR. JOHN WYNN

THE FIVE STEPS

01 Know who you are again

02 Release what is holding you

03 Forgive and get free

04 See where the opportunities are

05 Write down your next step

STEP 1 OF 5

Know Who You Are Again

You are not your title, your past or anyone's opinion of you. Before you can see where you are going, you have to remember who God created you to be, and decide what success looks like for you, not for everyone around you.

- Apart from my roles and titles, who did God create me to be?

- What does success look like for me in this next season?

STEP 2 OF 5

Release What Is Holding You

Some of what feels heavy was never yours to carry. Name the relationships, habits and roadblocks that keep pulling you back. You cannot release what you will not name.

- What am I still carrying that is not mine to carry?

- What one roadblock keeps showing up in my life, and what is it costing me?

STEP 3 OF 5

Forgive and Get Free

Forgiveness is not saying it did not matter. It is deciding it will not control your future. Forgive others, and forgive yourself, so your next season has room to begin.

- Who do I need to forgive, including myself?

- If I let this go, what would that free me to do?

STEP 4 OF 5

See Where the Opportunities Are

The world of work is changing fast, and that is not only a threat. It is an open door. Look honestly at what you already know how to do, and at what people need right now.

- What skills, gifts or experience do I have that people need today?

- What is one thing I could learn or start in the next 90 days?

STEP 5 OF 5

Write Down Your Next Step

A good feeling fades by Monday. A written step does not. Finish by putting your goal and your very next action on paper, with a date beside it.

- My goal for this next season is:

- My next step this week is, and I will do it by:

MY COMMITMENT

I will not let this season pass me by. I am taking my next step, and I will come back to this page in one week to see how far I have come.

SIGNED

DATE

YOUR NEXT STEP

Don’t walk it alone.

You have done the honest work of naming where you are. If you are ready to go deeper, here are four ways to keep moving with Dr. John Wynn.

01 **Personal Empowerment Intensive**

A live, three-hour online workshop on Zoom that walks through these five steps with Dr. Wynn and includes the full Personal Empowerment Workbook.

DOCTORJOHNWYNN.COM/INTENSIVE

02 **Free 30-Minute Consultation**

Talk one on one with Dr. Wynn about your next season. Your first 30-minute introductory consultation is free.

DOCTORJOHNWYNN.COM/COACHING

03 **Books & Workbooks**

Teaching on faith, identity, purpose and legacy that you can keep coming back to, alone or with your group.

DOCTORJOHNWYNN.COM/BOOKS

04 **Wear the Message**

Premium apparel with the DJWEE seal, including The 4:13 Tee (“I can do all things through Christ”), The Greatness Tee, The Legacy Hoodie and The Logo Cap.

DOCTORJOHNWYNN.COM/MERCH

Faith. Clarity. Purpose. Transformation.

DR. JOHN WYNN EMPOWERMENT ENTERPRISES · DRJOHNWYNN@GMAIL.COM

GET COACHING

Work one on one with Dr. Wynn.

This guide helped you name where you are. Coaching helps you get where you are going. Dr. Wynn meets with you privately to bring clarity to your next season, from personal growth and leadership to ministry, business and legacy, all from a faith perspective.

FREE
30 MINUTES
Introductory consultation. Start here.

$250
2 HOURS
A focused session on one challenge or decision.

$500
4 HOURS
A deeper working session to plan and build.

Book your free consultation

1. Scan the code, or visit the link below.
2. Choose “Book Free Consultation” and enter your details.
3. Dr. Wynn’s team will contact you to set your time.

DOCTORJOHNWYNN.COM/COACHING

SCAN TO BOOK

Paid sessions are due before the session. Speaking engagements are booked separately.