UNCOVER YOUR TRUE IDENTITY AND DESTINY

REVEALED

WORKBOOK

*"You have not been hidden, but **preserved**."*



COURTNEY WASHINGTON

REVEALED

UNCOVER YOUR TRUE IDENTITY AND DESTINY

A Guide to Uncovering Your Identity,
Purpose, and Destiny

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01

Breath

נְשָׁמָה

Each breath you take is a seed, what you sow you will harvest. I am reminded of Proverbs chapter 18, verse 21 that says, "life and death are in the power of the tongue". The truth is, when you know **who you are** becoming revealed gets easier because you realize who has given you **breath** each day.

If we want to look at our identity, first must recognize the most important thing. We only have an identity, because the Lord has given us breath! If you're not breathing, you're not alive, right? I know what you're thinking, **how can this lead me to my identity?** Let's break down the word, “breath” (neshamah) in Hebrew, and you'll see!

נְ 1. NUN-"life", "fish", "seed", and "offspring"
שָׁ 2. SHIN- "Godhead," "peace," "sharp," and "divine power"
מָ 3. MEM- "waters," "people," "nations," "languages," and "tongues."
ה 4. HEY- "behold", "take", and "inspiration"

Notice the order in which I broke down each letter. When we study Hebrew, we read from right to left. Now lets read outloud the scentece below. This is the way in which the Lord led me to break down breath.

Interpretation

“Your breath brings **life** and begins as a **seed**, given to you by the **Godhead** so that His **glory** may be **spoken** in the earth, giving access to His **creative power**, and bringing **inspiration** causing all to look and **behold**.”

The Power of Your Breath lies in Your Tongue.

The moment you are born, the breath of life—the very wind of existence—enters you. From that moment, you are given an identity, marked by a name, a social security number, and other identifiers that define you throughout your life.
When we examine the word breath in Hebrew and break it down, we gain a deeper understanding of the significance of Proverbs 18:21:
"Words kill, words give life; they're either poison or fruit—you choose." (Proverbs 18:21, MSG)

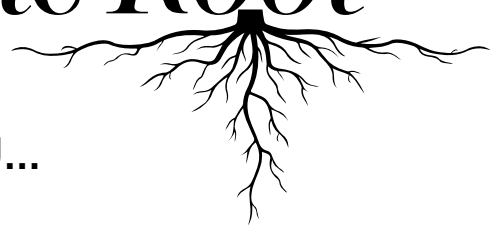
What Have You Been Speaking Over Yourself?

Many times, we fail to realize that the life we are living is a direct result of the words we have spoken. It is equally important to guard what is spoken to us. There's a common saying: "Sticks and stones may break my bones, but words will never hurt me." But this couldn't be further from the truth. In reality, words are seeds—once planted, they take root in the mind and begin to grow, often in silence.
The words of an abusive parent or a bully can fester over time. Before you know it, you find yourself recalling those words, questioning whether they might be true. Many never stop to challenge them; they simply accept them as reality. And with that acceptance, life begins to shift—slowly veering off the path the Lord has set and into a destiny marked by doubt, confusion, or defeat.

"Understanding that words affect you is vital to your survival."

-COURTNEY WASHINGTON

Lets Get to the Root



THIS IS YOU...

WHAT ARE SOME GENERATIONAL CURSES/PATTERNS YOU HAVE NOTICED?

WHAT ARE SOME GENERATIONAL BLESSINGS?

LIST THE HINDERANCES THAT MANY FAMILY MEMBERS HAVE FACED ON BOTH YOUR MOTHER AND FATHER'S SIDES.

*Examine **Your** History*

Know this—God wastes nothing! Everything He created has a purpose, and we must remain steadfast, trusting that He will cause all things to work together for our good.

Take a moment to reflect on the challenges in your life. These may be recurring struggles, obstacles you have yet to overcome, or even victories you've already won. Write them down—it's important to recognize the schemes and strategies the enemy may use against you. Awareness is the first step to victory!

Lets find Strategy to Overcome

Deliverance or Devotion
Do I need deliverance from certain strongholds in my past or do I need to devote more time to the Lord so that my mind is completely renewed from these patterns. Deliverance is needed when there is an ongoing struggle with sin. Devotion is needed when you don't struggle with the sin but your mind can't see a way out of the pit.
Trauma or Trust
Have I been confused due to trauma and therapy is needed to help me heal, or do I lack trust in God because I have lost or forgotten who I am?
Rebellion or Radical Obedience.
Have I been in rebellion, distancing myself from God's peace and presence? Or should I exercise radical obedience, which will keep me close to Him?

Define The Standard?

A **standard** is the level of quality, values, and expectations a person upholds in their life. It shapes how they carry themselves, the boundaries they set, and the choices they make. Standards influence speech, relationships, appearance, and overall conduct.

01

What I Think

What do you believe about yourself?

02

How I Speak

Do your words reflect wisdom, kindness, and authority?

03

What I Wear

Does your appearance reflect self-respect and confidence?

04

Who I Am Around

Do the people around you align with your values?

05

How I Receive

Am I able to receive compliments and correction?

Identity & Core Values

What do you believe about yourself?
What are your non-negotiable values? (Examples: faith, integrity, respect)
How do you want others to describe you?
What does God say about who you are? (Include a Bible verse if desired)

Communication & Speech

Do your words reflect wisdom, kindness, and authority?
What kind of conversations do you engage in? (Uplifting or negative?)
Are you confident in expressing your thoughts and beliefs?
Identify one area of speech to refine (e.g., speaking more positively, avoiding gossip, being more direct).

Environment & Relationships

Do the people around you align with your values?
Are they helping you grow or pulling you down?
Do you set boundaries in friendships and relationships?
What kind of atmospheres do you find yourself in?

Presentation & Appearance

Does your appearance reflect self-respect and confidence?
Is your style a reflection of who you are and where you're going?
Do you take care of yourself (hygiene, grooming, fitness)?
Choose one way to elevate your presentation (clothing, posture, self-care habits).

Your Personal Standard Statement

Now, summarize your personal standard in a few sentences. This should reflect how you choose to live, speak, surround yourself, and present yourself.

"I choose to live by the values of _____, _____, and _____. I will speak with _____ and avoid _____. I will surround myself with people who _____, and I will maintain a presentation that reflects _____."

Commitment & Next Steps

- One habit I will start today: _____.
- One relationship I need to evaluate: _____.
- One way I will improve my confidence and presence: _____.

02 Purpose *vs* Calling.

Your purpose is the overarching theme that guides your life. It serves as the foundation and central thread that ties together **your experiences, passions, and contributions.** It remains **consistent**, providing direction and meaning, while your **calling may shift over time** depending on your season of life, personal growth, and the needs of the world around you.

Your purpose is deeply rooted in who you are and what God has designed you to do, even as the ways in which you express that purpose evolve. Let's take a look at what your purpose could be by defining burdens in the space provided below.

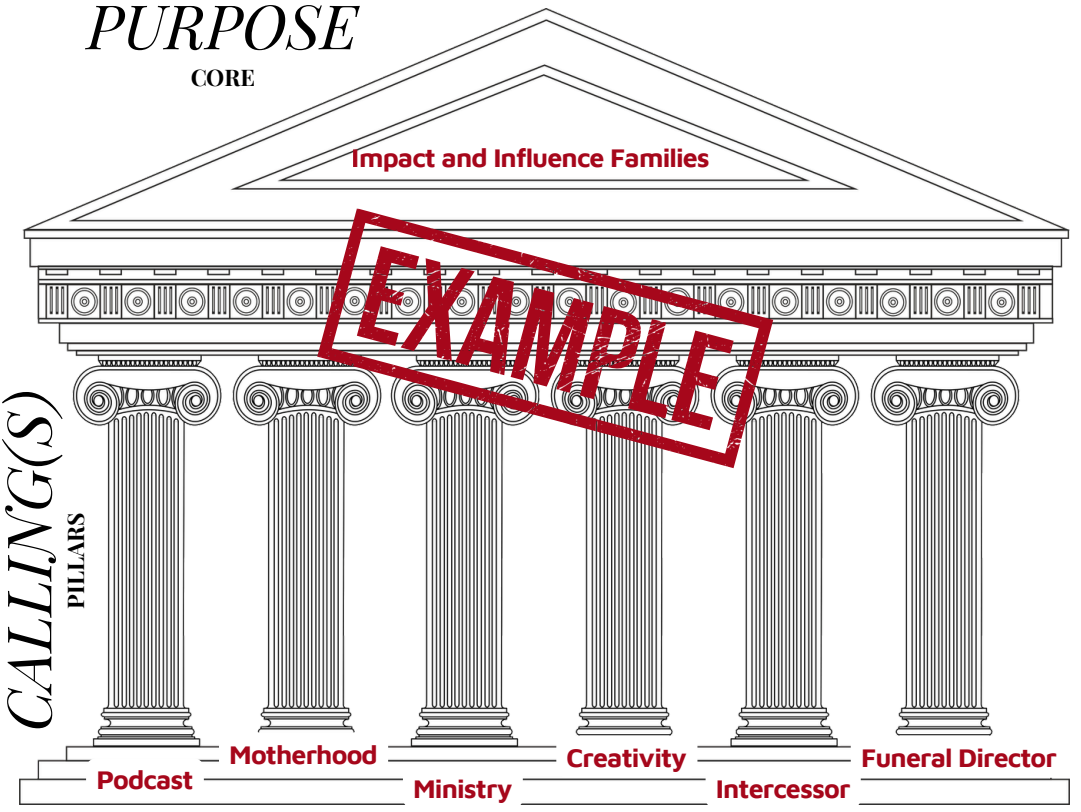
Define Your Burden

1. What problem do you feel called to solve in the world?

2. What themes have shown up repeatedly in your journey?

let's create

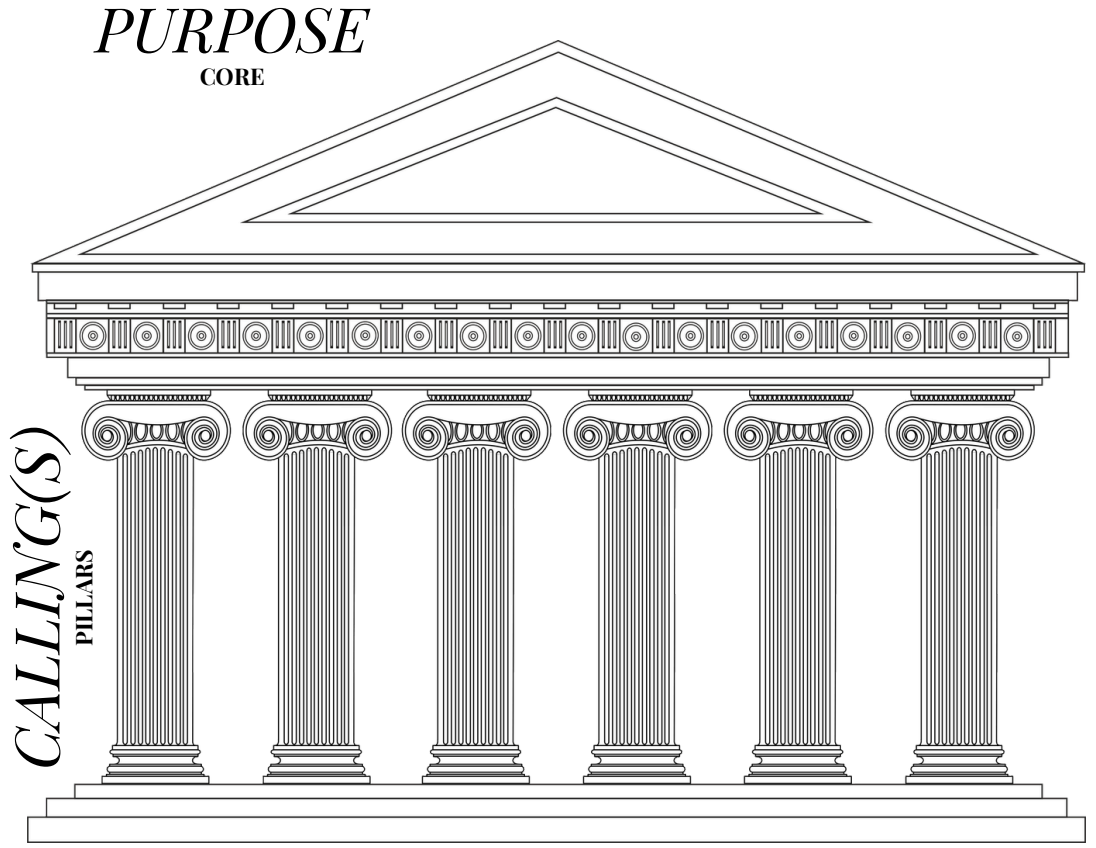
Your **purpose** is the **overarching theme** that guides your life. It remains consistent, while your **calling may shift** over **time**.



There is **no limit** to the pillars—the things you are called to do—in your life. They may shift over time, with some being refined and used more than others. What matters most is staying **rooted and firmly established in Christ**, allowing Him to guide your steps and strengthen each pillar in His perfect timing. As you identify your pillars you can expand on them. You may find that certain **gifts and talents** are like the moulding or decoration on the pillars.

let's create

Your **purpose** is the **overarching theme** that guides your life. It remains consistent, while your **calling may shift** over **time**.



Your Purpose

Your purpose is the overarching theme that guides your life. It remains consistent, while your calling may shift over time.
What do you believe is your God-given purpose?

Write a statement that reflects the core reason you believe you were created.

Reflect on how your calling has changed over different seasons of life.
Past Callings (Childhood & Young Adulthood):

What roles, passions, or assignments did you feel drawn to in earlier seasons?

Your *Why*

Current Calling (Where You Are Now):
How do you feel led to serve, lead, or contribute in this season?

Example for an aspiring travel blogger

"My why is to inspire others to explore the world and experience new cultures, while also learning more about myself and my place in the world. I believe that experiencing the world God created will help me to connect with others, and make the world a better place, and I want to share the gospel message through my content and travel."

Remember, your **why** statement should be unique to you, and should reflect your personal goals and values. Use this exercise as a starting point to define your why, and refer back to it whenever you need motivation or inspiration to create content.

Future Calling (What's Ahead):
What dreams, visions, or nudges from God are you sensing for the future?

Plot significant moments that shaped your understanding of purpose & calling.		
Age/Season	**Major Event or Shift**	**Impact on Purpose/Calling**

Passion & Skills Inventory

List key passions and skills God has given you to walk in your calling.

Passions:

Skills & Talents:

Limitations

Barriers & Fears
Identify doubts or roadblocks keeping you from fully embracing your calling.
How can you surrender these fears to God?

Scriptural Anchor
Find or write a Bible verse that affirms your purpose and calling.

Pray & Reflect

Prayer or Declaration
Write a prayer or personal affirmation to solidify your commitment to walking in your calling.

Reflection:
Take time to review your answers. What patterns do you see? What action steps can you take today to align with your purpose?

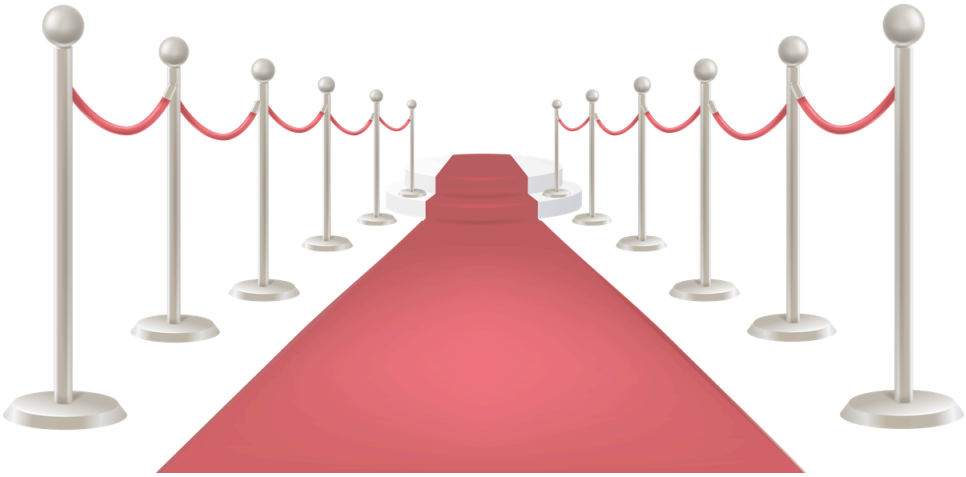
03

Biblical Boundaries:

Rebuilding Your Gates Like Nehemiah

Boundaries are essential for protection, order, and identity, just as the gates of Jerusalem were in Nehemiah's time. By looking at Nehemiah's rebuilding process, we can apply a biblical, structured approach to setting and maintaining healthy boundaries in our lives.

Boundaries teach people how to love you, not just keep people out. They help others understand your needs, values, and limits so they can engage with you in a way that is healthy and respectful. Rather than being walls of isolation, boundaries act as guidelines for deeper connection, ensuring that relationships are built on mutual respect, love, and understanding.



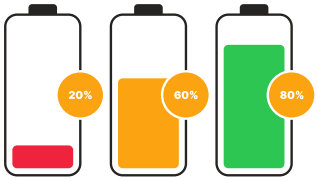
Recognize the Ruins & Assess the Need

Before taking action, Nehemiah first inspected the walls to understand the extent of the damage. He acknowledged that the broken walls and burned gates left the city vulnerable. Similarly, we must identify areas in our lives where weak or missing boundaries have left us exposed.

- Take an honest assessment of your **spiritual, emotional, and physical well-being**. If you were a phone battery, where would you fall in these categories?

- Identify where you feel **drained**, **overcommitted**, or taken advantage of.

- Reflect on these questions:
  - Where do I feel unprotected or overwhelmed?
  - What relationships, habits, or commitments need realignment?
  - How is a lack of boundaries affecting my walk with God?



Journal Prompt

Write a letter to God about areas where you feel vulnerable. Ask Him for wisdom on where to rebuild.

Establish the Gates & Set Guardrails

ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT." PROVERBS 4:23, NIV)

Examples of Healthy Boundaries:

- Time: "I will dedicate daily quiet time to God before responding to others."
- Relationships: "I will not engage in conversations that dishonor my faith or values."
- Work & Ministry: "I will set work hours and not overextend myself beyond my God-given capacity."

Decide who/what has access to your time, energy, and emotions

Align your boundaries with God's will—only say yes to what He calls you to.

Communicate your boundaries clearly, just as a gate has a defined entrance and exit.

Watch & Defend the Boundaries

Scripture Reference: Nehemiah 4:13-23

Application & Reflection Questions

Be on guard—watch for manipulation, guilt, or distractions.
Stay prayerful—ask God for wisdom and discernment.
Stand firm—like Nehemiah, refuse to be swayed by opposition (Nehemiah 6:3).
Surround yourself with wise counsel—accountability strengthens your boundaries.

Helpful Responses to Boundary Pushers

- "I love and respect you, but I need to honor the boundaries God has led me to set."
- "I cannot commit to this right now without compromising what God has asked of me."
- "I appreciate your thoughts, but I need to make this decision based on my mental health."

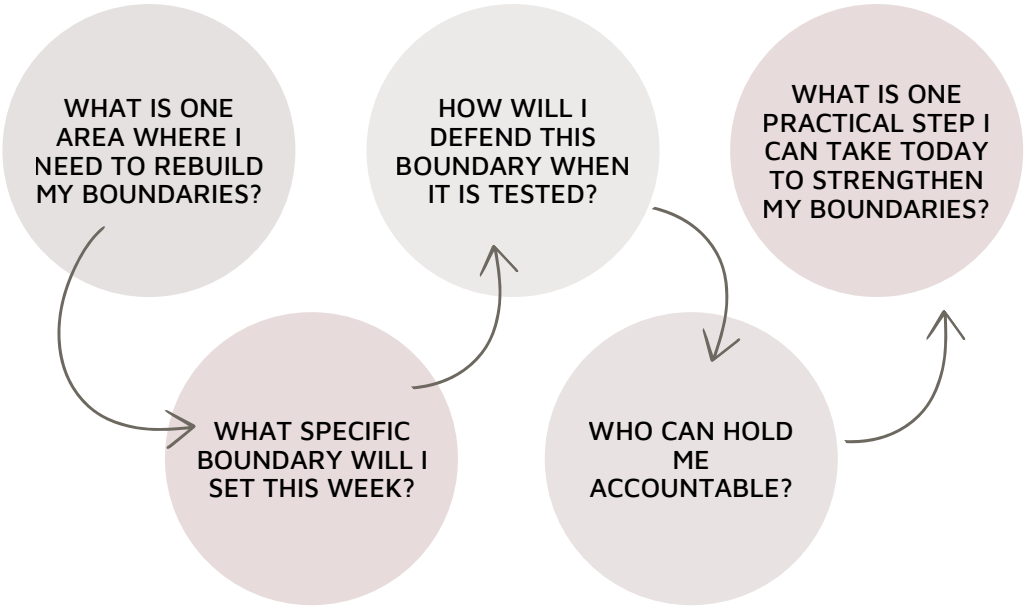
The Deeper Understanding

"From that day on, half of my men did the work, while the other half were equipped with spears, shields, bows, and armor... Those who carried materials did their work with one hand and held a weapon in the other." (Nehemiah 4:16-17, NIV)

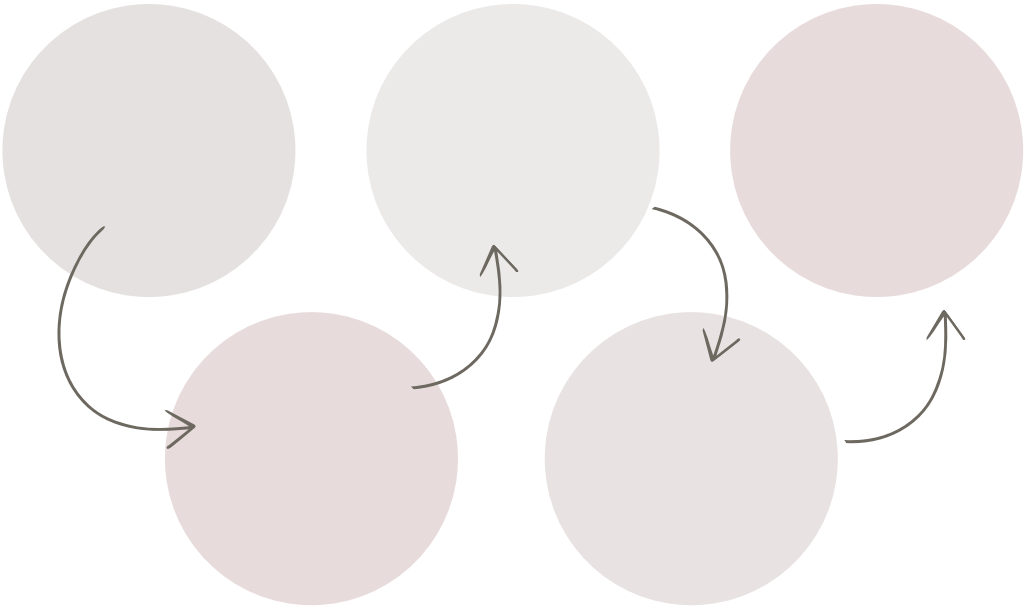
Journal Prompt

Write about a time when someone tested your boundaries. How did you respond, and what could you do differently in the future?

LET'S PRACTICALLY REBUILD



Use the space below to write your personal reflections and commitments.



04 Identifying Your Limiting Beliefs

"AS A MAN THINKS IN HIS HEART, SO IS HE."
– PROVERBS 23:7

Take a moment to reflect on the thoughts that have held you back. Write down any negative or limiting beliefs you recognize in yourself.

The Negative
What are some negative things you often tell yourself?
Where do you think these beliefs came from? (Past experiences, fear, other people, the enemy, etc.)
The Impact
How have these beliefs impacted your actions, confidence, or faith?

Challenging Your Limiting Beliefs

"We take captive every thought to make it obedient to Christ."
2 Corinthians 10:5

IS THIS BELIEF ALIGNED WITH GOD'S TRUTH?

WHAT DOES SCRIPTURE SAY INSTEAD?

HOW WOULD MY LIFE CHANGE IF I BELIEVED THE TRUTH INSTEAD OF THE LIE?

MY NEW AFFIRMATION AND ANCHOR VERSE IS NOW:

Replacing *Lies* with God's *Truth*

"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—HIS GOOD, PLEASING AND PERFECT WILL." - ROMANS 12:2

For every limiting belief, there is a powerful biblical truth to counter it.

Replacing Lies with God's Truth		
Limiting Belief	**Biblical Truth**	
"I am not good enough."	2 Corinthians 12:9 – "My grace is sufficient for you, for My power is made perfect in weakness."	
"I will always fail."	Philippians 1:6 – "He who began a good work in you will carry it on to completion."	
"I am alone."	Hebrews 13:5 – "I will never leave you nor forsake you."	
"I am unworthy."	Romans 8:1 – "There is no condemnation for those in Christ Jesus."	

Replacing *Lies* with God's *Truth*

"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—HIS GOOD, PLEASING AND PERFECT WILL." - ROMANS 12:2

For every limiting belief, there is a powerful biblical truth to counter it.

Your Turn, Fill in the blanks		
Limiting Belief	**Biblical Truth**	

Write your own affirmations based on Scripture:

Taking Faith-Filled Action

"FOR AS THE BODY WITHOUT THE SPIRIT IS DEAD, SO FAITH WITHOUT WORKS IS DEAD ALSO." JAMES 2:26

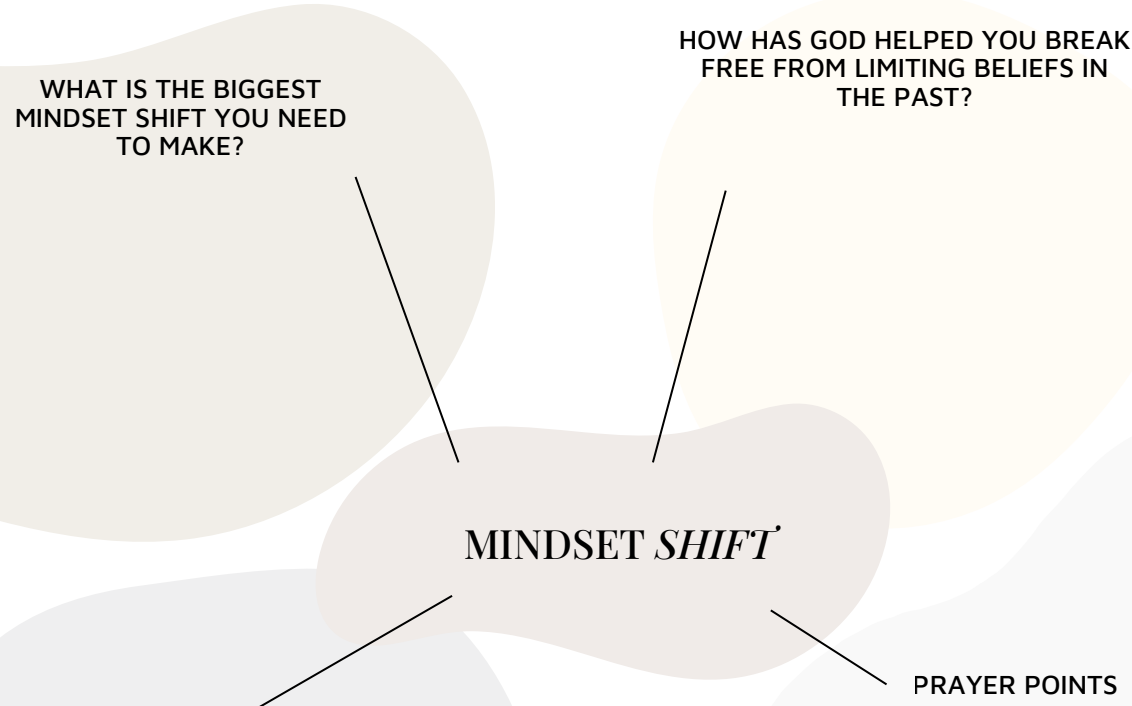
What is one step of faith you can take today to act against a limiting belief?

ACCOUNTABILITY

Who can hold you accountable in this journey?

Daily Renewal & Accountability

"This book of the law shall not depart from your mouth, but you shall meditate on it day and night." – Joshua 1:8



Self Regulation Techniques

Self-regulation is all about managing emotions, thoughts, and behaviors in a way that aligns with your goals and values. Here are some effective self-regulation tools and techniques:

Emotional Regulation

1. Box Breathing – Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, hold for 4 seconds.
2. Name It to Tame It – Label your emotions (e.g., "I'm feeling frustrated") to reduce their intensity.
3. Emotional Check-ins – Ask yourself, "What am I feeling right now? Why?"
4. Reframing Thoughts – Shift from "I can't do this" to "I am learning and growing through this."
5. Music Therapy – Listen to calming or uplifting music to shift your mood.

Cognitive Regulation:

1. The 90-Second Rule – Recognize that emotions peak for 90 seconds; if you don't feed them with negative thoughts, they pass.
2. Cognitive Restructuring – Challenge negative thoughts and replace them with truth-based perspectives.
3. Affirmations – Speak life over yourself: "I am capable, I am worthy, I am loved."
4. Delayed Reaction – Pause before responding to emotionally charged situations (e.g., count to 10).

Behavioral Regulation:

1. Habit Stacking – Attach a new habit to an existing one (e.g., deep breathing while brushing your teeth).
2. Set Timers – Use this technique (25 min focus, 5 min break) to stay productive.
3. Body Movement – Engage in stretching, walking, or exercise to release pent-up energy.
4. Boundaries & Saying No – Practice self-control by setting limits with people and commitments.
5. Accountability Partner – Have someone to check in with when you need support.

Your Journey to Revelation Has Just Begun

Congratulations on completing the Revealed workbook! This journey has been about so much more than just information—it's been about transformation. You've taken bold steps to confront old mindsets, dismantle toxic habits, and embrace the fullness of who God created you to be.

But remember, this is just the beginning. True growth is a lifelong process. Continue to lean into what you've learned, stay committed to your healing, and surround yourself with the right community.

As you move forward, keep these truths close to your heart

- You are not bound by your past—freedom is yours to walk in.
- You are not alone—God is guiding you every step of the way.
- You are not hidden—your purpose is waiting to be revealed.

Remember, stay open, stay expectant, and most importantly, stay in pursuit of the life God has called you to live. I am so incredibly proud of you and can't wait to see the fruit of your obedience!

I am so proud of you!

Courtney Washington

