

# Expectation & Embodiment Journal Worksheet

## Definition

Expectation: A strong belief that something will happen or be the case in the future.

## Prompt 1

What are you currently expecting--and who are you expecting it from?

## Prompt 2

What's one way you can turn that external hope into an internal action?

## Prompt 3

What would staying ready (not waiting) look like for you this month?

## Prompt 4

Where has God redirected you for your own growth before?

## Final Declaration

I no longer expect \_\_\_\_\_. I expect of myself to \_\_\_\_\_. And I trust God to \_\_\_\_\_.