

JACKIE DORMAN • VIP COACHING

WORKSHEET 3 • WEEK 1

TRUST IS A VERB

Responsibility, receiving, and surrender

THE PRACTICE

Trust is not passive. It is the practice of doing what is yours, releasing what is not, and receiving what love offers.

Use this worksheet to realign your responsibility, practice receiving, and place the outcome back in God's hands.

NAME

DATE

What Is Mine?

There are things you cannot control.

NOT YOURS TO CONTROL

- Whether someone chooses you.
- Whether someone texts back.
- Whether attraction is mutual.
- Whether someone is ready.
- Whether a date becomes a relationship.
- Whether a relationship becomes marriage.
- Exactly when you meet your spouse.

THE REALIGNMENT

But there are things that are yours.

CHOOSE

I Am Responsible For

Check the responsibilities you want to practice more intentionally this week.

☐ Showing up☐ Making myself available for love☐ Meeting people☐ Being honest☐ Communicating clearly☐ Setting healthy boundaries☐ Becoming emotionally available☐ Taking care of myself☐ Building community☐ Healing what needs healing☐ Recognizing my counterfeit☐ Interrupting self sabotage☐ Practicing wisdom☐ Gathering information☐ Choosing well☐ Walking away when necessary☐ Remaining open when I do not yet have enough information☐ Asking for coaching when I get stuck

Your job is to take responsibility for your part, not to manufacture the outcome.

PRACTICE

Receive Without Taking Over

Practice receiving instead of automatically taking over.

BEFORE THURSDAY

Intentionally receive one thing you would normally refuse, minimize, manage, take over, or immediately reciprocate.

IT MIGHT LOOK LIKE

- Letting someone help you without saying, "I've got it."
- Accepting a compliment with a simple "thank you."
- Asking for help instead of figuring everything out alone.
- Letting someone else make the plan.
- Allowing someone to do something differently than you would.
- Telling someone what you actually need.
- Allowing a date or friend to show up for you without immediately returning the favor.
- Letting an unanswered question remain unanswered for now.

Before Thursday, I will practice receiving by:

REFLECT

What Happened When I Received?

Notice what surfaced when you allowed support, care, or uncertainty to remain outside your control.

01

What did you allow yourself to receive?

02

What did you notice in yourself when you did not take control?

03

What did this experience teach you about receiving?

My Permission Prayer

For supernatural surrender

God, today I give myself permission to release what was never mine to carry.

I give myself permission to not know what happens next.

I give myself permission to stop believing that everything depends on me.

I give myself permission to ask for help, to receive help, and to let other people contribute to my life.

I give myself permission to be loved without earning it, managing it, or proving that I deserve it.

I give myself permission to let people reveal who they are instead of trying to predict who they will become.

I give myself permission to want marriage deeply without requiring it to prove my worth.

I give myself permission to release the timeline I imagined and remain open to the story You are writing.

God, show me what is mine to do and give me courage to do it.

Show me what is not mine to control and give me faith to release it.

Show me what You are inviting me to receive and give me courage to open my hands.

RECEIVE

Trust Is a Verb

Finish the prayer, sign your declaration, and bring the exposed truth into Thursday coaching.

I do not need certainty to be safe.
I do not need control to be okay.
I do not need to know the ending in order to take the next healthy step.

I trust You with what I cannot see.
I trust You with what I cannot force.
I trust You with what I cannot guarantee.

My job is not to manufacture my love story.
My job is to become available for it.

Today, I release.
I realign.
I receive.

Amen.

**I CAN DEEPLY DESIRE LOVE
WITHOUT DESPERATELY CONTROLLING IT.**

SIGNED

DATE

FOR THURSDAY COACHING

What is the thing this week's work exposed that I most need Jackie to coach me on?
