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JUMPSTART YOUR 2026 STUDY GUIDE

SETTING YOURSELF UP FOR SUCCESS

BY BRENDA BYERS

LINKTR.EE/BRENDA BYERS

DAY ONE - ENTERING YOUR “PROMISED LAND”

SET THE INTENTION:

Write it below.

A Prosper Daily Plan™ A Day Keeps the “Squirrels” Away!

Morning Routine (Golden Hour) – Example Schedule

<input type="checkbox"/> 10 minutes of Prayer/Meditation	<input type="checkbox"/> 15 minutes to Read (Mind & Spirit Growth)
<input type="checkbox"/> 5 minutes of “I AM” Affirmations	<input type="checkbox"/> 10 minutes of Journal Writing
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THE PROMISED LAND DEFINED - 3 STEPS

SEE IT:

Scripture: “For all the land which thou seest, to thee will I give it.” (Gen. 13:15)

BELIEVE IT: ASK WITH FAITH

Scripture: “Ask, and you will receive, that your joy may be full.” (John 16:24) Mark 11: 24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

FEEL IT ALREADY DONE:

Scripture: “Delight yourself also in the Lord, and He will give you the desires of your heart.” (Psalm 37:4 AMP)

EXERCISE: GUIDED MEDITATION

REFLECTION & WRITING.

Write the vision. Habakkum 2:2

What does your Promised Land look and feel like?

Reflection - Continued

Focus on Abundance:

List five examples of abundance around you - big or small - that remind you of God's provision.

AFFIRMATIONS - (CALL & RESPONSE)

- **I AM ABUNDANT** "I see my Promised Land clearly."
- **I AM JOY-FULL** "I feel the joy and fulfillment of living in my vision."
- **I AM OPEN** to receiving, new opportunities, experiences & people

I WILL (DECLARATION)

What ACTION will you take in the direction of this vision?

What is the single most important action I can take today to advance in the direction of my goals, dreams and desires?

SCHEDULE IT. When will you do it?

DAY TWO - UNCLOG THE WELLS

CLEARING SPIRITUAL, MENTAL, AND PHYSICAL CLUTTER TO CONNECT WITH THE LIVING WATER

SET THE INTENTION:

Write it below.

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SCRIPTURAL FOUNDATION:

Scripture: Genesis 26:18-22 (AMP) Each well teaches us a life principle:

- **Esek (Contention):** Strife blocks the flow.
- **Sitnah (Opposition):** Hatred and persecution are distractions.
- **Rehoboth (Room):** Faith, joy, and trust create space for God’s abundance.

LIVING WATER IN YOU:

Scripture: "From his innermost being will flow rivers of living water."
John 7:37-39 (AMP)

IDENTIFYING WHAT BLOCKS THE WELLS:

Scripture: "Delight yourself also in the Lord, and He will give you the desires of your heart." (Psalm 37:4 AMP)

SPIRITUAL CLUTTER -

"Stripping off every unnecessary weight..." Hebrews 12:1

MENTAL CLUTTER -

Story of Martha (Luke 10:38-42): Martha missed the Living Water while being busy.

PHYSICAL CLUTTER:

Unnecessary items that crowd your environment.

EXERCISE: REFLECTION & WRITING

IDENTIFY AND RELEASE THE CLUTTER

Write a list of 20 things you want to release from last year—physical, mental, or emotional clutter.

Set Your Focus:

- What is one area of clutter I will clear today?
- How will I make space for God's flow (Living Water)?

AFFIRMATIONS - (CALL & RESPONSE)

- **I AM OPEN** "I clear away all that blocks God's flow in my life."
- **I AM OVERFLOWING** "I drink deeply from the Living Water within me."
- **I AM FAITH-FULL & JOY- FULL** "I walk in faith, trust, and joy."

I WILL (DECLARATION)

What ACTION will you take in the direction of this vision?

What is the single most important action I can take today to clear one area of clutter?

SCHEDULE IT. When will you do it?

DAY THREE - OPENING THE ACTIVATING THE FLOW TO PROSPER SPIRITUALLY, MENTALLY, EMOTIONALLY, AND FINANCIALLY

SET THE INTENTION:

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UNDERSTANDING FLOW:

“From his innermost being shall flow continuously rivers of living water.” (John 7:38 AMP)

WHAT BLOCKS FLOW? CONSTIPATION IN LIFE

THE WIDOW AND THE OIL - 2 KINGS 4:1-7

Focus Shift: What do you desire? What do you already have?

USE IT OR LOSE IT

MINDSET SHIFT -

Lack is Perception, Not Reality

EXERCISE: REFLECTION & WRITING

IDENTIFY WHAT BLOCKS YOUR FLOW

- What do I desire today?
- What do I already have in my hands (skills, resources, ideas)?
- How can I give or circulate what I have today?

When have I felt "in flow" (e.g., during worship, creating, serving?)

Activate Flow:

- Write down 5 ways you can give or create flow today:

AFFIRMATIONS - (CALL & RESPONSE)

- **I AM ABUNDANT** “I open the flow of God’s abundance in my life.”
- **I AM GENEROUS** “I give freely and receive generously.”
- **I AM FAITH-FULL** “I trust God to fill & fulfil all my needs from His Supply

I WILL (DECLARATION)

What ACTION will you take in the direction of this vision?

What is the single most important action I can take today to activate flow?

SCHEDULE IT. WHEN will you do it?

BONUS ENCOURAGEMENT:

- Worship and give thanks for all you have.
- Focus on the truth: “Whatever is missing is what I am not giving.”
- Trust the flow—God’s provision is limitless when we circulate, give, and activate His principles.

DAY FOUR - BE TRANSFORMED!

TRANSFORMATION BEGINS WITH THE RENEWAL OF THE MIND

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THE FOUNDATION OF TRANSFORMATION:

- “Be transformed by the renewing of your mind.” (Romans 12:2 AMP)
- “Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed.” (Romans 12:2 TPT)

THE PRODIGAL SON (LUKE 15:17)

Truth to Claim: What must you repent? What truth must you claim?

RENEWING YOUR MIND

AFFIRM YOUR NEW IDENTITY-

EXERCISE: REFLECTION & WRITING

- What do I believe about myself?
- What old beliefs or habits do I need to examine and release?
- What new belief (truth) do I choose to affirm about myself?

What habits or rituals will I commit to for my transformation?

Activate Flow:

- Write down 5 things you are grateful for right now.

AFFIRMATIONS - (CALL & RESPONSE)

- **I AM TRANSFORMED** by the renewing of my mind.
- **I AM FREE** i release old thoughts and embrace God's truth.
- **I POWERFUL**, and created in His image."

DECLARATION (I WILL)**What ACTION will you take in the direction of this vision?**

What is one belief or habit I will change today?

SCHEDULE IT. When will you do it?**BONUS ENCOURAGEMENT:**

- "Don't judge by your history—judge by your possibility. Transformation begins with choosing thoughts that align with God's truth."

DAY FIVE - THE POWER OF BELIEF

YOUR BELIEFS SHAPE YOUR REALITY AND DESTINY

SET THE INTENTION:

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REWIRING YOUR BELIEFS:

- “Go; it will be done for you as you have believed.” (Matt 8:13)
- “All things are possible for the one who believes.” (Mark 9:23)

TYPES OF BELIEFS TO EXAMINE

REDEFINING BELIEFS WITH TRUTH

EXERCISE: REFLECTION & WRITING

- What limiting beliefs have I held about myself, my abilities, or my life?
- How have these beliefs shaped my experiences?
- What new belief aligns with God's Word and truth?

New Belief Affirmation:

- Write a new belief in the form of an affirmation:
 - "I AM healthy, vibrant, and full of energy."
 - "I AM a vessel of God's wisdom, love, and provision."
 - "I AM abundance, peace, and joy."

Write ONE habit or action that will reinforce this new belief:

Example: Daily affirmations, 10 minutes of prayer and meditation, or speaking gratitude aloud each morning.

DECLARATIONS - (CALL & RESPONSE)

- **"I RELEASE old beliefs that no longer serve me."**
- **"I CHOOSE thoughts that align with God's truth."**
- **"I BELIEVE all things are possible through Christ in me."**

What ACTION will you take in the direction of this vision?

What is one belief I will live out today?

SCHEDULE IT. When will you do it?

BONUS ENCOURAGEMENT:

- End with: "You will have what your faith expects. Let God's truth guide your beliefs, and your life will align with His promises."

TOOLS TO SUPPORT YOU:

BOOK BRENDA FREE: bit.ly/BizActivationCall

PROSPER DAILY PLANNER - bit.ly/NewPDP

PROSPER LEADER MEMBERSHIP - BRENDA BYERS.COM

TIME MANAGEMENT SECRETS OF JESUS - LINKTR.EE/BRENDA BYERS

JUMPSTART YOUR 2026 WORKBOOK

NOTES

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PROSPER DAILY PLANNER - bit.ly/NewPDP

PROSPER LEADER MEMBERSHIP (event discount) - bit.ly/ProsperLeader

ADDITIONAL RESOURCES (SAVE THIS) - [LINKTR.EE/BRENDABYERS](https://linktr.ee/brendabyers)