

---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## December 2025 — Returning to Center

---

*This month invites you back to your inner grounding. As the year closes, you are called to rebuild clarity, slow your pace, and re-anchor your voice in what is true. Through stillness, listening, honesty, and alignment, December becomes a gentle recalibration—bringing you home to yourself and to God’s steadying presence.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: December 2025

Monthly Theme: Returning to Center – Rebuild clarity, ground your spirit, and re-anchor your voice.

Scripture / Anchor Verse: Isaiah 55; Psalm 23; John 15; Galatians 5; Proverbs 3:5–6

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: December 2025

Week: Week 1 Stillness

Theme: Practice quiet reflection to stabilize your inner pace.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: December 2025

Week: Week 1 Stillness

Theme: Practice quiet reflection to stabilize your inner pace.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## AFTER – WEEKLY REFLECTION

*Review the week. Notice growth. Return to center.*

Name: December 2025

Week: Week 1 Stillness

Theme: Practice quiet reflection to stabilize your inner pace.

### 1. What Shifted

---

---

---

### 2. What Grounded Me

---

---

---

### 3. What Surfaced

---

---

---

### 4. A Small Step Forward Will Release

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: December 2025

Week: Week 2 Listening

Theme: Strengthen discernment through scripture, prayer, and reflection.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: December 2025

Week: Week 2 Listening

Theme: Strengthen discernment through scripture, prayer, and reflection.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## AFTER – WEEKLY REFLECTION

*Review the week. Notice growth. Return to center.*

Name: December 2025

Week: Week 2 Listening

Theme: Strengthen discernment through scripture, prayer, and reflection.

### 1. What Shifted

---

---

---

### 2. What Grounded Me

---

---

---

### 3. What Surfaced

---

---

---

### 4. A Small Step Forward Will Release

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: December 2025

Week: Week 3 Honesty

Theme: Write openly about where you are and what you need.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: December 2025

Week: Week 3 Honesty

Theme: Write openly about where you are and what you need.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## AFTER – WEEKLY REFLECTION

*Review the week. Notice growth. Return to center.*

Name: December 2025

Week: Week 3 Honesty

Theme: Write openly about where you are and what you need.

### 1. What Shifted

---

---

---

### 2. What Grounded Me

---

---

---

### 3. What Surfaced

---

---

---

### 4. A Small Step Forward Will Release

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: December 2025

Week: Week 4 Alignment

Theme: Identify what must change to support peace and purpose.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: December 2025

Week: Week 4 Alignment

Theme: Identify what must change to support peace and purpose.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## AFTER – WEEKLY REFLECTION

*Review the week. Notice growth. Return to center.*

Name: December 2025

Week: Week 4 Alignment

Theme: Identify what must change to support peace and purpose.

### 1. What Shifted

---

---

---

### 2. What Grounded Me

---

---

---

### 3. What Surfaced

---

---

---

### 4. A Small Step Forward Will Release

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: December 2025

Theme: Returning to Center – Rebuild clarity, ground your spirit, and re-anchor your voice.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

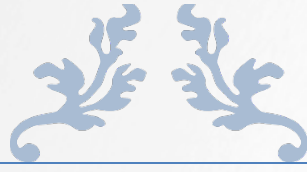
---

## 7. Closing Gratitude & Prayer

---

---

---



---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## January 2026 — Strengthening Your Foundation

---

*January is a month of building. Here, you establish the rhythms and disciplines that will support your spiritual, intellectual, and creative growth throughout the year. By focusing on rhythm, order, devotion, and discipline, you strengthen the structures that help you stay rooted, focused, and faithful in your daily walk.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: January 2026

Monthly Theme: Strengthening Your Foundation – Build disciplines that support spiritual, intellectual, and creative growth.

Scripture / Anchor Verse: Psalm 1:1–3; Joshua 1:8–9; Proverbs 24:3–4; 1 Cor. 9:24–27

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 1 Rhythm

Theme: Set your reading, study, writing, and prayer routines.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 1 Rhythm

Theme: Set your reading, study, writing, and prayer routines.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 1 Rhythm

Theme: Set your reading, study, writing, and prayer routines.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 2 Order

Theme: Organize your writing systems for clarity. (Notebooks, OneNote and/or Website)

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 2 Order

Theme: Organize your writing systems for clarity. (Notebooks, OneNote and/or Website).

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 2 Order

Theme: Organize your writing systems for clarity. (Notebooks, OneNote and/or Website)

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 3 Devotion

Theme: Deepen spiritual practices that reinforce trust and courage.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 3 Devotion

Theme: Deepen spiritual practices that reinforce trust and courage.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 3 Devotion

Theme: Deepen spiritual practices that reinforce trust and courage.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: January 2026

Week: Week 4 Discipline

Theme: Practice consistent follow-through in small tasks.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: January 2026

Week: Week 4 Discipline

Theme: Practice consistent follow-through in small tasks.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: January 2026

Week: Week 4 Discipline

Theme: Practice consistent follow-through in small tasks.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: January 2026

Theme: Strengthening Your Foundation – Build disciplines that support spiritual, intellectual, and creative growth.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

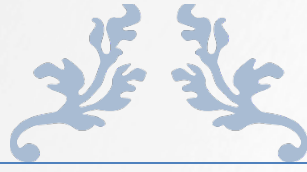
---

## 7. Closing Gratitude & Prayer

---

---

---



---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## February 2026 — Finding Your Voice

---

*February centers your growth in clarity—how you speak, write, lead, and show up. This month helps you understand the tone you carry, the presence you bring, the message you're called to steward, and the courage required to share it. It is a month of stepping into your voice with intention, grace, and confidence.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: February 2026

Monthly Theme: Finding Your Voice – Develop clarity in how you speak, write, and lead.

Scripture / Anchor Verse: Jeremiah 1:5–9; Proverbs 16:23–24; 2 Tim. 1:7; Psalm 19:14

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: February 2026

Week: Week 1 Tone

Theme: Study how you naturally speak and write during reflection.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: February 2026

Week: Week 1 Tone

Theme: Study how you naturally speak and write during reflection.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: February 2026

Week: Week 1 Tone

Theme: Study how you naturally speak and write during reflection.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: February 2026

Week: Week 2 Presence

Theme: Practice writing with calm authority and steady confidence.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: February 2026

Week: Week 2 Presence

Theme: Practice writing with calm authority and steady confidence.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: February 2026

Week: Week 2 Presence

Theme: Practice writing with calm authority and steady confidence.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: February 2026

Week: Week 3 Message

Theme: Define the values that shape your leadership voice.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: February 2026

Week: Week 3 Message

Theme: Define the values that shape your leadership voice.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: February 2026

Week: Week 3 Message

Theme: Define the values that shape your leadership voice.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: February 2026

Week: Week 4 Courage

Theme: Share one piece of writing publicly with intention.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: February 2026

Week: Week 4 Courage

Theme: Share one piece of writing publicly with intention.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: February 2026

Week: Week 4 Courage

Theme: Share one piece of writing publicly with intention.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: February 2026

Theme: Finding Your Voice – Develop clarity in how you speak, write, and lead.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

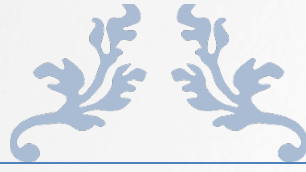
---

## 7. Closing Gratitude & Prayer

---

---

---



---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## March 2026 — Ethical Leadership in Real Time

---

*March draws you into deeper integrity. This is where leadership becomes lived—where your principles, boundaries, stewardship, and choices reflect your character. Through honest examination and thoughtful decision-making, this month helps you lead with clarity, responsibility, and unwavering alignment to your values.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: March 2026

Monthly Theme: Ethical Leadership in Real Time – Strengthen judgment, decision-making, and integrity-driven leadership.

Scripture / Anchor Verse: Micah 6:8; Proverbs 11:3; Luke 16:10; James 1:5

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: March 2026

Week: Week 1 Principles

Theme: Identify the ethical standards that guide your leadership.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: March 2026

Week: Week 1 Principles

Theme: Identify the ethical standards that guide your leadership.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: March 2026

Week: Week 1 Principles

Theme: Identify the ethical standards that guide your leadership.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: March 2026

Week: Week 2 Boundaries

Theme: Practice healthy limits in work, family, and service.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: March 2026

Week: Week 2 Boundaries

Theme: Practice healthy limits in work, family, and service.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: March 2026

Week: Week 2 Boundaries

Theme: Practice healthy limits in work, family, and service.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: March 2026

Week: Week 3 Stewardship

Theme: Reflect on how you handle influence and responsibility.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: March 2026

Week: Week 3 Stewardship

Theme: Reflect on how you handle influence and responsibility.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: March 2026

Week: Week 3 Stewardship

Theme: Reflect on how you handle influence and responsibility.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: March 2026

Week: Week 4 Choices

Theme: Document a recent decision and evaluate the process.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: March 2026

Week: Week 4 Choices

Theme: Document a recent decision and evaluate the process.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: March 2026

Week: Week 4 Choices

Theme: Document a recent decision and evaluate the process.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: March 2026

Theme: Ethical Leadership in Real Time – Strengthen judgment, decision-making, and integrity-driven leadership.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

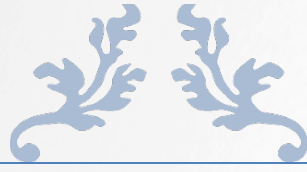
---

## 7. Closing Gratitude & Prayer

---

---

---



---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## April 2026 — Integrating Your Domains

---

*April invites you to bring your whole self to the table—your spiritual insight, your narrative skill, and your leadership clarity. This is a month of weaving together everything God has been shaping in you. Through connection, translation, synthesis, and expression, you learn to lead, write, and reflect from a fully integrated place.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: April 2026

Monthly Theme: Integrating Your Domains – Blend spiritual insight, narrative skill, and leadership clarity.

Scripture / Anchor Verse: Colossians 3:16; Proverbs 2:2–6; Matthew 13:52; James 3:17

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: April 2026

Week: Week 1 Connection

Theme: Link scripture themes to leadership challenges.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: April 2026

Week: Week 1 Connection

Theme: Link scripture themes to leadership challenges.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## AFTER – WEEKLY REFLECTION

*Review the week. Notice growth. Return to center.*

Name: April 2026

Week: Week 1 Connection

Theme: Link scripture themes to leadership challenges.

### 1. What Shifted

---

---

---

### 2. What Grounded Me

---

---

---

### 3. What Surfaced

---

---

---

### 4. A Small Step Forward Will Release

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: April 2026

Week: Week 2 Translation

Theme: Turn a complex idea into a simple narrative or lesson.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: April 2026

Week: Week 2 Translation

Theme: Turn a complex idea into a simple narrative or lesson.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## AFTER – WEEKLY REFLECTION

*Review the week. Notice growth. Return to center.*

Name: April 2026

Week: Week 2 Translation

Theme: Turn a complex idea into a simple narrative or lesson.

### 1. What Shifted

---

---

---

### 2. What Grounded Me

---

---

---

### 3. What Surfaced

---

---

---

### 4. A Small Step Forward Will Release

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: April 2026

Week: Week 3 Synthesis

Theme: Combine spiritual insight with HR or ethical leadership logic.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: April 2026

Week: Week 3 Synthesis

Theme: Combine spiritual insight with HR or ethical leadership logic.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: April 2026

Week: Week 3 Synthesis

Theme: Combine spiritual insight with HR or ethical leadership logic.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: April 2026

Week: Week 4 Expression

Theme: Publish a reflection that bridges all three domains.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: April 2026

Week: Week 4 Expression

Theme: Publish a reflection that bridges all three domains.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: April 2026

Week: Week 4 Expression

Theme: Publish a reflection that bridges all three domains.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: April 2026

Theme: Integrating Your Domains – Blend spiritual insight, narrative skill, and leadership clarity.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

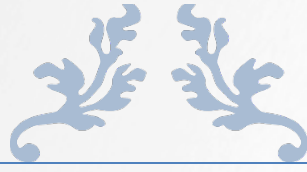
---

## 7. Closing Gratitude & Prayer

---

---

---



---

# ROOTED & REFLECTIVE

---

Monthly + Weekly Reflection Packet



---

## May 2026 — Becoming Whole in Your Calling

---

*May is a month of stepping forward. Here, you name who you are becoming, honor the calling God has been forming in you, identify your contribution, and commit to what lies ahead. This is where clarity becomes movement and identity becomes action. May helps you walk into your calling with confidence, purpose, and steadiness.*

DECEMBER 1, 2025

DR. IVY SWEENEY ROSS  
IVYSWEENEYROSS.COM

# START OF MONTH – THEME SETTING

*Name the season. Establish focus. Align your posture.*

Month: May 2026

Monthly Theme: Becoming Whole in Your Calling – Step into your identity with confidence, purpose, and steadiness.

Scripture / Anchor Verse: Eph. 2:10; Isaiah 43:19; Romans 12:6–8; Phil. 1:6

## 1. Why This Theme Matters Right Now

---

---

---

## 2. What I Sense God Is Developing in Me This Month

---

---

---

## 3. What I Want to Experience This Month

---

---

---

## 4. What I Will Prioritize

---

---

---

## 5. What I Will Release

---

---

---

## 6. Monthly Intention Statement

---

---

---

## 7. Opening Prayer for the Month

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: May 2026

Week: Week 1 Identity

Theme: Name who you are becoming and why.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: May 2026

Week: Week 1 Identity

Theme: Name who you are becoming and why.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: May 2026

Week: Week 1 Identity

Theme: Name who you are becoming and why.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: May 2026

Week: Week 2 Calling

Theme: Document how God has shaped your direction this year.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: May 2026

Week: Week 2 Calling

Theme: Document how God has shaped your direction this year.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: May 2026

Week: Week 2 Calling

Theme: Document how God has shaped your direction this year.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: May 2026

Week: Week 3 Contribution

Theme: Define how you want to serve others through writing and leadership.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: May 2026

Week: Week 3 Contribution

Theme: Define how you want to serve others through writing and leadership.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: May 2026

Week: Week 3 Contribution

Theme: Define how you want to serve others through writing and leadership.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# BEFORE – WEEKLY INTENTION

*Set focus. Establish rhythm. Begin centered.*

Name: May 2026

Week: Week 4 Commitment

Theme: Choose a project to complete over summer and set clear goals.

## 1. What I Need This Week

---

---

---

## 2. What I Want to Cultivate

---

---

---

## 3. My Intention for the Week

---

---

---

## 4. What I Will Release

---

---

---

## 5. Support I Will Give Myself

---

---

---

## 6. Prayer of Intention

---

---

---

# MID-WEEK STUDY REFLECTION

*Pause. Listen. Realign.*

Name: May 2026

Week: Week 4 Commitment

Theme: Choose a project to complete over summer and set clear goals.

## 1. What I'm Learning

---

---

---

## 2. What God Is Highlighting

---

---

---

## 3. Where I Feel Tension or Resistance

---

---

---

## 4. Where I Sense Invitation

---

---

---

## 5. Mid-Week Centering Prayer

---

---

---

## **AFTER – WEEKLY REFLECTION**

*Review the week. Notice growth. Return to center.*

Name: May 2026

Week: Week 4 Commitment

Theme: Choose a project to complete over summer and set clear goals.

### **1. What Shifted**

---

---

---

### **2. What Grounded Me**

---

---

---

### **3. What Surfaced**

---

---

---

### **4. A Small Step Forward Will Release**

---

---

---

# END OF MONTH – REFLECTION & REVIEW

*Look back. Notice growth. Close the month with clarity.*

Month: May 2026

Theme: Becoming Whole in Your Calling – Step into your identity with confidence, purpose, and steadiness.

## 1. What Changed in Me

---

---

---

## 2. What God Highlighted This Month

---

---

---

## 3. What I Struggled With

---

---

---

## 4. What Supported My Spiritual Health

---

---

---

## 5. What I Want to Carry Forward

---

---

---

## 6. What I'm Leaving Behind

---

---

---

## 7. Closing Gratitude & Prayer

---

---

---