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# ROOTED & REFLECTIVE

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Monthly + Weekly Reflection Packet



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## February 2026 — Finding Your Voice

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*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

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# 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

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

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## 3. What I Want to Experience This Month

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## 4. What I Will Prioritize

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## 5. What I Will Release

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## 6. Monthly Intention Statement

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## 7. Opening Prayer for the Month

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# 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

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## 2. What I Want to Cultivate

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## 3. My Intention for the Week

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## 4. What I Will Release

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## 5. Support I Will Give Myself

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## 6. Prayer of Intention

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# 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

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## 2. What God Is Highlighting

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## 3. Where I Feel Tension or Resistance

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## 4. Where I Sense Invitation

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## 5. Mid-Week Centering Prayer

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## **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**

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

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### **3. What Surfaced**

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

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# 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

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## 2. What I Want to Cultivate

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## 3. My Intention for the Week

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## 4. What I Will Release

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## 5. Support I Will Give Myself

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## 6. Prayer of Intention

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# 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

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## 2. What God Is Highlighting

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## 3. Where I Feel Tension or Resistance

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## 4. Where I Sense Invitation

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## 5. Mid-Week Centering Prayer

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## **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**

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

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### **3. What Surfaced**

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

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# 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

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## 2. What I Want to Cultivate

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## 3. My Intention for the Week

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## 4. What I Will Release

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## 5. Support I Will Give Myself

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## 6. Prayer of Intention

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# 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

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## 2. What God Is Highlighting

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## 3. Where I Feel Tension or Resistance

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## 4. Where I Sense Invitation

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## 5. Mid-Week Centering Prayer

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## **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**

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

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### **3. What Surfaced**

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

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# 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

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## 2. What I Want to Cultivate

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## 3. My Intention for the Week

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## 4. What I Will Release

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## 5. Support I Will Give Myself

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## 6. Prayer of Intention

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# 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

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## 2. What God Is Highlighting

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## 3. Where I Feel Tension or Resistance

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## 4. Where I Sense Invitation

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## 5. Mid-Week Centering Prayer

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## **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**

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

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### **3. What Surfaced**

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

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# 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

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## 2. What God Highlighted This Month

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## 3. What I Struggled With

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## 4. What Supported My Spiritual Health

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## 5. What I Want to Carry Forward

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## 6. What I'm Leaving Behind

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## 7. Closing Gratitude & Prayer

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