

# Tea & Tips Worksheet

Natasha Davis Ministries Presents

Special Guest,  
Andrea Plowden



*How to begin again, How to start something great, and How to maintain.  
There are going to be a times during the session that I am going to ask you to think-  
write-see. These moments are called DECISION TIME.*

## I. Testimony with Conclusion in the End

Mindset  
Mistakes  
Hindsight Nuggets

Engagement Direction  
Consider/Write down what is keeping you from your NEXT.  
Feel free to share in comment section.

## II. How to Begin Again

Recognize what you are coming from. What are you coming out of?  
Requires 3 Steps: Acknowledge, Appreciate, Affirm

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A. Acknowledge  
Look at it F2F (face to face)  
Fear  
Responsibility  
**DECISION TIME**  
Grace to Self and Others



# Tea & Tips



## B. Appreciate

- What was, is and to be (future).
- Lessons- the good, bad and ugly
- The Waste- does it exist?
- **DECISION TIME**- What did you see as a waste? How can you see how God has worked it for "good" now.

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## C. Affirm

- Identity Crisis
- Who Are You? Whose Are You? Having Confidence In This!
- Speaking over yourself. Declaring Life
- **DECISION TIME**-counter the narrative, lie. What's been your narrative?
- Counter with I AM: ENOUGH, RESTORED, HEALED, BEAUTIFUL, INTELLIGENT, COMPLETE (Put in chat)

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## III. How to Start Something Great

A. Proper ID of self, strengths, weaknesses and areas of potential.

Knowledge of Next Step on Journey of Purpose

B. Dealing with Fear of Failure and Loosing

C. Avoid Comparison Trap

Relative Greatness. Define Great for You and Your Journey

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# Tea & Tips



C. Avoid Comparison Trap  
Relative Greatness. Define Great for You and Your Journey

## IV. How to Maintain

- A. The Sustainer is God. Source is God
- B. Always seek ways to grow! Continue to BECOME (Progressive and Active State)  
DECISION TIME- Area of Self- Expansion
- C. Remember  
What has God already done for You? Believe What He Will Do-Future  
**DECISION TIME**  
Testimony Conclusion

## V. CONCLUSION

### Notes

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