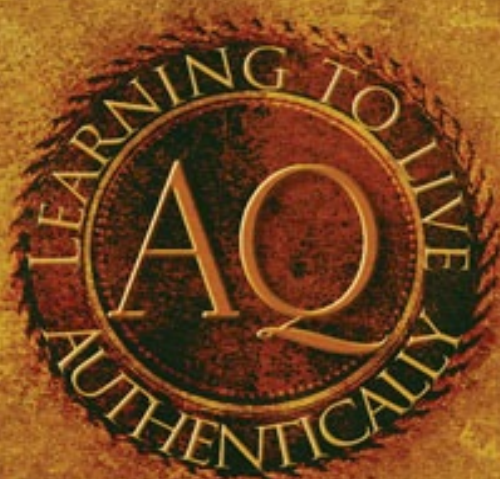


A Companion to
*The 40 Day
Soul Fast*

40 Days to Discovering the Real You



Dr. Cindy Trimm

AN INTERACTIVE SELF-DISCOVERY JOURNAL

40 Days to Discovering the Real You

40 Days to Discovering the Real You

LEARNING TO LIVE AUTHENTICALLY

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Introduction

It is my own firm belief that the strength of the soul grows in proportion as you subdue the flesh.—Mohandas Gandhi

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? (Isaiah 58:6 NIV)

Welcome to *40 Days to Discovering the Real You!* The volume you hold in your hand will accompany you on this eight-week journey. I am on a mission to reconnect you with the true essence of a healthy soul—to lead you to a place in God where your soul can be healed—to reacquaint you with your authentic self. The next 40 days of getting to know the real you are going to be the best 40 days of your life! More importantly, when you learn to live authentically, from a healed, whole soul, no leaks, no punctures, no wounds—free and clear from artificial, socially modified, cultural toxins—you will not only change your life, you will be poised to change the world.

We have all heard the phrases, “She’s a beautiful soul,” “Bless your soul,” or “He’s a mean old soul.” These phrases describe our perception of an individual’s nature or character. We are all “soul-people,” and I believe that strengthening people at the level of their souls—restoring the soul and establishing it as the core and essence of who they really are as self-directed people of value, intelligence, and greatness—will change the world. We must break the false perception that as individuals, what we do does not make a difference in the greater scheme of things. We are as a nation, as a people, nothing more than the sum of our parts. As the giant world-changer, a small man by the name of Mohandas Gandhi, once said, “A nation’s culture resides in the hearts and in the soul of its people.” We will only be as whole and healed as a country as we are as a people. Oscar Wilde, the famous Irish poet and novelist said, “Ordinary riches can be stolen, real riches cannot. In your soul are infinitely precious things that cannot be taken from you.” To reiterate a soul-searching question posed by Jesus, “What does it really profit us if we gain the whole world and lose our souls—the essence of who we really are and what it means to be human?”

If you are here reading this today, I imagine you have asked yourself that same question. For those of you looking to reclaim your soul and recapture the essence of who you really are, you are in the right place. I created this 40-day journal to guide you step-by-step, day-by-day, into a more authentic life. I am so glad you have chosen to join me on this journey to greater mental, emotional, and spiritual health! If you are looking to transform your life, you need look no further!

But before we begin, I want to encourage you to make sure you have a copy of both *The 40 Day Soul Fast* book as well as this journal. You will benefit from the deeper teaching and depths of insight offered in the book that are not touched on here.

Also, because it is a proven fact that we increase our probability of completing a task or reaching our goals if we have someone supporting us—I encourage you to ask four other people to join you on this journey.

The problem most of us have, when it comes to completing any program or accomplishing any goal is that we procrastinate in doing the very thing we know we need to do. My mother told me, “Never put off until tomorrow, what you need to do today.” This is my advice to you—whatever you are going to do for the health of your soul, do it now. Put the support system in place that you need, and make sure you have all of the tools and resources on hand that will ensure your success.

So pause for a moment, pick up the phone NOW and call those four other people. Your four soul fast companions will help provide the added support, encouragement, and accountability you need to finish strong!

A good support system can offer what no program or diet can ever provide: The ability to compensate for your weaknesses and ensure that success is the only option. In order to achieve your ideal health, you don’t need to act perfect all the time. You just need the right support to keep pushing you forward. —Adam Bornstein

Let the journey begin!

WHAT IS A SOUL FAST?

The purpose of *40 Days to Discovering the Real You* is to not only bring health and restoration to the souls of individuals, but also to provide a mechanism for all people to learn to live from the inside out—from their authentic, God-nature selves. This *Soul Fast* is not addressing the issue of what you are eating, but what’s eating you. The goal of this 40-day journey is to guide you through the process of discarding useless toxic emotions—self-sabotaging thoughts and viruses of the mind—so that you can fully live into who God created you to be. You will be invited to examine all of your objectives and relationships, any hidden agendas or motives that have governed your subconscious, in order to thrust you onto a new path of achievement and abundance. This journey is about setting you free once and for all to maximize your greatest potential.

40 Days to Discovering the Real You takes place over eight weeks. Each week is divided into five days for the purpose of this guided journey. A 40-day fast commonly practiced in the Christian tradition, known as Lent, is followed six days a week and does not include Sundays. It begins on a Wednesday, known as Ash Wednesday, so that the first week is comprised of only four days. For simplicity’s sake, I have taken our eight weeks and divided them evenly so that you can establish a regular routine Monday through Friday, allowing for weekends off so you can focus on family and worship or make up a missed day if necessary.

Put aside time for “me-moments.” Give yourself adequate time and place to focus on nurturing your inner self. Part of the soul fast discipline is not allowing everyday

distractions to deter you from cultivating the inner life of your soul. It will require disciplined focus, a heightened mindfulness, and keen sensitivity to the Spirit of God.

We will begin our 40-day journey by talking about capacity building. Week one of our eight-week venture focuses on “The Power of 40: Enlarging Your Capacity.” This theme is more fully explored in *The 40 Day Soul Fast*, but for the purposes of this journal, it ties together the five characteristics you will find in week one. In week two, we will talk about “The Purpose of a Soul Fast: The Self-Leadership Challenge.” In week three, we will discuss “The Nature of the Soul: The Essence of You.” In week four, we address “The Properties of Thought: You Are What You Think.” Week five brings us to “The Importance of Identity: Becoming a Master by Mastering Your Mind.” In week six we look at “The Power of Words: Healing the Hole in Your Soul.” In week seven, we begin wrapping up by dealing with “The Power of Doing: God’s Chosen Fast.” And in week eight, we conclude by “Sealing the Healing: The Cleansing Power of Love.”

The focus of this journal is on the 40 characteristics of an authentic person. These characteristics tie in with *The 40 Day Soul Fast*, but you can also use this journal by itself as a tool for focused self-exploration. Each day, you will read a meditation about one of the 40 characteristics of an authentic person. Then you will be given several “Action Steps” to consider as you put these characteristics into practice. Use the provided lines in this journal to write your responses, reflections, meditations, and anything else God lays on your heart as you delve into these powerful characteristics of authenticity.

Also, note that there are 24 questions listed in Appendix A at the end of this book. Take some time to look them over at the beginning of this 40-day journey. You don’t have to answer them all right now; return to reflect on them occasionally throughout the Soul Fast process. Insights will come to you along the way. When these questions keep you awake at night and make you listless during the day, set aside time to pray and journal your thoughts until you find the answers.

THE SOUL OF THE MATTER

Be your authentic self. Your authentic self is who you are when you have no fear of judgement or before the world starts pushing you around and telling you who you’re supposed to be. Your fictional self is who you are when you have a social mask on to please everyone else. Give yourself permission to be your authentic self. —Dr. Phil McGraw

40 Days to Discovering the Real You is about finding rest and restoration for your soul. When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you—you will become the change you are hoping to see.

Over the next eight weeks, you will learn and grow and be empowered like never before to maximize your personal potential and break through to greater success.

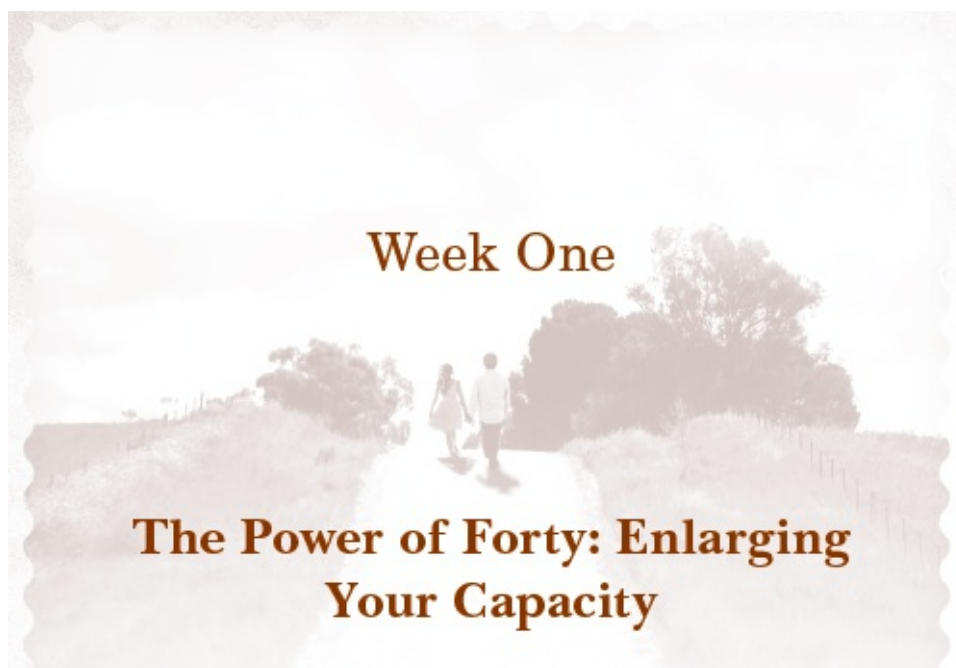
May we all feel the presence of God each and every day as we “*do our best to enter that rest*” (Heb. 4:11 NLT). And as we take up residence there, may we become more acquainted with our authentic selves and equipped to walk in the light of what we discover.

Let this journal be a tool you can use to clear the ground of every obstruction and build a life of obedience into full maturity—the fully complete you! Are you ready to spend the best 40 days of your life?

Let the soul journey begin!

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (3 John 1:2 NKJV).

You don’t have a soul. You are a soul.—C. S. Lewis



Capacity building by learning to live authentically is what *40 Days to Discovering the Real You* is all about. Capacity building, in a way, is also about community building. It's about growing into "*the fullness of God*" as a community (see Eph. 3 and 4).

During week one of *40 Days to Discovering the Real You*, we will focus on how to build capacity by *Transforming*, *Cleansing*, *Aligning*, *Preparing*, and *Loosing*. I mention these topics here because they provide the framework for each of the 40 characteristics of an authentic person. However within the pages of this journal, we will only be focusing on the individual characteristics themselves.

The first characteristic we will highlight is *Awareness*, which relates to the focus of Day One—*Transforming*. Becoming aware of your current position is the first step in any transformation.

Cleansing is crucial to the beginning of any transformation—removing the impurities is necessary to make way for future growth and change. The characteristic of *Godliness* is your standard for cleanliness.

The characteristic of *Truth* is essential to the process of *Aligning* because Truth is what you need to be aligned *with*. We look at truth on this day as we continue to focus on our goal of capacity building.

Preparing takes *Commitment*. Commitment is a vital characteristic to focus on, and you will need to prepare for the rest of this fast by committing yourself to seeing this process through to the end.

Once you have committed, you will need to learn to practice *Patience*. Patience will help you last long enough to see what God is *Loosing* in your life—the manifestation of His truly wonderful plans for you. Rest assured, you'll need to have

built your capacity to be ready for it!



Awareness

God's Spirit touches our spirits and confirms who we really are (Romans 8:15).

Today, the first day of your journey to a more authentic life, begins with a focus on *awareness*. This is the first of 40 characteristics that define a person who is living authentically—for how can you be truly yourself if you're not aware of who you truly are?

For now, I want you to simply focus on being more self-aware. Without cultivating self-awareness, nothing else you do will move you toward living more authentically. It is the first step you must take in making the adjustments necessary to correct the course of your life.

If you are to grow as a person, you must be aware of what your thoughts are telling you about who you are now and who you are capable of becoming. You must have an objective understanding of your own mindsets, habits, challenges, strengths, and weaknesses.

We shall not cease from exploration—and the end of all our exploring will be to arrive where we started and know the place for the first time. —T. S. Eliot

ACTION STEPS

- Describe what you believe are some outstanding characteristics about yourself?
 - How have you capitalized on those and harnessed the inherent power of you?
 - What more can you do to maximize your unique set of gifts and minimize your own peculiar shortcomings?
 - Take a look at the 24 questions in Appendix A. Listen carefully to what you hear God's Spirit saying—that still, small voice—and write down what you hear.
-

Therefore if any person is [ingrafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh and new has come (2 Corinthians 5:17 AMP).



Godliness

We're being shown how to turn our backs on a godless, indulgent life, and how to take on a God-filled, God-honoring life. This new life is starting right now, and is whetting our appetites for the glorious day when our great God and Savior, Jesus Christ, appears. He offered Himself as a sacrifice to free us from a dark, rebellious life into this good, pure life, making us a people He can be proud of, energetic in goodness (Titus 2:12-14).

As we move through day two of our 40-day soul fast, I want to talk to you about the second characteristic of an authentic person: *Godliness*. What does it mean to be god-like? It means to recognize that you have been created in God's image and after his likeness. It means to maximize your potential as His earthly representative. Godliness begins with the "God-likeness" of your thoughts—the thoughts that govern your behavior, attitude and lifestyle. It begins by putting on the mind of Christ.

As Paul wrote the Corinthians, "*Examine your motives, test your heart!*" (1 Cor. 11:27). Make sure everything you say, do, think, and choose is lined up with who it is you were truly created to be. Check your heart. Clean house by sweeping away any thought, belief, or attitude that undermines your God-like nature. Pay attention to how the things you harbor within your heart affect your words and behaviors—and equally important, how your words, habits, and behaviors affect the life of your soul.

Fasting or abstinence is not an end in itself, but rather a door that is opened to us for the purpose of godly living.

I encourage you today to do a thorough study of the word *godliness* and meditate on all it implies. Then ask yourself where you are falling short of it. Eliminate those

things that are not “adding to your faith” and supplement those key things Peter listed that will “*have your life on a firm footing*” (2 Pet. 1:10)!

True godliness does not turn men out of the world, but enables them to live better in it and excites their endeavors to mend it. —William Penn

ACTION STEPS

- Meditate on the following and journal what you believe the Bible is saying about you as a person: God created human beings in His own image—reflecting His own nature. He blessed them saying: “Prosper! Reproduce! Fill Earth! Take charge!” (See Genesis 1:26-28.)
 - Sometimes we are our own worst enemy. Are you sabotaging your own success by the thoughts you think? Are you allowing those thoughts to interfere with how God wants you to view yourself? Are you giving someone else permission to lay things on you that aren’t yours to carry and don’t further you toward your destiny?
 - Are your past failures holding dominion over your future? Are relationships distracting you, or worse, suppressing your God-like nature for greatness, significance, and love?
 - In what areas are you living “*a godless, indulgent life*” and how can you—starting right now—begin living a more “*God-filled, God-honoring life*?”
 - What undermining habits do you want God to help you to give up? List them and commit them to prayer. From this day onward, *expect* God to empower you to live a godly life pleasing to Him.
-
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Think of your sufferings as a weaning from that old sinful habit of always expecting to get your own way. Then you’ll be able to live out your days free to pursue what God wants instead of being tyrannized by what you want (1 Peter 4:1).

The way to be truly happy is to be truly human, and the way to be truly human is to be truly godly.—J. J. Packer



Truth

You with open minds; truth-ready minds will see it at once. Prefer my life-disciplines over chasing after money, and God-knowledge over a lucrative career. For Wisdom is better than all the trappings of wealth; nothing you could wish for holds a candle to her (Proverbs 8:9-11).

As we've progressed on our journey toward authenticity, we have talked about being more self-aware and about the importance of pursuing godliness. To help us do both more fully, we must be willing to take an honest look at our lives and be willing to seek the truth about who we are now versus who God calls us to be in Christ.

The concept of truth has always been at the center of great debates amongst theologians and scientist. The foundational key to living authentically *is* truth. When truth is absent from our lives, it is impossible for the soul to truly be free. It is, therefore, a spiritual imperative that you should not only be true to yourself, but should continuously strive to live in the full light of the truth and to be governed by the Spirit of Truth. As the psalmist wrote, *"What You're after is truth from the inside out. Enter me, then; conceive a new, true life"* (Ps. 51:6).

Truth demands honesty. Those daring to live authentically must, first and foremost, be honest with themselves and others. Always speak the truth. Exemplify truth. Uphold the truth. Stand on the truth. *Live the truth!*

Leaders of the future will have the courage to align with principles and go against the grain of old assumptions or paradigms. It takes tremendous courage and stamina to say, "I'm going to align my personal value system, my lifestyle, my direction, and my habits with timeless principles." — Stephen Covey

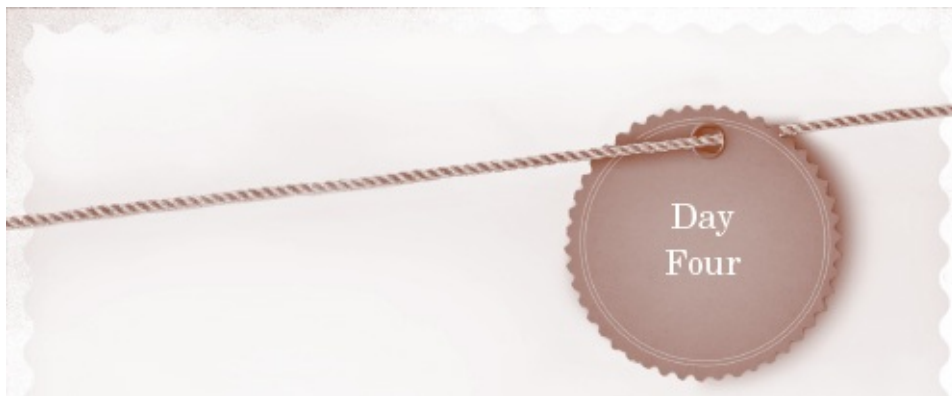
ACTION STEPS

- Sit quietly with the Spirit of Truth and allow Him to guide you into all truth about who God has created you to be. (See John 16:13.)

- Invite the Holy Spirit to reveal “deep and hidden things” about yourself that you should either embrace or change. (See Daniel 2:22.)
 - Ask Him to help you filter through what is not of the truth, to cut anything away from your heart or mind that is not true, and to help you cultivate those things that lead “*to finding yourself, your true self*” (Luke 9:23).
 - What would this new, true life look like if it were conceived in you?
 - How can you realign your life so that it reflects the authentic you God had in mind?
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-

When the Spirit of truth comes, He will guide you into all truth. He will not speak on His own but will tell you what He has heard. (John 16:13 NLT).

The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is. —Winston Churchill



Commitment

Self-sacrifice is the way, My way, to saving yourself, your true self. What good would it do to get everything you want and lose you, the real you? What could you ever trade your soul for? (Mark 8:37)

The difference between those who win at life and those who lose is not based on the amount of education one acquires, the amount of money one earns, nor the superior skills one was born with, but instead is based upon one’s level of commitment. Commitment requires faith. You must not only have faith in God, but faith in the person that God has made you to be. That faith will be tested along the way.

The testing and trying of your faith, the refining of your intentions and resolve, the dedication, determination, and perseverance required to stick with something until

you've obtained the desired outcome will empower and liberate you—and expand your capacity to do even more. Jesus told His disciples, “*By your steadfastness and patient endurance you shall win the true life of your souls*” (Luke 21:19 AMP).

If you are reading this, you have already demonstrated this characteristic and are well on our way to living truer to your authentic self. Continue to cultivate commitment by sticking with this 40-day endeavor to the very end! It is this steadfast endurance that will strengthen and purify your soul like nothing else.

A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success. —Elbert Hubbard

ACTION STEPS

- In light of “thinking bigger,” what would your life look like if you were to actually “win the true life of your soul?” Imagine it now.
 - What are you going to commit to doing in order to save the real you?
 - Identify one thing you should purge from your life that is causing you to lose the real you.
 - that will help cultivate your truest self.
-
-

Staying with it—that’s what is required. Stay with it to the end. You won’t be sorry (Luke 21:19).



Patience

We continue to shout our praise even when we’re hemmed in with troubles, because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of virtue, keeping us alert for whatever God will do next (Romans 5:3).