

# EXHALE

Liberating Your Purpose  
7-DAY PLANNER



SHIRLE PERKINS



## **AUTHOR'S BIOGRAPHY**

**Shirle Perkins** is an Author, Speaker, Bible Teacher, Life and Business Coach. As a First Lady, her passion is to support women of faith in balancing marriage and ministry. She is married to Pastor Larry Perkins of Alpha Baptist Church. They reside in Cleveland, Ohio. Together, they have five children, 12 grandchildren, and two great grandchildren.

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*Hello, Dear Friend*

As a wife, mother/grandmother, Pastor's Wife, a church leader, a full-time judicial employee, who also brings work home, I am often asked, "How do you do it all without losing yourself?" The answer is through struggle, prayer, and most importantly, planning. This planner is a companion to my *Exhale – Liberating Your Purpose™* coaching program. It is designed to help the busy woman create "breathing room" in her daily life so that her legacy, her mark on this world, will be known and remembered as great, tangible, and lasting.

It is believed that when one practices a discipline for seven days, it becomes a habit. So I have designed this planner to be a "7-Day Journey in Purpose" for you, consisting of a daily seven-step system over a seven-day period. It is my belief that after seven days, you won't be able to let go and will need these pages for days beyond. So I have included an extra page to be copied as many times as you'd like.

As you work through the system, journaling your struggles and victories, you will have tangible proof of the providence, provision, and protection of your purpose. It is my prayer you will be encouraged and empowered through this journey.

*Coach Shirle*

*I pray...that he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; that Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.*

*Ephesians 3: 16-19*

## HOW TO USE THE E-X-H-A-L-E DAILY PLANNER

**First**, record the date you start the planner. The ideal method is to record everyday consistently. But, in case you get off track, the date is left blank so that you can start again without guilt or stress. The important thing is to keep going.

### E

#### *"Enter Into His Presence."*

In this section, you can select a scripture from the appendix or feel free to record your own. The goal is to allow God to be the first Person you meet with every day. Write out your scripture, meditate on it, seek to memorize it and make it a part of you.

(Psalm 63:1; Psalm 22:3)

### X

#### *"Express Your Purpose Plans"*

In the *Exhale – Liberating Your Purpose™* coaching program, you have listed your Life Priorities. Now, to move toward solidifying your purpose, make sure your plans and to-do lists line up with your priorities. These are called *"Purpose Plans."* Create three of them and pray over them each day. Once you've accomplished these goals, create three more.

(Proverbs 19:21)

### H

#### *"What Makes You Happy?"* (Gratefulness)

To defend ourselves against a complaining spirit, it is always best to record one thing we are grateful for. Make it three, why don't you?

(1 Thess. 5:18)

### A

#### *"Purpose Affirmations"*

Select an affirmation from the list that lines up with your priorities and purpose and recite it throughout the day.

(Prov. 23:7; 27:19)

#### Note:

To learn how to create your own original affirmations, invest in the *Exhale – Liberating Your Purpose™ Coaching Program*

### L

#### List Your Beauty Strengths, (Inner or Outer.)

I use this section to record my Outfit of the Day (OOTD), a character trait I'm working on, or a spiritual gift I am cultivating and have shared that day.

(Psalm 139: 14)

### E

Entrust three details of your day to God before you sleep.

1. Struggles - What could have been done better?
2. Victories - What strength did I discover today and plan to grow?
3. Questions – Things I just don't understand and I'm seeking guidance.

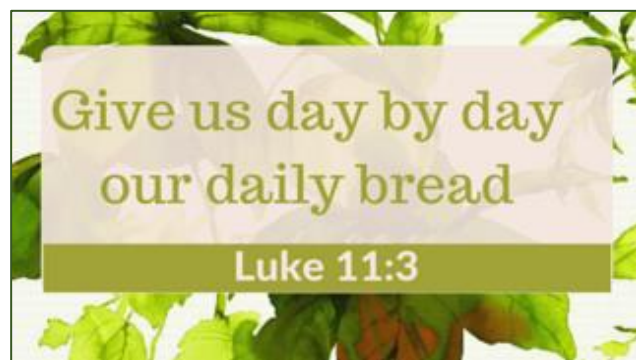
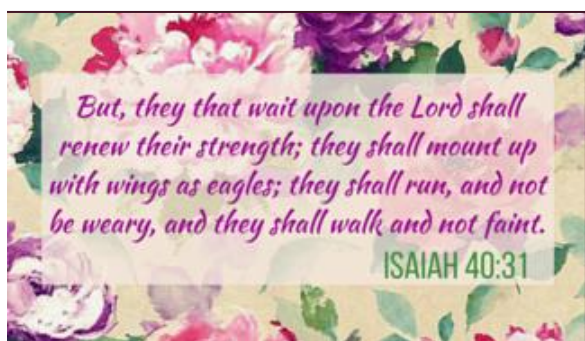
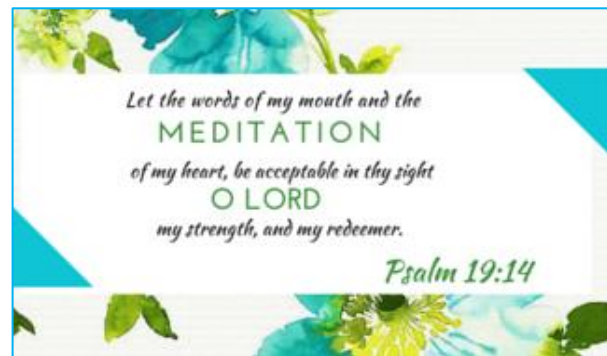
(Psalm 63:6-7)

## Finally, CELEBRATE!

*Exhale – Liberating Your Purpose™* by celebrating your wins. During the week, set a mini-reward system for accomplishments; a cup of tea, a nap, a quiet time, a walk. On the weekend, set a bigger-reward system; i.e., coffee house outing, trip to a museum, beach, or the zoo.

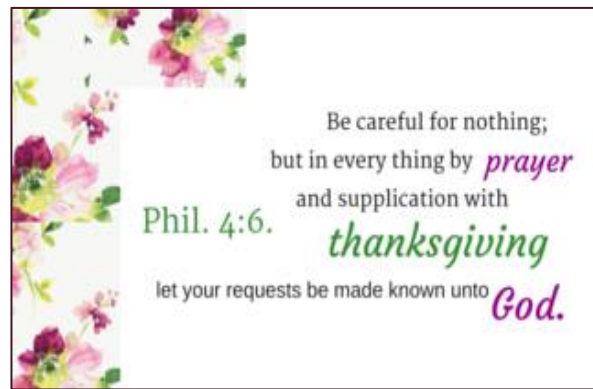
*(This reminds you to exercise self-care. You are worth it - \*wink)*

# DAILY SCRIPTURES

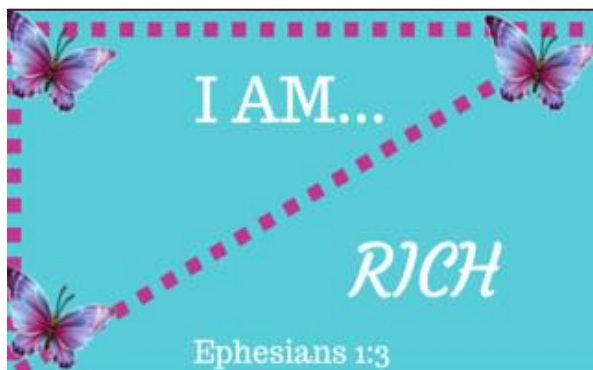
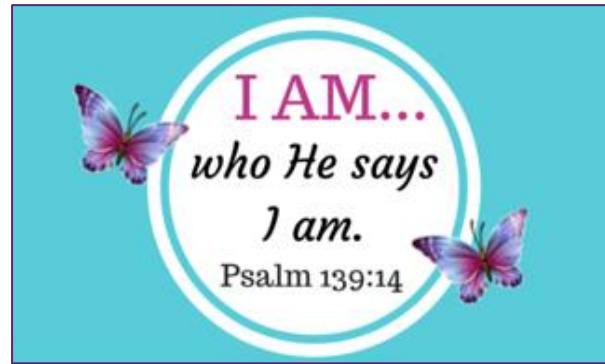




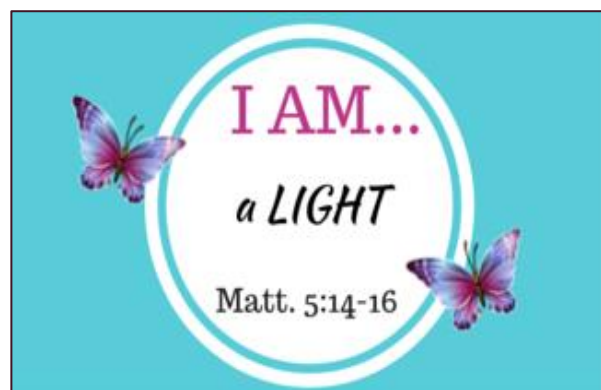
# DAILY SCRIPTURES



# DAILY AFFIRMATIONS



# DAILY AFFIRMATIONS





# Exhale DAILY PLANNER

20\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Weekly To-Do List

Weekly To-Do List

Weekly To-Do List

Weekly To-Do List

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List My Beauty Strengths (Inner/Outer)

Celebrations

"Enter His Presence" (Daily Scripture)

eXpress 3 Purpose Plans
1
2
3

The Happy Corner (Gratefulness)

Affirmation

Entrusting My Day to God	
Struggles	
Victories	
Questions	

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