

The Rebuild Method™

Seven moves for change you didn't choose. Work it in order. Pen, not laptop — the hand is slower than the mouth, and slower is the point.

Name: _____ Date: _____ Cohort: _____

Rule of the room: nothing you write here is collected, graded, or shared. The only thing that leaves with anyone else is the one step you commit to at the end.

R — Receive

Take the situation as it actually is. What are you still arguing with?

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

E — Enter Stillness

Two minutes of breath and prayer before any planning. What did you notice in your body?

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

B — Bear Witness

Name the loss in detail. Not the tidy version — the true one.

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

U — Uncover

What is still working? List the parts of the foundation that held.

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

I — Immerse

Where does healing actually happen for you? Nature, worship, people, movement.

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

L — Lay Groundwork

One next step, small enough that you will do it this week.

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

D — Design

Build forward, not backward. Who are you becoming on purpose?

WRITE IT OUT

ONE SENTENCE YOU'D SAY OUT LOUD

■ CLOSE

One committed step

Small enough that you'll actually do it. Dated. Witnessed by one person in this room.

MY STEP

BY WHEN

WHO IS EXPECTING IT

You don't bounce back. You build forward.

Questions after the session: joe@joejacksoncreative.com