

5 Keys to Unlock Your Breakthrough

By Lynne Lee

Set Yourself Up for Breakthrough

1. You're here because you need breakthrough
2. Expect God to speak to you and show you the way ahead
3. Prepare your heart
4. Change whatever you need to change to position yourself for breakthrough

This is Lynne

1. At 22--relatively new Christian on a quest for a deeper walk with God
 - a. Math teacher, crusader, dreamed of being a writer
 - b. Received prophecies: I would be a warrior, speaking and writing books
2. At 42--mother of four living quite the adventure with God but still becoming me at 63
 - a. Had a year at Bible college
 - b. Did counseling and writing
 - c. Still unaware of my future:
 - i. A fifth child at 45
 - ii. Long unemployment for my husband
 - iii. I would struggle with a degenerative nerve condition
 - iv. I would train to be a coach and work with people worldwide online
 - v. I would travel the world, speak at events and finally publish a book!
3. Surprise! God uses some very imperfect people like you and me to bring about His purposes
 - a. He calls the unqualified and then He qualifies them
 - b. I can be good at talking myself out of what God has prepared for me, and so can you

Mindset

1. Be prepared to make some changes if you are going to pursue breakthrough
 - a. What are you willing to do less of?
 - b. What will you do more of?
2. Failure is not the end of the road

- a. We can learn from failure
 - b. When failure becomes our teacher, it's a path forward
 - c. Mistakes are steps on the path to success, not something to be embarrassed about
 - i. Even those we hold in high esteem have failure littering their path
 - ii. The difference: they pressed through and did not give up
3. The foundation for success or failure is built on these things:
- a. Your approach to obstacles or goals
 - b. Your beliefs about who you are, your life, your situation
 - c. Your mindset

What Lasting Change Comes From

1. Aligning with God
2. Agreeing with God
3. Saying the same things He says about you and circumstances
4. Tapping into His strategies
5. Working alongside Holy Spirit
 - a. Sometimes things go smoothly and the road ahead is clear
 - b. Sometimes things don't go easily—press in, break through obstacles!

Key Steps

1. **What you do daily matters**
 - a. Sowing grumbling, complaining, fear, doubt yields more of the same (Gal. 6:7)
 - b. Take your thoughts captive
 - c. Agree with God about what He says about things
 - d. Speak life-giving, faith-filled words
 - e. Change your perspective, see things through God's eyes, sow blessing, love and encouragement to shift the spiritual atmosphere and give God GOOD material to work with—there is power in your words
 - f. Do a word study and mine for holy treasure
2. **Become more aware of and change how you think** (Prov. 23:7)
 - a. It's not only what you do and say but how you THINK about yourself, others, and circumstances that makes the difference.
 - b. Line up what you think, say, and do with what Scripture says
 - c. AGREE with God with what HE says, behaving and speaking as though it's true

- d. **Replace negative thoughts with God's thoughts**, asking Him to tell you what He thinks about things
 - e. **Don't give in to discouragement**, using your words to describe your current circumstances—use your words to CHANGE your situation (Heb. 11:1, Rom. 4:17)
3. **Believe** (Mark 11:24) – this is vital. Though your answer is not yet manifested, if you're asking in line with Scripture or know what God has said, keep on believing, ACT in faith, CREATE and MAINTAIN a spiritual atmosphere of belief.
- a. **Jesus sometimes asked people to leave** so unbelief would not hinder what He was about to do
 - b. **Choose to believe** even when circumstances might suggest otherwise. That can start to turn things around, setting the stage for breakthrough.
4. **Take action** (James 2:17, 26) – ACTING IN FAITH IS THE KEY THAT OPENS THE DOOR. **This is essential for breakthrough.**

God Has Called You to Do Things that will Change the World

1. **Example:** Lynne did things she excelled at but didn't fulfill her. She'd gotten off-track.
 - a. She asked God to remind her of things she'd lost sight of
 - b. She asked God to remind her of things He'd spoken to her that were yet to be
 - c. Subsequently, many things laid on her heart became a reality
 - d. Having a breakthrough gave her the know-how, experience, and credibility to help others struggling in the same areas
2. There are people counting on your breakthrough. Don't give up!

Path to Personal Transformation

1. Align with God
2. Create a Plan
3. Keep Going
 - a. **Example:** Lynne's emergency room experience, attempted robbery experiences resulted in thankfulness, not a pity party
 - b. Success happens one step at a time, a result of our decisions, shaped by our choices. Decide on a clear process to put an end to overwhelm.
4. Choose what matters most and focus there
5. Stop being afraid of failure. Fear robs you!
 - a. Perfectionism can hold you back from ever completing or delivering things
 - b. Perfectionism—fear in disguise?
6. Give yourself permission to say "No" or "Not now" at least until you have done the most important thing

- a. There can only be ONE most important thing
 - b. Ask yourself a lot of questions
 - c. How you phrase the questions you ask determines the quality of the answers
 - d. Ask the focusing question to know what to focus on NOW.
7. Success isn't always about being a very disciplined person
- a. It's about doing the RIGHT thing
 - b. It's about doing the MOST IMPORTANT thing
 - c. It's not necessarily about doing everything right
8. Your destiny is determined by your decisions and your life is shaped by your choices.
9. **It's often the things people have NOT done that cause them the most regret.**
- a. What will you lose if you stay safe and don't pursue your dreams?
 - b. What will it cost you and others?
 - c. In what way will the world be a poorer place?
10. Discover who you REALLY are in Christ, a big key
11. Self-coaching is effective when you partner with Holy Spirit and follow His leading.
12. Get help through training if needed
- a. **Option:** Life Breakthrough Coaching as Self-Paced study (through Lynne)
 - b. Go through the checklist to see if it's right for you
 - c. If people turn to you for advice and look to you for solutions, Life Breakthrough Coaching is probably for you.
13. **Take a leap of faith.** Discover how to unlock your own and others' breakthroughs through training keys

Procrastination Buster

- 1. You can put a stop to those habits that sabotage, robbing you of your breakthrough
- 2. Get past self-doubt and become an action-taker
- 3. **Example:** Lynne's son had a dream
 - a. People told him his dreams wouldn't work
 - b. He got discouraged and tried to pursue other things that didn't excite him
 - c. Lynne encouraged him
 - i. Let go of the doubts
 - ii. Start dreaming again
- 4. Consider partnering with Lynne to start unlocking your breakthrough today!

Reasons to Invest in Breakthrough Training

1. You'll blast through procrastination—it can't stop you from breaking through anymore!
2. You'll learn how to get past fear and limiting beliefs that are keeping you stuck, enabling you to get breakthrough this year.
3. You can start moving towards your breakthrough today, bringing people you are called to help closer to theirs!
4. You'll learn to refocus thoughts and overcome mindsets that trip you up, getting in the way of your breakthrough.

Signing Up

1. If you register by midnight Eastern time on **Saturday, October 21** you will receive, as a bonus with a value of at least \$75, a **Disc Behavioral Analysis report**.
 - a. It helps you understand why you do what you do
 - b. It shows how to use insights into your behavioral strengths and challenges to help you adapt, for getting along with people and working more effectively with them
2. If you register by midnight Eastern time on **Monday, October 23** you will also receive my **six-session Life Purpose Breakthrough coaching program**:
 - a. Others have paid \$247 for this
 - b. It will help you dig even deeper
 - c. It fits alongside the Life Breakthrough coach training perfectly
3. **Your investment:** 10-session coach training program with all the bonuses, \$850 or £680, with an option for 3 monthly installments if helpful
4. **IMPORTANT:** To help you be decisive, I'm putting a time limit on these bonuses. To get both the Disc Behavioral Analysis report AND the Life Purpose Breakthrough coaching program, you need to invest in the training by **midnight on Saturday**—NO EXCEPTIONS.