



**AN ONLINE COURSE DESIGNED TO HELP
YOU SEE YOURSELF IN THE STEADY
REFLECTION OF CHRIST**

from

Lori Schumaker

- Find out how your view of identity is effecting your life!
- Determine your personal IF (Identity Factor)
- Recognize triggers and identify roots of shame and insecurity
- Loosen the hold an unhealthy belief system has on your life
- Dispute negative self talk
- Learn to pray Scripture

Videos | Interactive Online Quiz | Written Lessons | Journal Pages
Charts | Lists | Scripture/Prayer Cards



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