

— 21 DAY —

VIP PROXIMITY PASS

Go Deeper

with **Pastor Daniella Coffey**

MOVE YOUR BODY

- Daily VIP Walks

RENEW YOUR MIND

- Exclusive Live Teaching

BUILD COMMUNITY

- VIP Inner Circle Access

Welcome to the Deep Work. The "Messy Middle" is that vulnerable, chaotic, and often exhausting space between a beautiful beginning and a triumphant ending. It is the place where the initial excitement has faded, the finish line is not yet visible, and the temptation to quit or compromise is at its peak.

This 21-day private journal guide is designed specifically for our VIP community to help you navigate this exact friction. Do not rush these prompts. Allow yourself to sit with the discomfort, because everything you need to become who you are meant to be is forged right here in the center.

WEEK 1: CONFRONTING THE FOG & EMBRACING FRICTION

DAY 1

THEME: MAPPING THE LANDSCAPE

Where exactly are you right now? Strip away the external narrative and expectations. Describe the current reality of your middle space without judgment—only radical honesty.

Deep Dive: What is the heaviest emotion present in this description?

DAY 2

THEME: THE GHOST OF THE BEGINNING

Think back to Day 1 of this journey/project/phase. What expectations did you carry that have since been shattered by reality? Write a letter releasing those outdated expectations.

Deep Dive: How is holding onto the "old plan" slowing your momentum today?

DAY 3

THEME: LOCATING THE LEAK

Where is your energy draining most right now? Identify the specific relationships, tasks, or thought patterns that are quietly siphoning away your capacity to endure.

Deep Dive: What is one boundary you can put in place immediately to plug this leak?

DAY 4

THEME: THE FRICTION POINT

What is the single biggest point of resistance you are facing today? Is it internal (fear, self-doubt, fatigue) or external (resources, timing, system constraints)? Detail its anatomy.

Deep Dive: If this resistance was trying to teach you a specific skill, what would it be?

DAY 5

THEME: INVENTORY OF SURVIVAL

You have survived a messy middle before. Look back at a past chapter where you felt completely lost but eventually made it through. What tools or mindsets did you use then that you have forgotten now?

Deep Dive: Reclaim one specific strategy from that past self and commit to using it today.

DAY 6

THEME: THE COMFORT OF DISCOMFORT

In what ways are you trying to numb or avoid the tension of this phase? (e.g., overworking, doomscrolling, people-pleasing). What would happen if you sat entirely still with the discomfort for 10 minutes?

Deep Dive: Write down the sensations you feel in your body when you think about sitting still.

DAY 7

THEME: WEEKLY INTEGRATION & SINKING IN

Look back at your first six days of journaling. What is the underlying theme of your current friction? Forgive yourself for not having it all figured out by the end of Week 1.

Deep Dive: Write down a single phrase or mantra that will anchor you as you enter Week 2.

WEEK 2: SIFTING AND REFINING THE RAW MATERIAL

DAY 8

THEME: THE ILLUSION OF CONTROL

Make a two-column list. On the left, list everything about your current situation that you cannot control. On the right, list the few things you can control completely. Cross out the left side completely.

Deep Dive: How much mental space are you wasting trying to manipulate the un-manipulatable?

DAY 9

THEME: EMBRACING THE NON-LINEAR

Progress in the middle rarely looks like a straight line up. Describe a recent "step backward" you took. How can you reframe that regression as a necessary pivot or a moment of gathering strength?

Deep Dive: What hidden data or wisdom did that setback provide?

DAY 10

THEME: THE IDENTITY CRISIS

The middle changes us. Who you were at the start cannot survive where you are going. What part of your old identity are you stubbornly holding onto that no longer fits who you are becoming?

Deep Dive: What are you afraid you will lose if you completely let go of that old version of yourself?

DAY 11

THEME: SHADOW WORK IN THE SLOUGH

When we are tired and stuck, our darkest habits and self-criticisms surface. What has your inner critic been whispering to you during this transition? Write those phrases down, then systematically dispute them with facts.

Deep Dive: Where did that inner critic learn those specific words?

DAY 12

THEME: UNSEEN MICRO-VICTORIES

Because you haven't reached the big finish line, you might feel like you're failing. Celebrate three incredibly small, mundane, or unseen victories from the past 48 hours. No accomplishment is too small.

Deep Dive: Why do you habitually withhold praise from yourself until the very end?

DAY 13

THEME: THE WISDOM OF WAITING

Sometimes the middle requires stillness, not hustle. What if the current delay is not a denial, but a protective pause? What is this waiting period allowing you to build internally that urgency would have ruined?

Deep Dive: How can you optimize this stillness rather than fight it?

DAY 14

THEME: THE HALFWAY EVALUATION

You are two-thirds of the way through this intensive journey. Look back at Day 1. How has the texture of your thoughts shifted? Where have you grown noticeably softer, and where have you grown stronger?

Deep Dive: Name one thing you are unexpectedly grateful to the middle for teaching you.

WEEK 3: FORGING MEANING & STEPPING INTO CLARITY

DAY 15

THEME: THE SUNK COST FALLACY

Are you continuing down certain paths in this middle space simply because you've already invested so much time, money, or emotion into them? What needs to be cleanly amputated so you can move forward lighter?

Deep Dive: What would you stop doing today if there were zero social guilt attached to stopping?

DAY 16

THEME: REWRITING THE NARRATIVE

If your current struggle was a crucial chapter in an inspiring biography, how would the narrator describe this exact week? Write about your current situation from the third-person perspective of an objective, loving observer.

Deep Dive: How does removing your own shame change the way the story feels?

DAY 17

THEME: UNCONDITIONAL COMMITMENT

What are you committed to doing regardless of the outcome? Disconnect your actions from the immediate result. What values are worth standing for, even if the ending doesn't look exactly like you planned?

Deep Dive: How does this focus on values over metrics instantly relieve pressure?

DAY 18

THEME: THE EMERGING HORIZON

The fog is beginning to thin, even if subtly. What is one small indicator or sign that things are shifting, or that you are gaining clarity about your next macro-move?

Deep Dive: What action step can you take to lean directly into that opening?

DAY 19

THEME: RADICAL ACCEPTANCE OF THE NOW

What if this exact point in time is as good as it gets before the shift? Can you find peace right here in the unresolved middle, without waiting for the resolution to authorize your happiness?

Deep Dive: Write out a declaration of peace with your present state.

DAY 20

THEME: THE FUTURE SELF'S PERSPECTIVE

Imagine yourself one year from today, fully established on the other side of this transition. Write a short note from that future self to the person sitting here holding this journal right now.

Deep Dive: What does your future self emphasize as the most important thing to focus on?

DAY 21

THEME: THE INTEGRATION & BREAKTHROUGH

You have walked through 21 days of intentional, messy self-reflection. You are no longer at the beginning, and you are no longer stuck. Summarize your ultimate breakthrough from this experience.

Deep Dive: What is your primary marching order as you step out of the middle?

A NOTE TO OUR VIP CIRCLE

The messy middle is where true authority is built. Anyone can start, and anyone can celebrate a finish. But the elite endure, refine, and transform when nobody is watching, in the quiet spaces of the middle. Thank you for being a vital part of our inner circle and for doing the deep work that sets you apart. Your transformation is already underway.