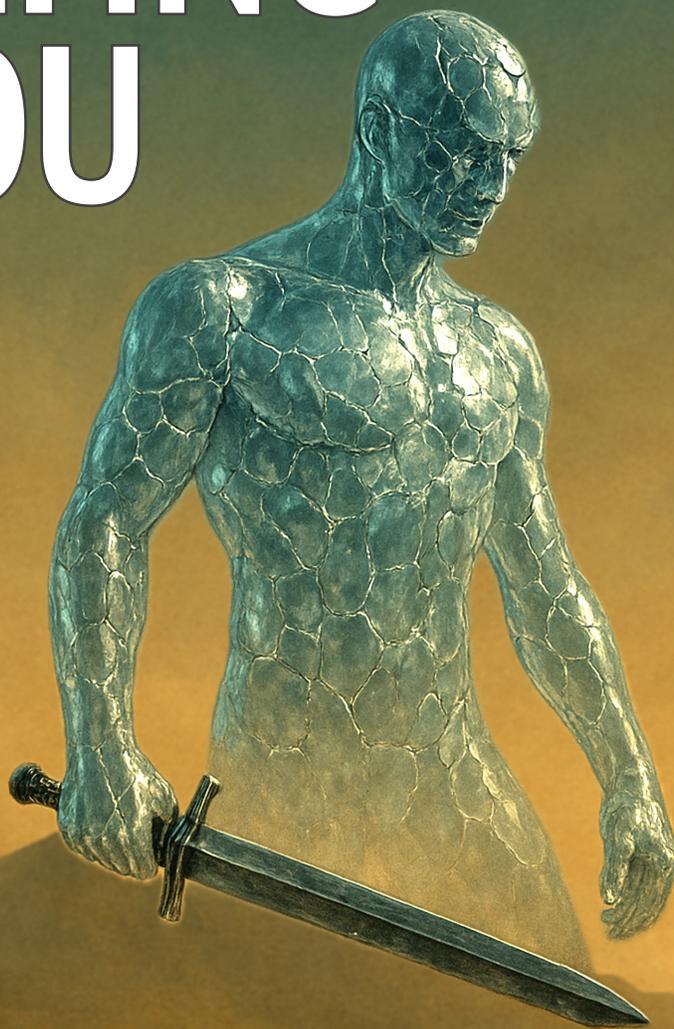


REFLECTION JOURNAL

YOUR GIANTS
ARE LYING
TO YOU



THE TRUTH ABOUT FEAR, FAILURE,
AND FINDING YOURSELF

JS
PH

RYAN FINKLE

REFLECTION JOURNAL

**YOUR GIANTS
ARE LYING
TO YOU**

THE TRUTH ABOUT FEAR, FAILURE,
AND FINDING YOURSELF

RYAN FINKLE

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INTRODUCTION

What Comes After Naming the Giant?

The book may be finished — but your story is still moving forward.

This journal is for the *after*.

For the ache that lingers after the fear goes quiet.

For the identity that's rising where hustle used to live.

For the you that's still becoming.

Each prompt is designed to help you pause and reflect, not just react.

You'll be asked to:

- Revisit moments of truth
- Renounce old lies
- Reclaim your name
- Rewrite your inner voice

You can go in order or jump to what calls you.

Write long. Write short. Draw. Listen. Sit.

However you engage — show up with honesty. Not performance.

You've come this far not to prove something...

But to live as someone new.

Let this journal help you walk forward in truth.

CHAPTER 1

THE FEAR-DRIVEN ACHIEVER: A LIFE DEFINED BY PROVING

PART 1: NAMING THE PATTERN

Think back to your own “moment that froze you.”

What early memory comes to mind where fear kept me from stepping forward?

How did I explain it to myself then—and what do I see differently now?

Finish this sentence with brutal honesty:

“I’ve worked so hard to prove I’m _____ because deep down

I’ve been afraid I’m actually _____.”

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Where in my life have I worn achievement like armor?

What image have I worked hardest to maintain—
and what has it cost me to protect it?

What if everything I am working so hard to prove...
was just a way to avoid being seen?

PART 2: UNMASKING THE INVISIBLE SYSTEM

What are 1–2 internal scripts I’ve obeyed without question? Examples: “Don’t ask for help.” “Keep it together.” “Be the strong one.”

REFLECTIONS | THE FEAR-DRIVEN ACHIEVER: A LIFE DEFINED BY PROVING

Where do I think those messages originated?

Which fear-based habit have I confused for a virtue? (Perfectionism as “excellence”? Hustle as “discipline”? Control as “responsibility”?)

What part of my identity is still performing for approval?

What would it look like to lead without fear of exposure?

PART 3: LISTENING TO THE VOICE

Describe the inner voice that keeps me performing.

What does it sound like?

What phrases does it repeat?

Whose voice does it feel like?

What would I say to the younger version of myself who first started listening to that voice? Try writing a 3–4 sentence letter to them.

PART 4: DISCERNING THE COST

What areas of my life have been “successful but not safe”?

Where have I been performing but never resting?

Winning—but never feeling at peace?

What would it take to feel safe—not just successful?

When was the last time I felt joy that wasn't tied to an outcome or achievement?

What made that moment different?

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How has my internal pressure shaped the way I lead others?

PART 5: REFRAMING THE HUSTLE

If I stopped proving myself, what would be left?

What part of me feels most untested or unseen?

If I'm not proving myself... who am I?

REFLECTIONS | THE FEAR-DRIVEN ACHIEVER: A LIFE DEFINED BY PROVING

What would it look like to shift from driven to grounded in just one area of my life this week?

Be specific: What would change in my pace, my posture, or my presence?

Finally—what lie has fear been whispering to me?

And what's the truth that's starting to break through?

You were never meant to prove your worth.

You were meant to live from it.

Carry this truth with you.

You don't have to earn your identity by hustling harder.

You don't have to obey the voice that tells you to stay small.

You are not weak for being afraid—

but you are free to stop obeying fear.

This is where the real story begins.

CHAPTER 2

THE INJURY THAT CHANGED EVERYTHING: THE BREAKING POINT

These prompts are designed to help you reflect deeply—not just on what happened to the author, but on what’s happening within you.

PART 1: YOUR BODY’S ALARM SYSTEM

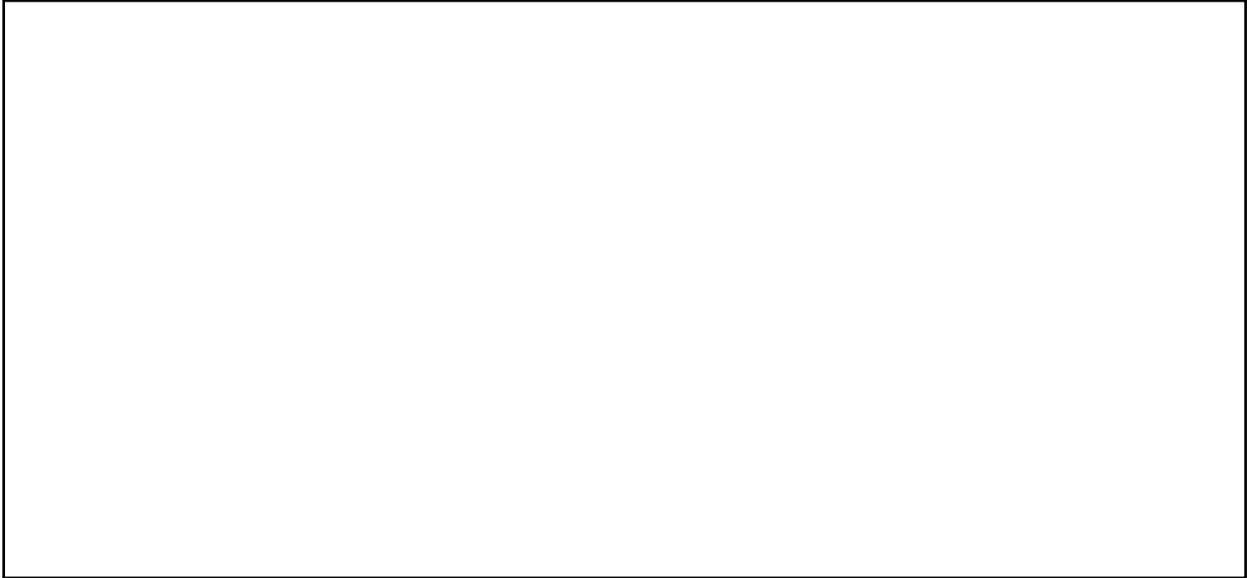
Think back to a time when your body knew something was wrong before you were willing to admit it.

What signals did it give me—fatigue, pain, anxiety, restlessness?

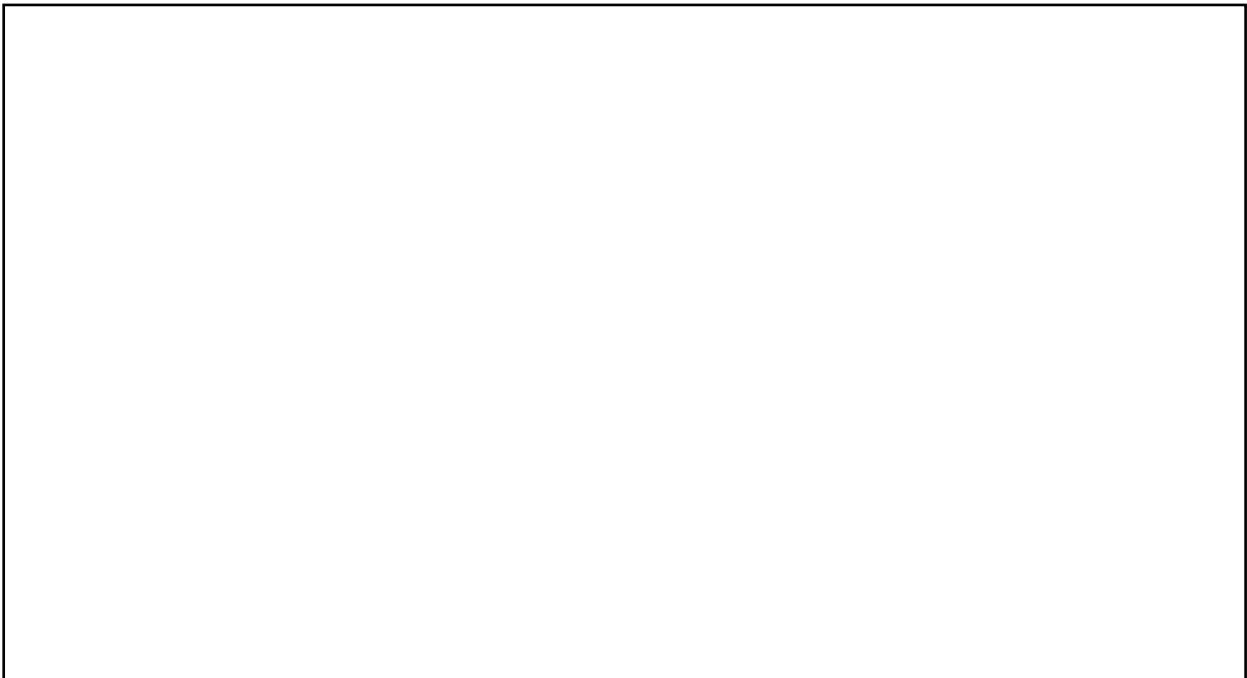
Did I listen or override those signals? What did it cost me?

PART 2: THE GRIT-GRIEF THRESHOLD

Where in my life has “pushing through” become my default strategy, even when it’s no longer working?

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Is there an area of my life right now where grit is actually covering grief?

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on the question above.

PART 3: WHEN STRENGTH BECOMES PRETENDING

Have I ever been praised for my strength when, inside,
I was struggling to hold it all together?

What part of my story have I been managing instead of healing?

What would change if I stopped pretending?

What stories have I told myself about how life should work—like if I work hard,
stay strong, and do the right things, everything will turn out okay?

When those formulas stop delivering, can I tell the truth...
or do I still try to make the equation fit?

PART 4: THE COST OF THE HUSTLE EQUATION

What formulas have I lived by that promised success—like “work hard and everything will turn out”?

Have I ever felt betrayed when that equation didn't hold?

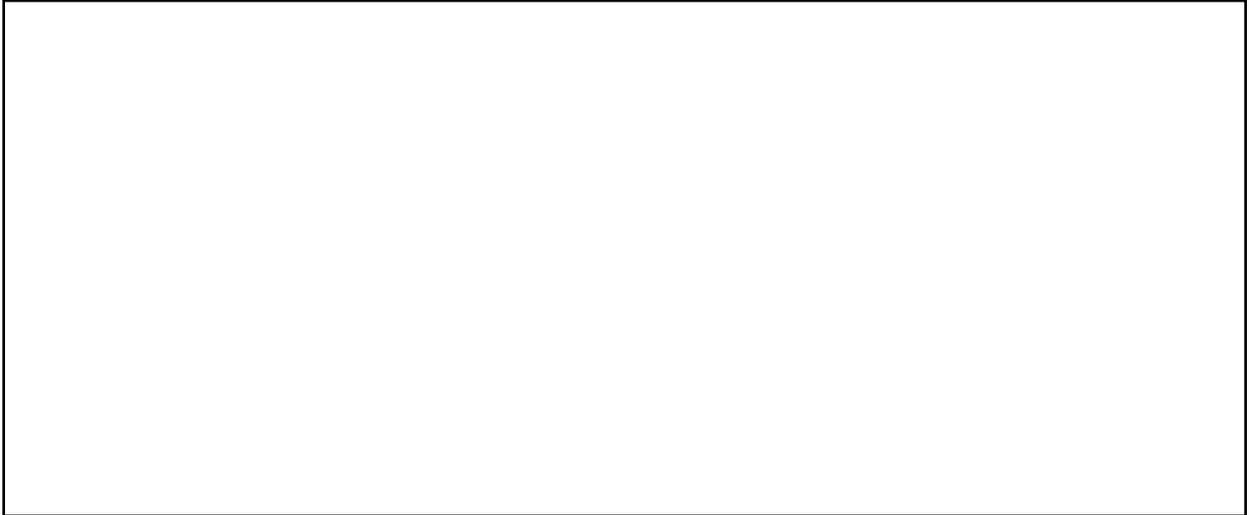
What did that moment teach me about control, trust, or worth?

Have I ever followed the “right steps” and still ended up broken, lost, or disappointed?

What if the failure wasn't in me—but in the formula I was taught to trust?

PART 5: UNEXPECTED DOORS

Can I recall a time when a detour—something I didn't ask for—led to unexpected alignment?

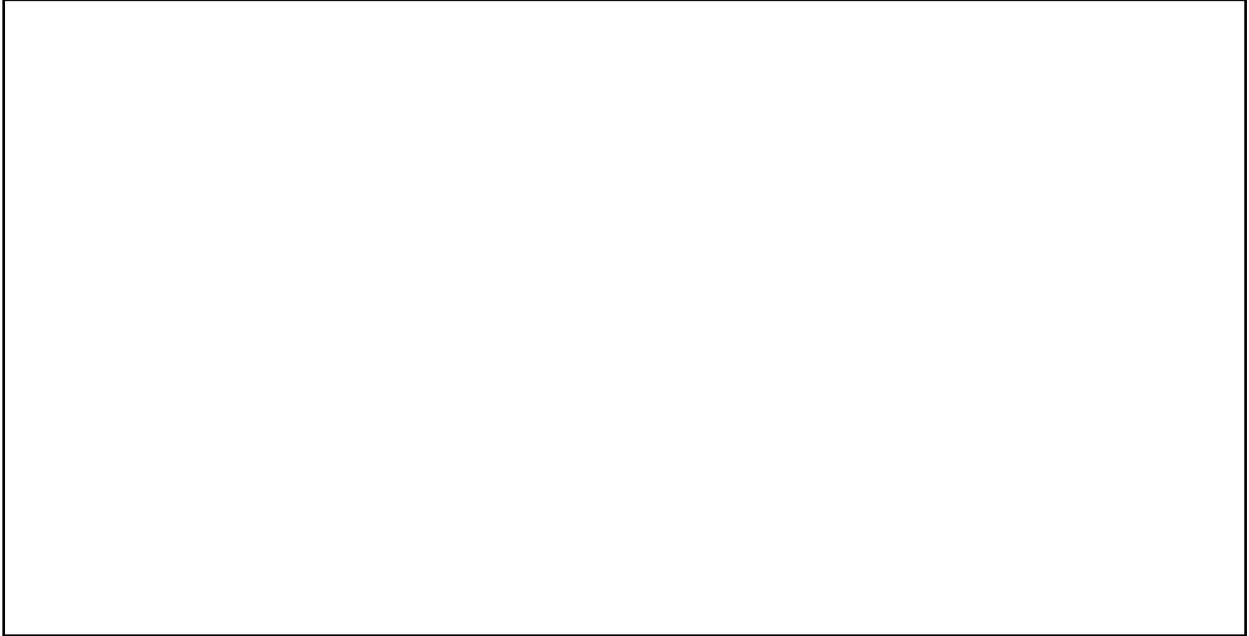


What “small” invitation or open door have I been tempted to overlook because it didn't match my original dream?



REFLECTIONS | THE INJURY THAT CHANGED EVERYTHING: THE BREAKING POINT

Have I ever found myself standing in a place I didn't plan to be—wounded, uncertain, off-script—but strangely... more grounded?

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What if purpose isn't about chasing the perfect story, but noticing the door that's quietly opened right in front of me?

A large, empty rectangular box with a thin black border, intended for the reader to write their reflection on the question above.

PART 6: LABELS AND LOSS

Have I ever received a label or result (medical, professional, relational) that made me question my value?

What part of my identity felt threatened in that moment?

What truth did I need to remember?

PART 7: THE WRESTLE BEFORE THE CHANGE

The wrestle often begins not when we fall—
but when the story we built can no longer hold us.

What parts of my identity are shifting right now?

What am I still holding on to that may no longer be mine to carry?

**You're not failing—
you're just at the breaking point
where truth starts speaking louder than the formula.**

**The formula said:
work hard, stay strong, do everything right—
and life will go as planned.
But that's the illusion of linearity.**

**Real growth doesn't follow straight lines.
It moves through cracks, curves, and unexpected turns.
That's where the real story begins.**

CHAPTER 3

JACOB'S WRESTLE: FIGHTING FOR IDENTITY

PART 1: THE RIVER MOMENT

What situation in my life right now feels like a riverbank moment — where I've sent everything ahead but still feel stuck alone?

Describe it honestly. What am I bracing for?

Who will I be if I don't go back? Who am I becoming if I go forward?

PART 2: ARMOR AND IDENTITY

What behaviors or roles have I used as armor that no longer feel sustainable?

How has that armor protected me — and how might it now be limiting me?

When did my title become armor?

And what finally forced me to lay it down?

PART 3: WHEN THE HUSTLE RUNS OUT

Have I ever experienced a moment where what used to work (overthinking, overworking, outperforming) suddenly stopped working?

What did I learn about myself in that moment?

What name have I been trying to earn?

And what if the name that matters most—the one that frees me
—can't be earned at all?

If I'm exhausted from trying to be someone online, maybe it's time to ask who am
I... when no one's watching?

PART 4: SCAR VS. SIGNAL

Think of a physical or emotional scar you carry. What does it remind you of?

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Has that memory shifted in meaning over time? If not, what would it take to reframe it as a mark of survival, not shame?

PART 5: BECOMING VS. PERFORMING

What's one part of my life today that feels like performance — something I'm doing to prove instead of become?

What might it look like to stop curating and start living from who I really am?

What scar do I carry that once felt like the end...but now whispers of a beginning?

PART 6: FROM SPEED TO INTENTION

In what area of my life have I confused movement with meaning?

How might slowing down actually help me find my direction?

What name tag have I been wearing? Who gave it to me?

And what if the name that matters most came after the break?

PART 7: NAMING WHAT'S EMERGING

If your current chapter had a name — not the one fear gave me, but the one healing is whispering — what might it be?

Where am I leading fast when I should be leading deep?

Where have I confused motion with meaning?

And what would it look like to move with quiet, purposeful clarity instead?

What if the limp I've been hiding is actually the name I've been growing into?

What if the pain didn't disqualify me?

You are not defined by what broke you.

**You are being reintroduced —
by what you lived through, by what you survived,
by the limp you no longer have to hide.**

**This isn't the end of your story.
It's the beginning of who you're finally becoming.**

CHAPTER 4

WALKING WITH A LIMP: LIVING WITH THE VISIBLE AND INVISIBLE SCARS

PART 1: THE LEADERSHIP YOU DIDN'T PLAN FOR

Think of a time when you had to lead while still healing.

How did that affect my confidence, decisions, or interactions with others?

What changed in me when I could no longer lead from full strength?

PART 2: THE COST YOU HID

What have I worked hard to hide—physically, emotionally, or mentally—so others would still see me as dependable?

What has hiding that cost me?

What weight am I carrying that no one sees?

And what might change if I finally named it?

PART 3: LETTING GO WITHOUT DROPPING

THE MISSION

Where in my life am I still gripping too tightly to control, identity, or image out of fear of what will happen if I loosen my hold?

What would “letting go without dropping the mission” look like for me in this season?

PART 4: CLARITY THROUGH SLOWNESS

Has there been a moment when slowing down gave me unexpected clarity?

What did I begin to see, understand, or prioritize differently when the pace changed?

PART 5: THE FALSE STRENGTH YOU OUTGREW

What version of strength was I taught to admire?

What version of strength am I being invited to live into now?

What version of strength have I been trying to live up to?

And what might change if I finally let it go?

PART 6: THE GIANT BEHIND THE LIMP

When I think about my most persistent struggle—whether physical, emotional, or spiritual—what fear or lie is actually hiding beneath it?

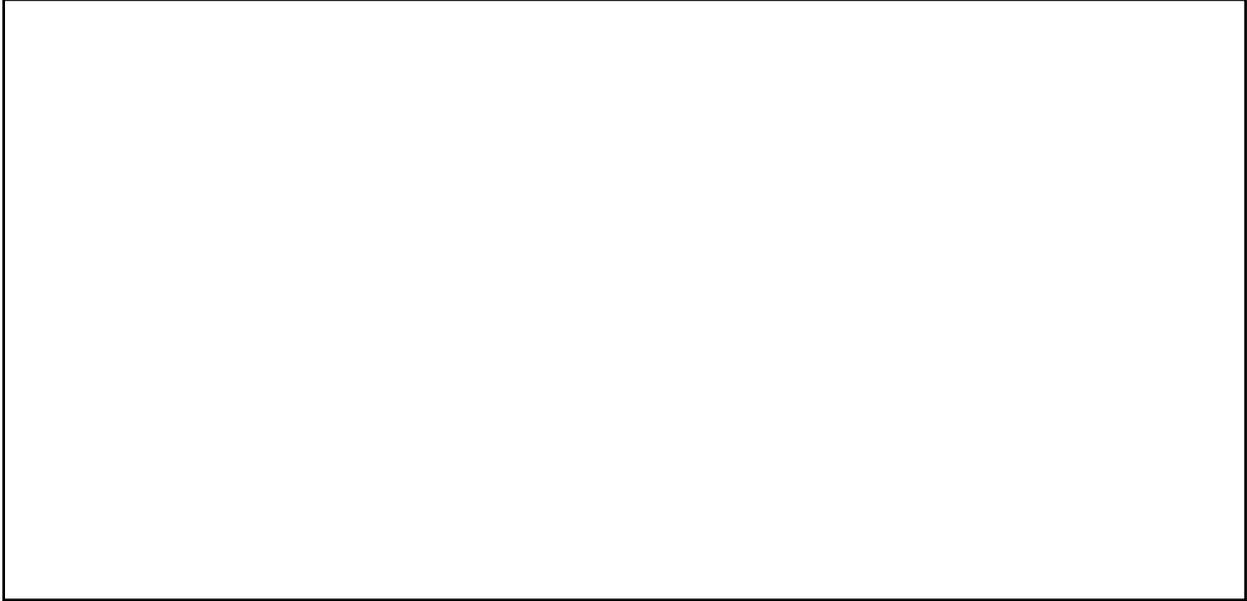
What name have I given that whisper...
and what truth do I need to speak back to it?

What lie have I been listening to that's shaping how I lead, live, or see myself?

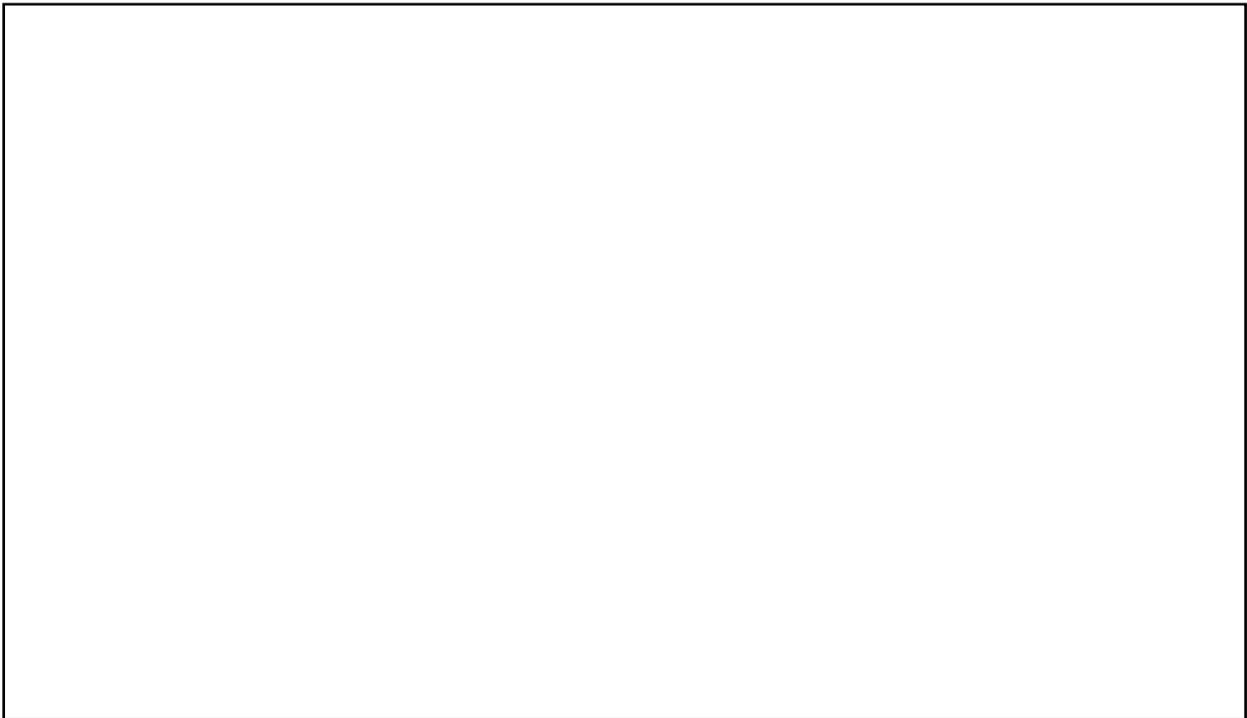
And what would it take... to finally call it what it really is?

PART 7: REBUILDING, NOT RETURNING

In my journey toward healing, what's something I don't want to "go back to"?

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What's something new I want to carry forward instead?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

PART 8: YOUR SCAR THAT SPEAKS

What scar—visible or invisible—do I carry that could become someone else’s permission to hope?

What might change if I stopped hiding it?

Healing is resistance.

Wholeness is a quiet kind of courage.

**You don’t have to return to who you were.
You’re not failing because you’re still healing—**

**You’re becoming.
And that is strength.**

CHAPTER 5

FACING GOLIATH: FEAR, COURAGE, AND DESTINY COLLIDE

Use these prompts to slow down, listen, and begin acting from a deeper place of freedom—not fear.

SECTION 1: THE ECHO OF THE GIANT’S ROAR

What are some common “background thoughts” that feel like my own voice, but might actually be echoes of fear?

How would my inner dialogue shift if I stopped agreeing with those terms?

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Where am I still hearing the roar?

And what would it mean to reject its terms and conditions?

SECTION 2: WHAT GIANTS LOOK LIKE TODAY

Without judgment, make a list of the invisible scripts you've lived by—at home, at work, or in your inner world.

REFLECTIONS | FACING GOLIATH: FEAR, COURAGE, AND DESTINY COLLIDE

Which ones may have served a system or expectation more than my actual purpose?

Which ones am I ready to revise?

What have I inherited that feels like truth but might actually be a lie?

Whose voice shaped my internal script?

What am I still trying to prove—and to whom?

SECTION 3: THE DECISION TO STEP FORWARD

Think about a quiet moment in your life where something internal shifted—where you knew you couldn't keep going the same way.

What small pivot did I make... or wish I had made? Name it.

Then ask: What would it look like to complete that decision now?

Will I keep rehearsing the fear? Or will I step forward—even if my voice shakes and my hands tremble?

SECTION 4: THE WEIGHT OF THE DECISION

Is there an area in my life where doubling down has become a substitute for clarity or conviction?

What am I protecting—my image, or my actual future?

How might choosing freedom in one area of my life give others around me permission to do the same?

Where in my life have I been doubling down instead of deciding to fight?

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What am I protecting—my image or my purpose?

What might change if I fought for freedom, not perfection?

What is fear keeping me from building, from saying, from believing,
from becoming?

And if I stay silent— what's the cost in my story?

SECTION 5: WHEN THE WEAPONS CHANGE

What scar, setback, or wound in my story once made me feel disqualified—but now helps me lead with greater empathy or insight?

How might that experience become part of my toolkit, not my limitation?

What are my “stones”—the habits, practices, or values that grounded me before success or status arrived?

Am I still carrying them?

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What once threatened me?

What name, moment, or memory tried to define my limits?

Now consider:

Could that become part of my toolkit?

Could it be what makes me the kind of leader who sees others more clearly?

SECTION 6: THE ECHO AFTER THE ROAR

What old postures or behaviors am I still carrying—
not out of necessity, but out of habit?

What would it look like to walk as someone already free?

What echoes are still shaping how I move through the world today?

What old warnings still whisper when I try to dream again?

SECTION 7: THE QUIET VOICE

What swirl—comparison, urgency, or pressure—is currently disrupting my clarity?

What would it mean to tune out that noise long enough to hear the quieter voice beneath it?

What would it look like to create a swirl-resistant culture for the people I lead?

Whose voice am I actually listening to?

SECTION 8: FROM HEARING TO HEEDING

What quiet, purposeful action could I take this week—not to prove anything, but to practice becoming the person I already am?

Choose one act of kindness, creativity, or stillness that reflects who you're becoming.

Will I live from the voice of fear—or the voice of freedom?

Will I keep chasing my old name—or respond to the new one being whispered even now?

Small steps in freedom are stronger than loud leaps in fear.

**Let that line become your anchor.
You don't have to roar to be brave.
You just have to stop agreeing with the lie—
and start living like the truth is already yours.**

CHAPTER 6

WHEN THE CALLING BURNS: PURPOSE REMAINS

SECTION 1: THE ECHOES OF FIRE

When everything you've built burns down — whether literally or metaphorically — the instinct is often to rebuild fast and loud. But that moment in the ashes can reveal what was never meant to survive.

Have I ever experienced a moment where my identity felt tied to something that was suddenly taken away?

What did the silence reveal that the success may have hidden?

What if the fire doesn't destroy the truth—but reveals it?

SECTION 2: THE ROOTS OF THE FEAR-DRIVEN ACHIEVER

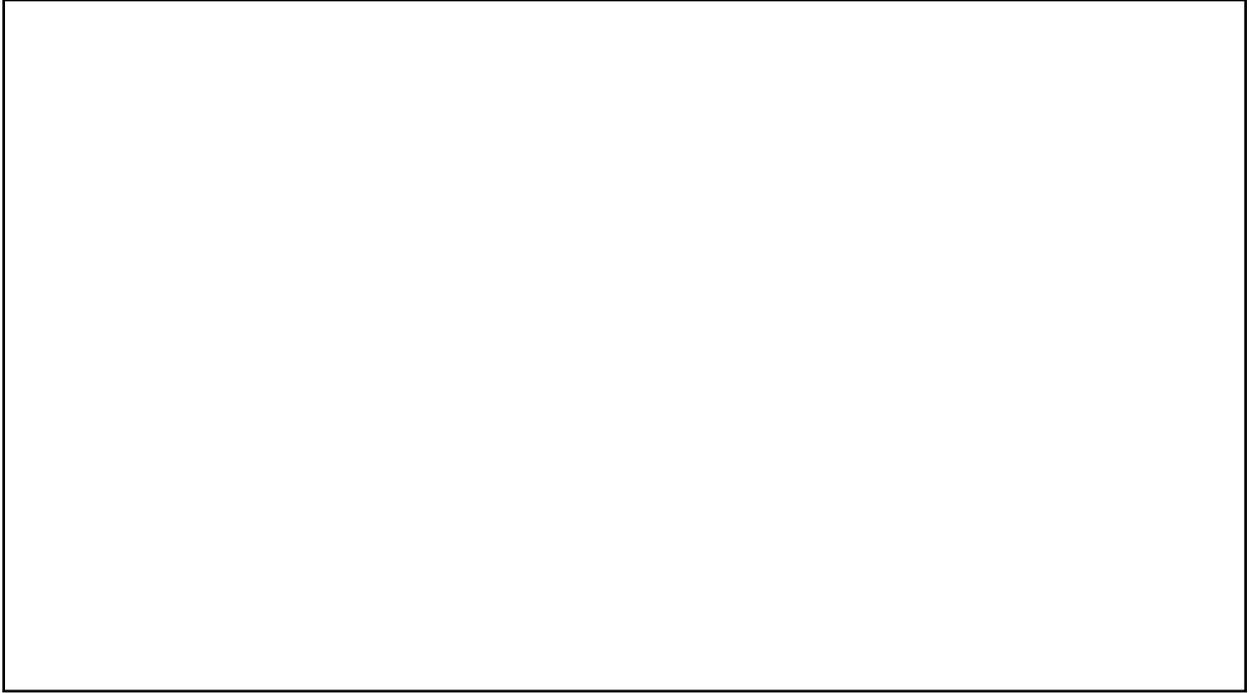
Early survival scripts can quietly shape how we lead, strive, and prove ourselves — even decades later. The hustle may start as survival but become a lifelong weight.

What childhood or early career experiences may still be driving my sense of worth today?

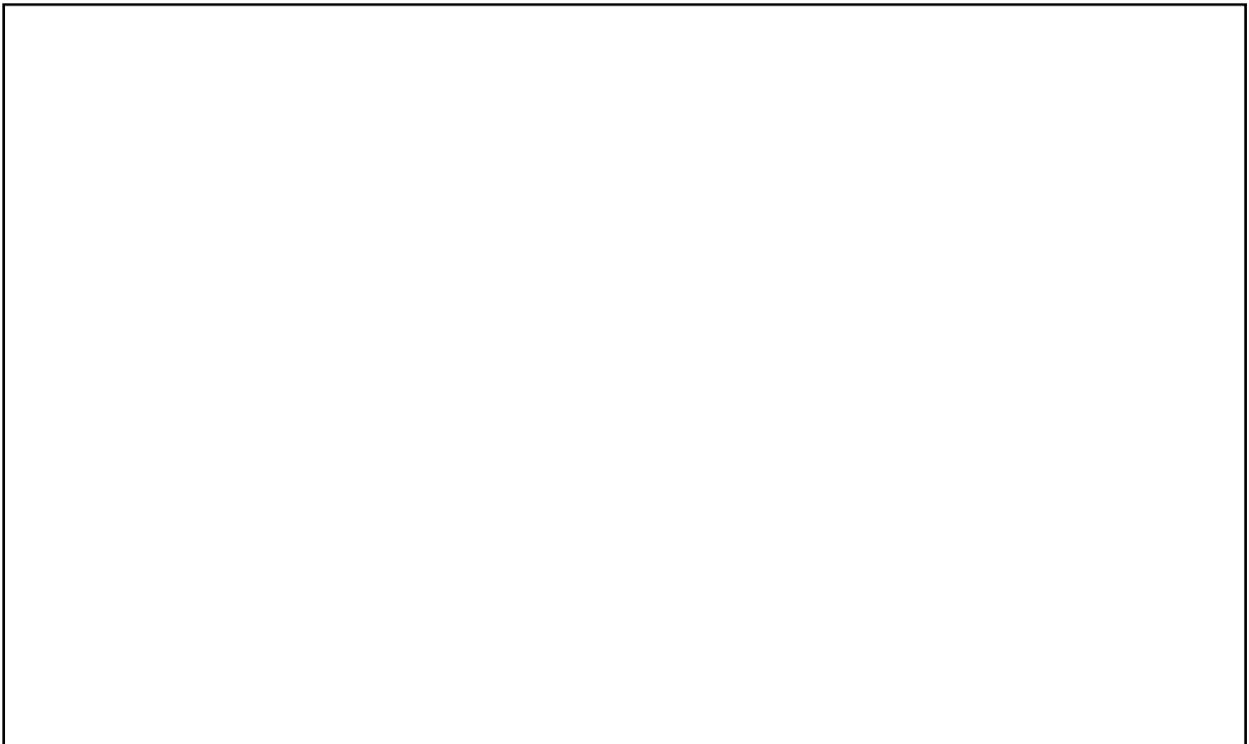
Are there any unspoken rules or fears I've carried longer than I realized?

REFLECTIONS | YOUR GIANTS ARE LYING TO YOU

What echoes of early survival are still shaping how I lead or live today?

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Where might the quiet voice of purpose be inviting me to lead differently?

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SECTION 3: THE QUIET VOICE IN THE ASHES

In a culture addicted to bounce-backs and optics, it takes courage to pause.
True healing often begins where the noise ends.

When was the last time I slowed down enough to really listen
to my own inner voice?

What did I discover — or what have I been avoiding?

Where have I felt the pressure to prove I'm still standing—to rebuild fast and loud?

What's been revealed in those moments when I paused long enough to
let the fear burn away?

SECTION 4: REBUILDING FROM PURPOSE, NOT PROVING

Leadership grounded in fear demands performance.

Leadership grounded in purpose builds legacy.

The two often look similar on the outside — but feel entirely different within.

Where in my life am I building from fear?

—and where am I building from purpose?

What needs to shift to bring more alignment?

SECTION 5: QUIET CONFIDENCE – THE FOUNDATION OF SUSTAINABLE LEADERSHIP

Quiet confidence doesn't shrink back —
it leads from clarity instead of noise, from presence instead of pressure.

Who in my life has modeled quiet confidence for me?

What did their leadership unlock that performance-based leadership never could?

SECTION 6: FINAL INVITATION

Building Beyond the Echoes

Calling is what you **do**. Purpose is who you **are**.

When fear confuses the two, identity crumbles.

But when rooted in purpose, you can lead — in any season.

If my current title, role, or assignment disappeared tomorrow, what part of me would remain steady?

How would I describe my purpose — not what I do, but who I am?

**You're not just leading quietly. You're becoming someone new.
Quiet leadership isn't just an approach —it's an identity shift.
One that leaves fear behind, builds from wholeness, and
lasts long after the noise fades.**

CHAPTER 7

LEADING WHILE LIMPING: REDEFINING STRENGTH IN LEADERSHIP

SECTION 1: THE THRESHOLD OF TRANSFORMATION

Describe a moment in your life when you knew change was required—
but stepping into it felt like a risk.

What internal resistance did I face?

What have I been gripping tightly that may no longer serve who I'm becoming?

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Where in my life do I feel the weight of the handle for the door of transformation in my hand?

What would it look like to let go of fear-driven scripts—
and step into the quiet strength of becoming?

SECTION 2: THE POWER OF STILLNESS IN BECOMING

How have I misunderstood or underutilized stillness in my own growth journey?

Where in my life could stillness become a source of clarity rather than a sign of inaction?

SECTION 3: PERSONAL REFLECTION – MY MOMENT OF BECOMING

Can I recall a season where growth was happening beneath the surface before it was visible?

What sustained me in that space?

What routine or practice in my life have helped me reclaim strength in a quiet or unexpected way?

Where might stillness be calling me to pause?

SECTION 4: FINAL INVITATION – STEPPING INTO THE NEW

Which part of my story—physical, emotional, spiritual, or identity—
is asking to be honored right now?

What would it mean to lead not from pressure or performance, but from the quiet
awareness that my rivers have shaped me?

What pain or strength has my body carried?

What emotions have quietly influenced my patterns and reactions?

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What spiritual whispers have lingered across my journey?

And what part of me—maybe even now—is being renamed?

You don't need to leap before you're ready.

But you can trust that stillness isn't the end of your story—

It's where your legs begin to grow.

And one day, when you take that step, you'll realize:

the limp didn't weaken you.

It marked you.

And now, it sends you.

CHAPTER 8

WRESTLING, LIMPING, WINNING: REFRAMING THE PAST

SECTION 1: THE POWER OF A NAME

Think back to a time someone called out something deeper in you—not based on what you did, but who you were.

How did that moment shape my understanding of identity, even if I didn't recognize it at the time?

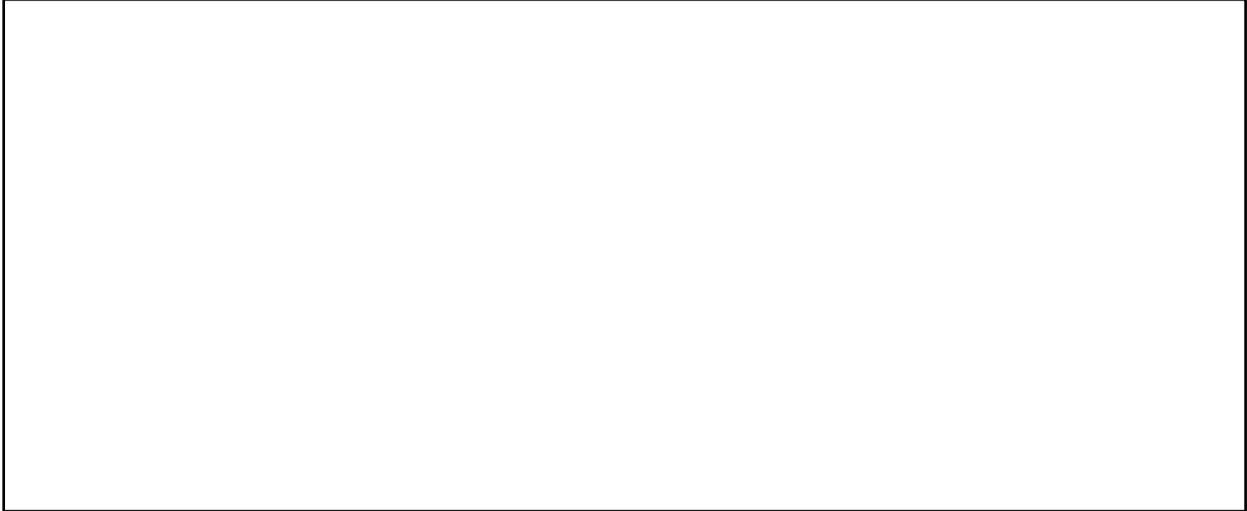
The truest names aren't invented. They're revealed.

What name has been revealed to me?

If no one has ever spoken a name over me, I can still discover one.

SECTION 2: THE NAME YOU DIDN'T CHOOSE

What names or labels have shaped my internal story that I never consciously accepted?

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How have those labels influenced the way I've approached success, relationships, or leadership?

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SECTION 3: WRESTLING WITH THE OLD NAME

Can I remember a moment when I lost a role, relationship, or title—
and felt like I lost myself too?

What false identity might have been wrapped around that moment of grief?

What label have I performed my way into?

Remember: I am not what they called me.

SECTION 4: RECEIVING THE NEW NAME

When in my life have I carried peace—not because things were easy,
but because something in me was aligned?

What did that peace teach me about who I am becoming?

Where have I experienced peace in the middle of pressure?

**Could that moment have been a signal—not of my strength,
but of my identity?**

You don't have to fight for a name that already belongs to you.

The limp you carry is not your disqualification—it's your evidence.

The calm you feel under pressure is not weakness—it's a signal:

You are finally walking in who you were meant to be.

CHAPTER 9

WALKING INTO PURPOSE: LIVING WITH A NEW IDENTITY

SECTION 1: THE LIMP AS WITNESS

Think about an area of your life where you've been walking "differently"—not just physically, but emotionally, relationally, or spiritually.

In what ways have I adjusted my pace or posture without fully realizing it?

What would it look like to name that limp not as weakness, but as witness?

What parts of my story carry a limp?

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Are there scars people can see?

Or are they quiet, internal weights?

How might those wounds be shaping who I'm becoming?

SECTION 2: THE SCARS THAT STAY

Some scars fade and some don't—but they all speak.

What moment in my life left a scar I've never really named?

REFLECTIONS | WALKING INTO PURPOSE: LIVING WITH A NEW IDENTITY

What would it mean to see that scar as a sign of healing, not damage?

So maybe the real question isn't: Do I have scars?

Maybe it's: What story are they telling now?

What scars—physical or otherwise—have I been hiding or minimizing?

What would change if I let them speak, not of what broke me,
but of what healed me?

Can I name one of my giants—not to glorify the pain,
but to give my healing a voice?

SECTION 3: WHEN HIDING BECOMES HABIT

It's possible to build success around suppressed pain.

Where in my leadership or relationships have I been “managing” instead of healing?

What silent rule have I been obeying that keeps me from telling the truth?

SECTION 4: RECLAIMING THE REAL NAME

We often inherit false names—driven by fear, performance, or pain.

What names have I quietly carried that were never mine to begin with?

What truth needs to be spoken back to those labels?

SECTION 5: LEGACY AS ENDURANCE, NOT PERFECTION

Legacy doesn't come from never falling.

It comes from limping forward anyway.

Who in my life has modeled legacy not through success, but through faithfulness?

What part of my own story might become a mirror for someone else's courage?

You don't have to walk flawlessly to walk in purpose.

You just have to walk faithfully—limp and all.

**The same thread of redemption that ran through
Jacob, Joseph, David, and Moody now runs through you.**

Your pain is not the end of your story.

It's the beginning of your legacy.

CHAPTER 10

THE RIPPLE EFFECT: WHEN YOU MULTIPLY THE SHIFT

SECTION 1: THE ECHO AND THE MISSED MOMENT

Think of a time when you felt the invitation to be seen but froze instead.

What name or identity was I protecting in that moment?

What would it mean to revisit that memory with compassion instead of shame?

SECTION 2: BECOMING THE RIPPLE

Legacy often begins quietly—through honesty, small acts of courage, or simply presence.

Where in my current life might someone be learning from the way I show up, even when I don't realize it?

What light have I been given that I'm now responsible to carry?

Where in my life, leadership, or relationships has clarity come that I can no longer ignore?

And what ripple might begin the moment I stop waiting—and start living from it?

SECTION 3: FROM SCAR TO SPARK

What is one story, scar, or truth I've kept hidden out of fear of how it might be perceived?

What if the very thing I'm tempted to hide is the spark someone else is waiting for?

What has my story cost me?

And am I still hiding it behind the façade of perfection, performance, or polish?

SECTION 4: PLATFORM VS. PRESENCE

Where have I been tempted to equate visibility with value?

How might I redefine impact in my life around faithfulness to purpose, not the size of the audience?

What story, truth, or scar am I still holding in my hand?

What would it look like to release it?

SECTION 6: STEWARDING THE LIGHT

In what area of leadership—formal or informal—do I sense a responsibility to carry light for others?

What would it look like to steward that light with integrity in one small but intentional way?

SECTION 7: RELEASING THE ROCK

What am I still holding in my hand?

A story, a truth, a grief, a gift?

Describe what it might look like to release it—not for attention, but as an act of courage and obedience.

SECTION 8: ECHO OR APPLAUSE?

Am I more motivated by echo or applause?

Whose life is quietly echoing through mine—
and how can I be that for someone else?

You don't have to be fearless to live a life that echoes.

**You just have to stop obeying fear.
The giants are still lying, but now you know better.**

**You've faced your story,
reclaimed your name,
and let the rock go.**

**So stand on the shoreline.
Let the ripple move.**

**And remember—
Your scars carry fire.
Your truth carries light.
Your life still echoes.**

Live what matters.

AM I MISSING SOMETHING?

WHAT FILLS THE SILENCE AFTER THE FIGHT?

You've come a long way.

You faced the fear.

Named the giant.

Let go of the hustle that once defined you.

And maybe for the first time... you feel something unfamiliar:

Silence.

No more proving.

No more pushing.

No more fear-driven noise.

But in its place? An ache. A strange gap. And if you're wondering "Am I missing something?"—you're not alone.

This moment, right here, is where many achievers get stuck. The lies may have gone quiet, but the space they occupied still echoes.

It can feel like something's incomplete. Like you're waiting for the next step but unsure where to look.

The truth?

That ache isn't failure.

It's invitation.

WHEN THE GIANT'S VOICE GOES SILENT

For so long, fear has been a loud companion—
driving you to succeed, perform, achieve, impress.

But once you finally name the giant and break free from its grip,
you're left with something fear never prepared you for:

Stillness.

And if you don't fill that stillness, fear will try to creep back in—disguised as
busyness, pressure, or self-doubt. It's how the cycle repeats itself.

But you have a different choice now.
You don't have to fill the silence with more striving.
You can fill it with:

Jesus.

THE INVITATION YOU DIDN'T EXPECT— BUT ALWAYS NEEDED

This isn't about religion. It's not a checklist or a performance.

It's a hand—extended toward you. Just like that moment at the junior high dance.
Awkward. Unexpected. Holy.

Jesus isn't asking you to earn your way forward.
He's already made the way.
You just have to say yes.

“Greater is He who is in you than he who is in the world.”
— 1 John 4:4

REFLECTIONS | AM I MISSING SOMETHING?

That whisper of doubt you might be hearing? “You don’t need this.” “You’re fine on your own.” That’s not your true voice. That’s the giant, making one last desperate attempt to pull you back.

Don’t believe it.

I nearly did. In my lowest, darkest moment—the one I didn’t think I’d live through—Jesus stepped in. Not with noise. But with presence. He met me in my pain and called me forward.

And I lived.

So can you.

READY TO BEGIN?

If your heart is stirring, don’t push it away.

You can pray these words out loud—
or whisper them right where you are:

Dear Jesus,

I know that I am a sinner.

I ask for Your forgiveness.

I believe You died for my sins and rose from the dead.

I turn from my sins and invite You into my heart and life.

I choose to trust and follow You as my Lord and Savior.

In Your name, Jesus, I pray and thank You.

Amen.

If you prayed that prayer, you didn’t just feel something shift—
you are someone new.

YOU'RE NOT GOING BACK

You're free. Whole. Redeemed.

This isn't partial victory—it's complete.

Fear doesn't get the last word anymore. The old name doesn't define you.

So what comes next?

THE JOURNEY FORWARD STARTS HERE

You're not walking alone anymore. But like any relationship, this one grows as you spend time together. Here's where to begin:

1. Open the Word

Start reading the Bible. Not to impress someone—but to hear Someone. Keep reading until it starts to read you. You'll find stories of purpose and promise—truths that speak directly into your now.

2. Talk to Jesus—Often

Prayer isn't a performance. It's a conversation. Honest. Frequent. Real. He hears you. And He answers.

3. Find Your People

Get connected to a local church. Not just a service—but a community that knows what it's like to walk in a new name.

4. Write Down What Speaks

When a verse or truth hits you—write it down. Track the shift. Let it guide you. Build your new life on what's true.

THE NAME JESUS GIVES YOU CANNOT BE TAKEN AWAY

Let that settle in.

This new identity? It's not fragile. It's not performance-based. It doesn't depend on your past or your hustle.

You've been given a new name.

And that name **cannot** be taken from you.

If You're Feeling the Ache...
You're Right on Time

That quiet ache isn't a sign you've failed.
It's proof that fear has lost its grip
—and now something deeper is beginning.

Stay there.

Let Jesus fill the silence.
Let Him lead you forward.
He's still holding out His hand.

Will you take it?

BONUS: LIVING FROM PURPOSE, RISING INTO CALLING

You were born with one. You are growing into the other.

A TRUTH TO ANCHOR YOU:

“Purpose is what you were created with.
Calling is what you rise into as you reclaim what fear tried to steal.”

From the very beginning, you were given a sacred rhythm —
to grow, multiply, show up, face the world, and carry your name with confidence.
This wasn't about performance. It was about presence.

But fear rewrote that rhythm.

It told you that growth meant perfection.
That impact required approval.
That showing up needed polishing.
That facing challenge meant proving.
That dominion meant domination — or disappearance.

Now, as you reclaim what's true, you're invited to return to your original purpose
— and to walk forward in your unique calling.

One is a gift.

The other is a journey.

REDISCOVERING THE RHYTHM

1. Grow Good Things (Be fruitful)

What does it look like to grow something good in my current season — not for applause, but for restoration?

2. Expand Your Impact (Multiply)

Where am I being invited to multiply my influence in ways that are free from striving?

REFLECTIONS | YOUR GIANTS ARE LYING TO YOU

3. Show Up Fully (Fill the earth)

What parts of myself have I been hiding or holding back out of fear?

Where is God calling me to bring my full self?

4. Face Real Challenges (Subdue it)

What fear or resistance am I being asked to confront —
not to conquer for ego's sake, but to reclaim what fear tried to steal?

REFLECTIONS | LIVING FROM PURPOSE, RISING INTO CALLING

5. Own Your Voice (Have dominion)

What truth have I been called to carry that fear once silenced?

How might my story bring healing to others?

You are not behind. You are not broken.

You are not the name fear gave you.

**You are growing into your calling —
one courageous step at a time.
And that is holy ground.**

WANT TO KEEP GOING?

You've reclaimed your name.

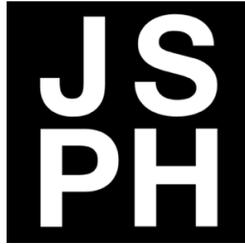
Now live the mission.

For ongoing tools, reflections, and resources to help you live from truth—not fear—go to **oneJSPH.com**

If you'd like to **connect** personally, **share** your story, or **learn** more about JSPH, feel free to reach out.

Email info@onejsph.com

You're not meant to walk this alone.



There is gold and a multitude of rubies,
But the lips of *knowledge* are a precious jewel.

Proverbs 20:15 NKJV

ABOUT RYAN

Ryan Finkle is a writer, speaker, and former fear-driven achiever who now helps others break free from the hustle to live from their true name. Blending biblical wisdom, personal story, and identity-centered coaching, Ryan speaks to leaders, creatives, and anyone tired of chasing worth through performance. His work invites readers into courageous presence, quiet legacy, and a life that echoes beyond the stage.

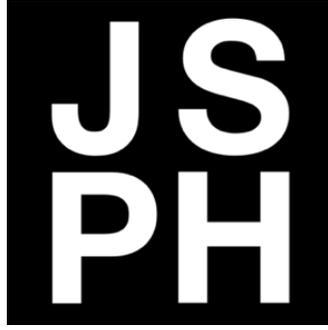
He doesn't write to impress.

He writes to remind you:

You're not too late.

You're not too broken.

And your story still matters



REFLECT IN THE STILLNESS

The journey didn't end with the book.

You faced the giant.
You felt the shift.
Now it's time to live from the name you've been given.

This reflection journal is your companion for what comes next – a space to slow down, listen deeply, and let your identity take root.

Inside, you'll find:

- Chapter-aligned prompts for deeper clarity
- Ample room to reflect, wrestle, and write
- Truth lines to anchor you when fear tries to return

**You're not going back.
You're moving forward – in truth, in stillness, and in strength.**



Ryan Finkle is an author, leadership strategist, storyteller, and U.S. Army veteran who writes about the intersection of fear, identity, and purpose.

His debut book, *Your Giants Are Lying to You*, invites high performers and hidden strugglers alike to stop performing for worth and start living from their true name.

