

**Pour all your perfume on Him**  
*Utilize your time as a single Christian woman to embark on your transformation  
journey*  
**Self-published by Annie Wong**

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### Chapter 3 The Word of God-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how satisfied are you with the time you spend daily in reading, understanding and applying Scripture?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can do, as there is always room for deeper revelations of the Word.

Complete the table below based on your response to the above question.  
(*Doing is related to action and being is related to mindset/attitude*)

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 4 Identity in Christ-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

Self-reflection questions:

- How does your understanding of your identity align with what the Bible says about who you are?
- What lying voices do you need to silence or replace with God's Word?
- What 3 steps will you take to come into alignment with who you are in Christ?
- How are you fulfilling your Kingdom responsibilities?

Complete the table below based on your response to the above questions.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
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- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 5 God's love for you-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

Self-reflection questions:

- What mindsets and beliefs will you put in place to remember that God's love for you is unconditional and not based on your feelings?
- How does the Bible describe love in comparison to how you describe love?
- What lying voices about God's love for you do you need to silence and replace with the truth?
- What 3 steps will you take to come into alignment with God's love for you?

Complete the table below based on your response to the above questions.  
(*Doing is related to action and being is related to mindset/attitude*)

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

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- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 6 The Holy Spirit-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how involved is the Holy Spirit in your daily life (including your interest in knowing Him and understanding His role in your life)?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can do, as there is always room for deeper revelations of the Holy Spirit.

Complete the table below based on your response to the above question.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
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Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 7 Manage the battle in your mind-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how well are you doing freeing yourself from bondage and receiving from God (His love, grace, deliverance, forgiveness or other areas)?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider how you can further renew your mind to obtain greater heights of transformation.

Complete the table below based on your response to the above questions.  
(*Doing is related to action and being is related to mindset/attitude*)

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 8 Prayer and fasting-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how are you doing in terms of consistency in praying and fasting?

Praying

1-----5-----10-----

Fasting

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can explore on these topics.

Complete the table below based on your response to the above question.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 9 Worship-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how is your life reflecting worship to God?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider how you can go even deeper in your worship to God.

Complete the table below based on your response to the above question.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."



## Chapter 10 The result of consistently spending time with God-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how well are you doing in terms of consistently spending time with God?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider how you can further receive instructions from God concerning your life.

Complete the table below based on your response to the above question.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 11 Walk in obedience-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how well are you doing in terms of walking in consistent obedience to God?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can explore on obedience.

Complete the table below based on your response to the above question.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

## Chapter 12 Protect your relationship with God-Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all)** to **10 (fully committed)**, how well are you doing in terms of consistently protecting your relationship with God?

1-----5-----10-----

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can explore on this topic.

Complete the table below based on your response to the above question.

*(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."