



# PUTTING ON MY ARMOR OF GOD

## MY DAILY *Empowerment* JOURNAL

Combine your powerful prayers, gratitude, forgiveness, scriptures, inspirations, action steps, aromas and decrees to *Empower* you each and every day!

Designed and created by:

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Technique Practitioner and Masterful Student of  
SBLT and Conscious Language



# PUTTING ON MY ARMOR OF GOD

MY DAILY *Empowerment* JOURNAL  
BY TAMMY HAWKSWORTH

**THIS JOURNAL BELONGS TO:**

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**FROM:**-----

**TO:**-----

Putting on the Armor of God by Tammy Hawksworth  
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## *This book is Dedicated to...*

my Heavenly Father for inspiring me with daily thoughts and ideas including my inspiration for creating Putting On My Armor Of God journal. For helping me see where I required added clarity and added content, as well, so my favorite journal can also be your favorite journal.

..all those who have mentored. and still mentor me, set examples for me, those who taught and still tutor me, with tools and skills to empower me. I have grown so much since coming to understand the importance of taking time for me, and continue to grow, and for all those who have helped me as I remember, develop and become my true authentic self.

...my family and friends for always supporting me in all my life adventures and for asking questions, which allow my confirmations to be received.

...and also, to my hero hubby, who always encourages me, stands by me, who always sees the best in me and loves me through all my ups and downs. I love you Babe!

I love and thank you all!

## *Why I created this journal...*

For most of my life, up until recently, I was not a morning person. I previously thought of getting up early, over sleeping in, as absurd to me.

Then one day I received a prompting to get up before my family and do my devotional time.

Ummm, my first response was...no!

As I pondered on this new and strange idea, and as my prompting continued, I eventually decided to give it a try. So I set my alarm and began waking up before my family. I would do my morning devotional. I would journal, pray, express gratitude, read my scriptures, breathe in essential oils and say decrees and then I would get my kids up for school.

Quickly I discovered that getting up before my family was actually very peaceful and enjoyable and I fell in love with my morning time.

I now had time for me, time without family calling for me, time where all was quiet, time where I could hear my inner whisperings.

So much wisdom and inspiration has come to me through this process.

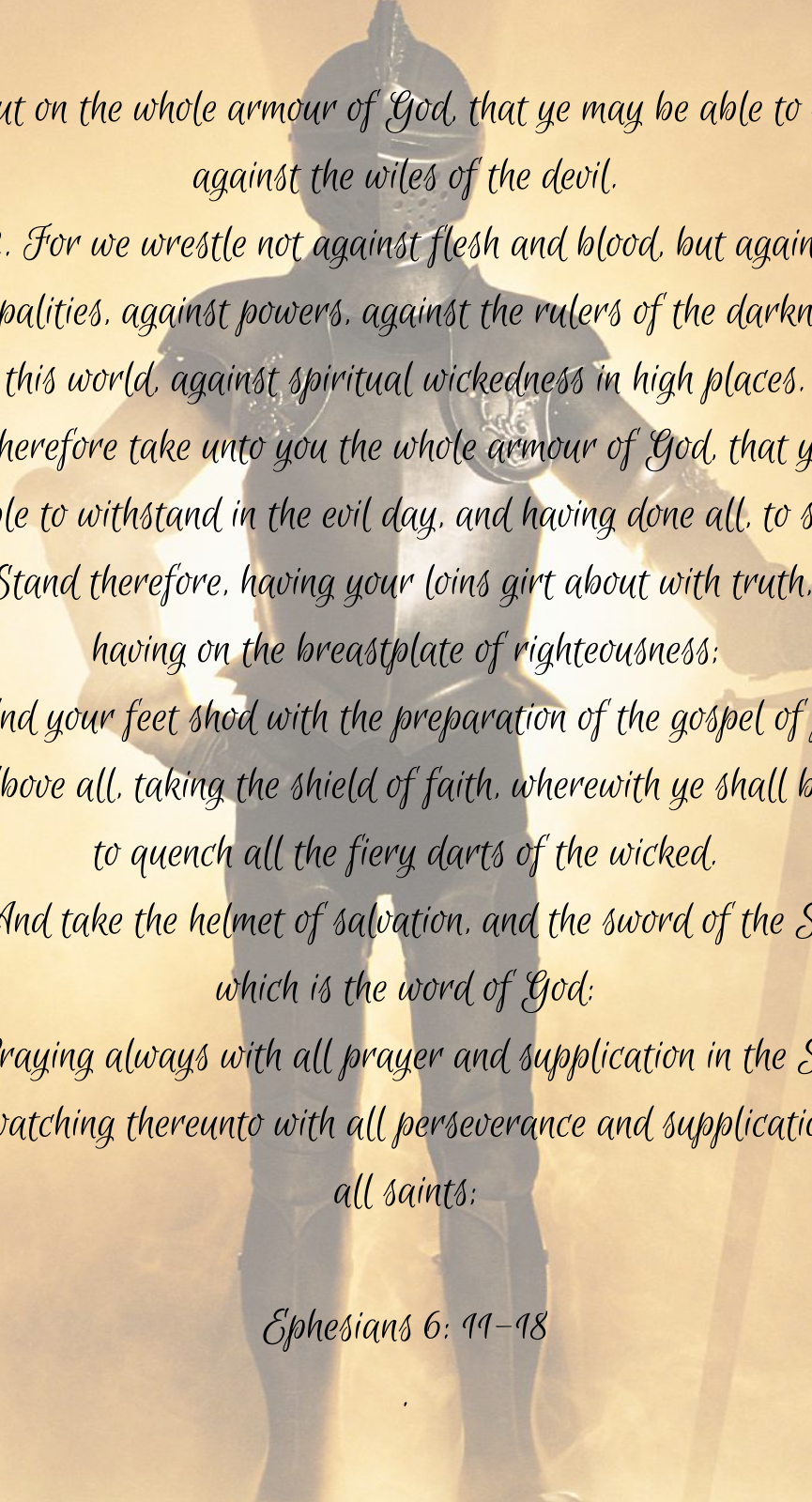
I have tweaked my routine over the years to one that now works best for me.

I now choose to share with you what works for me, to empower my day, to handle with ease all that comes my way, so you can too!

Enjoy!,

May you too, be empowered and inspired!





11. Put on the whole armour of God, that ye may be able to stand  
against the wiles of the devil.

12. For we wrestle not against flesh and blood, but against  
principalities, against powers, against the rulers of the darkness of  
this world, against spiritual wickedness in high places.

13. Wherefore take unto you the whole armour of God, that ye may  
be able to withstand in the evil day, and having done all, to stand.

14. Stand therefore, having your loins girt about with truth, and  
having on the breastplate of righteousness;

15. And your feet shod with the preparation of the gospel of peace;

16. Above all, taking the shield of faith, wherewith ye shall be able  
to quench all the fiery darts of the wicked.

17. And take the helmet of salvation, and the sword of the Spirit,  
which is the word of God;

18. Praying always with all prayer and supplication in the Spirit,  
and watching thereunto with all perseverance and supplication for  
all saints;

*Ephesians 6: 11-18*



# *How to use your journal...*

Basically, you can use your journal however you choose. This is your journal!! Have fun using your journal.

Much of it is pretty straight forward, however I will give brief explanations as to why each section is included for your clarity.

## *Date Section*

DATE: \_\_\_\_\_

First things first, include today's date, the day you use your journal. Even if there are days in between. However, since using this journaling method, I rarely miss a day. Having the date recorded will help you reference when you received your inspirations and took your action steps. I also find having the date helps me see how much progress I am making. I highly recommend including the date including the year!

## *First Prayer Section*



Then begin with a prayer to invite the spirit and cast out evil. This can be as simple as you choose for it to be. For me, my ending prayer is more detailed. Seriously, I know for most of us, taking time for journaling on any level most often requires it to be quick and easy. Sure you may have days you can spend more time, however my intention is for this process to be fun and easy!

## *First Level of Empowerment Section*



In this section, rate how "Empowered" you are feeling as you start your journaling time. 0 represents not empowered at all, and 10 represents completely empowered, "You Got This!". Wherever you feel your level is before you start, mark it however you choose. Taking a second to check in here and again at the end will give your brain evidence that this process is good for you. Our brains like evidence to keep doing things that are new. It likes it so much it will actively seek it out.



## Essential Oil Section



I have come to understand how powerful Essential Oils are in raising our vibrational energy, how they are able to remove doubt from the equation and allow belief and faith to develop. I understand why religious leaders use them, and why they were and are considered so valuable. If you do not have essential oils, that is okay, fresh herbs, a piece of citrus fruit and a way to scrape the peel to release the aromas of the natural oils will serve the same purpose. Our powerful senses help us in so many ways and our sense of smell is like a super power sense. All our other senses get filtered by another part of the brain, whereas our sense of smell has no filter. It was designed to keep us safe and to trigger fight, flight, and freeze response. Over time and through neuroscience we now know we can use this to our advantage and create powerful shifts in our outcomes, in our desires, in our beliefs, and even upgrade our old programs and stories to ones that actually serve us better here and now. Many of those old stories and programs were installed when we were just children. They kept us safe then and we have never considered they could or should be upgraded. Just like our technology regularly reminds us it is time to upgrade, we can regularly upgrade ourselves.

So, I highly recommend adding in pure, natural (not synthetic) aromas into your journal time. Document what you choose and over time you will see which ones serve you best, and for what situations and outcomes.

If you desire to know more about what specific brand of oils I choose and why, you can find references in the back of this journal. Not all oils are created equally.

## I Am Grateful for Section



This section is for gratitude. Scripture says for us to give thanks in **all** things.

Ephesians 5:20 " Giving thanks always for all things unto God  
and the Father in the name of our Lord Jesus Christ."

1 Thessalonians 5:18 " In every thing give thanks: for this is the will of God"

As I have taken time to express my gratitude, I have noticed many shifts for good in my life. Gratitude is like adding fuel to your lamp and can fuel you up for your day or at any given moment. I have turned moments of frustration around quickly and easily, simply by listing things I was grateful for in that very moment.

### *Today I Forgive Section*



I decided to include a section for forgiveness. This can be for self, for another, or for a situation, the choice is yours. I have come to understand as we clear out the old we make room for the new. Only when there is space for new can the new arrive. Whether it is an old belief, or an old relationship. If it is holding you back, now is your time to forgive, and let go, so you are able to move forward with ease into your brand new you!

I recently also discover the Arabic word for Free and for Forgiveness are the same.

### *Today I Pray For Section*



I then included a section for who and what you are praying for. This may be a goal you are working towards, it may be a friend who requires some help, or maybe you choose something for your nation or your world. When we pray for others we are shielding them, providing a sort of protection for them. I love praying for guardian and ministering angels and do so regularly.

Angels are able to do our bidding , only when we ask for and believe in them. I am a believer! I have had so many witnesses and testify they are real and they are here to support and protect us in our righteous desires.

## *My Question or Petition Section*



I love bringing a question or a petition to my table when I have my devotional time - my empowerment time, because bringing a question or petition opens the way for a conversation to take place. Sometimes my answers come through my readings, sometimes through an interaction later in the day, sometimes I have received my answers in the wee hours of my waking moments. Put your questions here.

## *Scripture and Reading Section*



During my time to read, I typically read scriptures, however this may include a motivational book, an uplifting article, a conference talk, or other such material. You may choose to read, listen or watch. Often as I read, listen or watch, I receive my answers to my questions. Often they do not come as hoped for or expected, but as long as I am ready to receive and respond, they come with ease. I have found when I ignore or disregard my inspirations, then the next time my answers take longer to come. My main point here is to read something that is helping you level-up in some way.

## *Today's Inspiration and/or Notes Section*



Next is one of my favorite sections. This section is where I write my ideas, my promptings, my inspirations...my answers. Some days nothing goes here; many days powerful stuff goes here. I consider this my personal revelation section. This is most precious and valuable for me.

## *My Action Step(s) Section*



Sometimes there are days when my inspirations helps me know what is next. So my action steps section is a place to document these steps and even has a check box for you to check when you do them. Ta-Das is what I love to call them!

One huge lesson I have discovered is even taking the tiniest small steps towards your goal, gets you there far faster than never taking just one step!

## *Today's Decree(s) Section*



Next is a section for Decrees. You may call them affirmations or declarations.

Whatever you call them, these statements build strength in you to take on your day. (Job 22:28)

Say them with conviction, say them feeling your "me"aning (meaning) in each word. Repeat them multiple times, placing emphasis on a different word each time. Notice how you feel as you say them. Say them while standing in a power pose (think super heroes), say them in front of a mirror, record yourself saying them and listen to the recording throughout your day. Have fun saying them, be silly, add music.

The scriptures are filled with the Decrees. I AM statements. Here are some great starters for your own decrees.

I Am \_\_\_\_\_

I Create \_\_\_\_\_

I Build \_\_\_\_\_

I Empower \_\_\_\_\_

I Stand for \_\_\_\_\_

I Enjoy my \_\_\_\_\_

I Improve my \_\_\_\_\_

I Ignite \_\_\_\_\_

There are three main keys for creating great decrees.

1. Keep your decree first person(I)
2. Keep your decrees personal (me, mine, our, ours and avoid words like it, the, those)
3. Keep your decrees present tense, as if it is already yours here and now! (can and will are future)

## *Closing Prayer Section*



Now end with a prayer of thanks. My prayer here is typically one of gratitude for my experience with my journaling time. Of course, your prayers can include whatever you choose.

## *Second Level of Empowerment Section*



Finally, re-rate your empowerment level. Notice, has your level improved? How much?

I have been using a similar journaling process for several years now. As I have adjusted and upgraded my journal time so I receive my highest outcomes, I have added in things here and there. The things I have added in has helped my personal and spiritual growth more than anything else I have used and has led to the creation of this journal so that it now includes all the things I do for my morning devotional and empowerment time.

May you find this journal as helpful as I have, in empowering you to take on your day.

## *A message to you, from me...*

I am so grateful you invested in your personal empowerment. I am so excited to share more with you. As my thank you, please use this QR code for accessing my free gift to you.



I would love to hear your experiences and testimonials and you can share them with me at...

[welloiledlifewithtammy@gmail.com](mailto:welloiledlifewithtammy@gmail.com)





[illegible][illegible]

DATE: \_\_\_\_\_

0 1 2 3 4 5 6 7 8 9 10  
My Level of *Empowerment* at start

*Essential Oil or Botanical* : \_\_\_\_\_

*Prayer*



*Today I Am Grateful for:*



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\_\_\_\_\_



*Today I Forgive:* \_\_\_\_\_

*Today I Pray for:*



\_\_\_\_\_



\_\_\_\_\_

*My Question or Petition:* \_\_\_\_\_

*Scripture(s) or Reading(s):* \_\_\_\_\_

*Today's Inspirations and/or Notes:*

\_\_\_\_\_

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\_\_\_\_\_

*My Action Step(s):*

☐

☐

*Date*



*Today's Decrees:* 1. \_\_\_\_\_

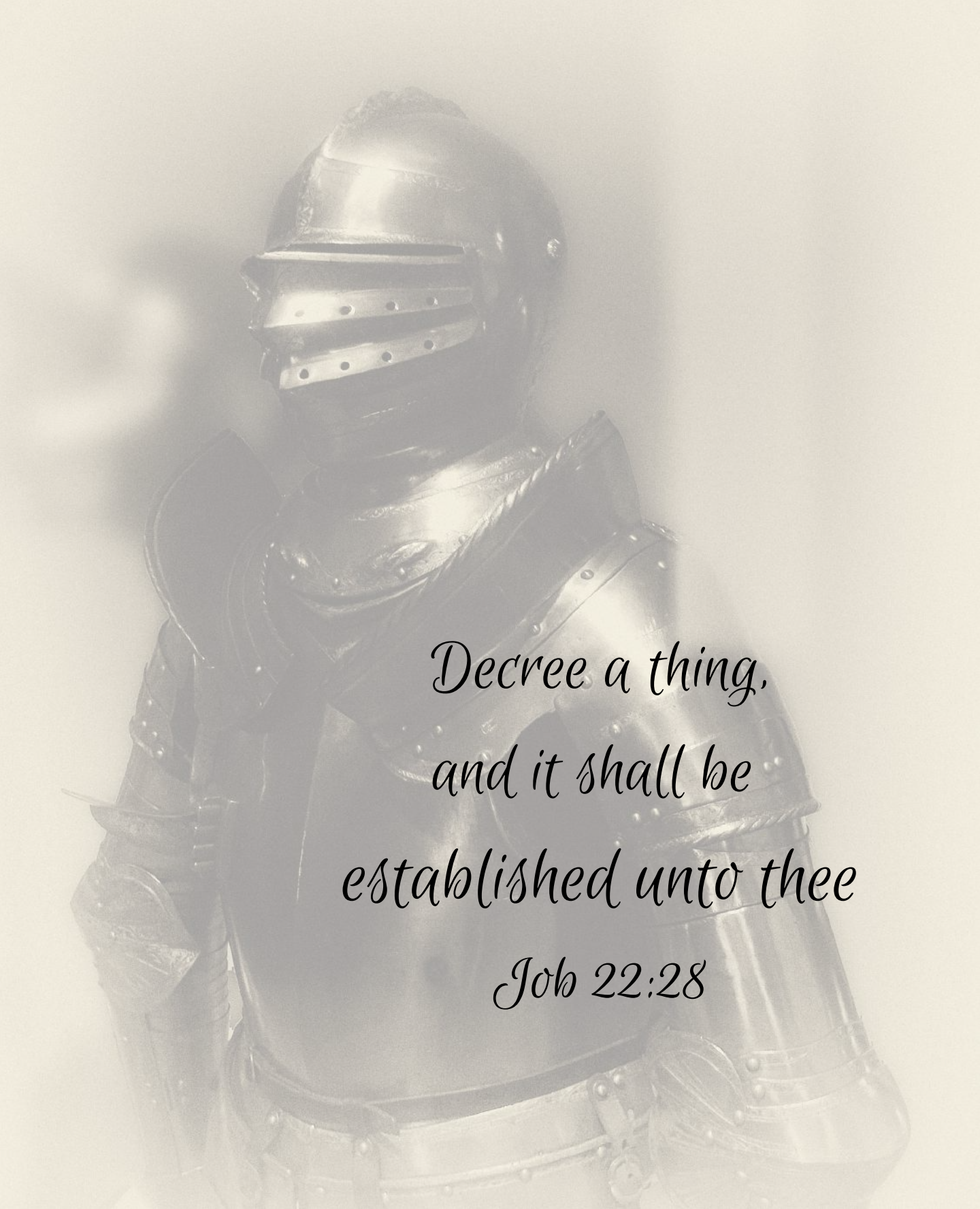


2. \_\_\_\_\_

3. \_\_\_\_\_

*Closing Prayer*


0 1 2 3 4 5 6 7 8 9 10  
My Level of *Empowerment* NOW!



*Decree a thing,  
and it shall be  
established unto thee*

*Job 22:28*



A close-up photograph of a woman's face, partially obscured by a metallic, segmented gauntlet. She has dark hair and is looking down with a somber expression. The gauntlet is made of polished metal plates and covers her right hand and forearm. Her left hand is visible at the bottom left, resting near her chin.

*Watch ye therefore, and pray  
always, that ye may be accounted  
worthy to escape all these things  
that shall come to pass*


*Luke 21:36*



*And whatsoever ye  
shall ask in my name, that  
will I do*

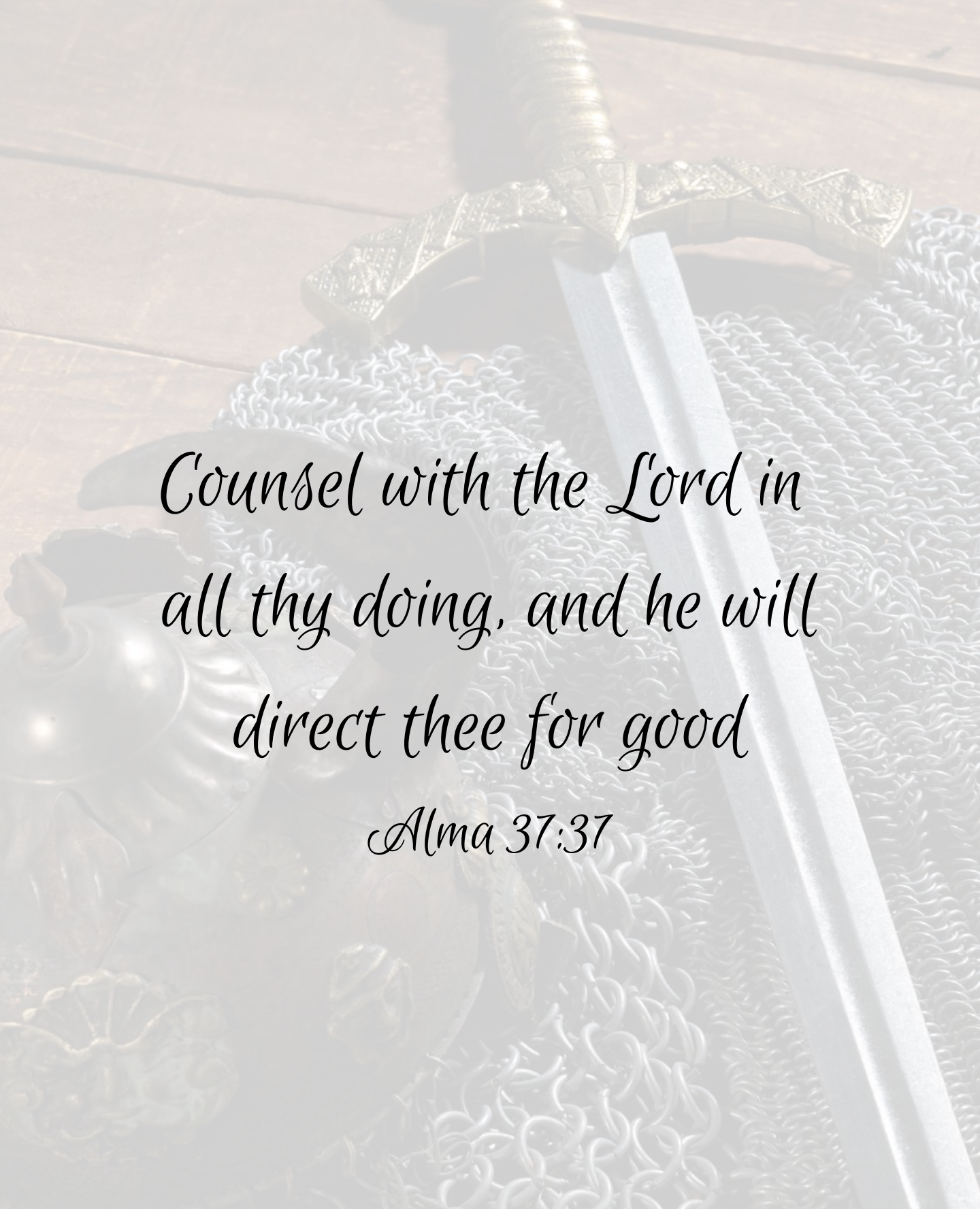
*John 14:13*



A woman with long, wavy brown hair and blue eyes is the central figure. She is wearing a white long-sleeved blouse with a ruffled collar and a brown vest with a floral pattern. She is holding a sword in her right hand and a large, round, metallic shield in her left. She is standing against a backdrop of large, light-colored rocks. The text is overlaid on the image in a black, cursive font.

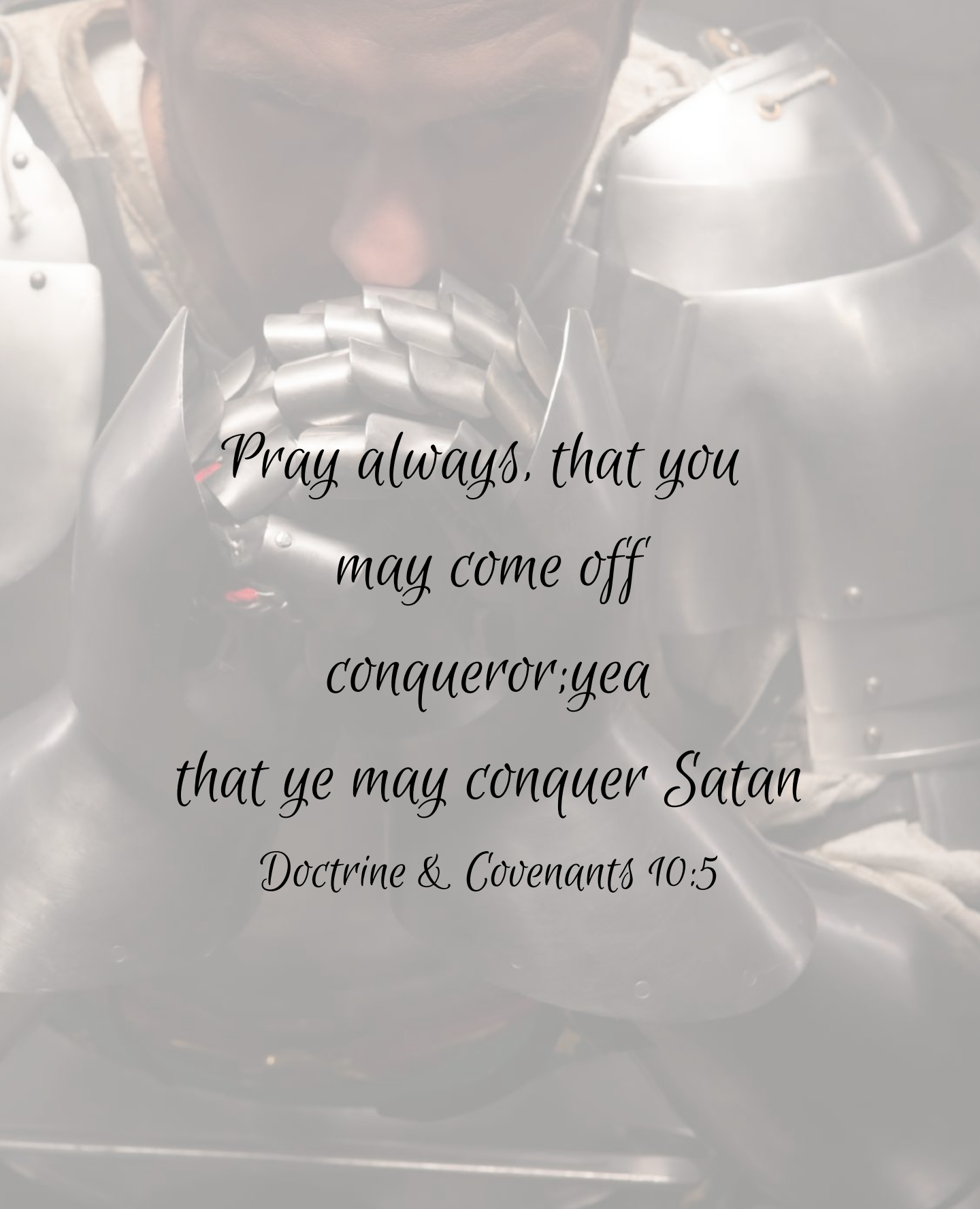
*But, let her ask in faith,  
nothing wavering  
James 1:6*



A sword with a gold hilt and a silver blade rests on a chainmail tunic. The sword is positioned diagonally across the frame, with the hilt at the top and the blade pointing towards the bottom right. The chainmail is a dense, interlocking pattern of small rings, and the sword's blade is a bright, polished metal. The background is a dark, textured surface, possibly a wooden table or a piece of leather.

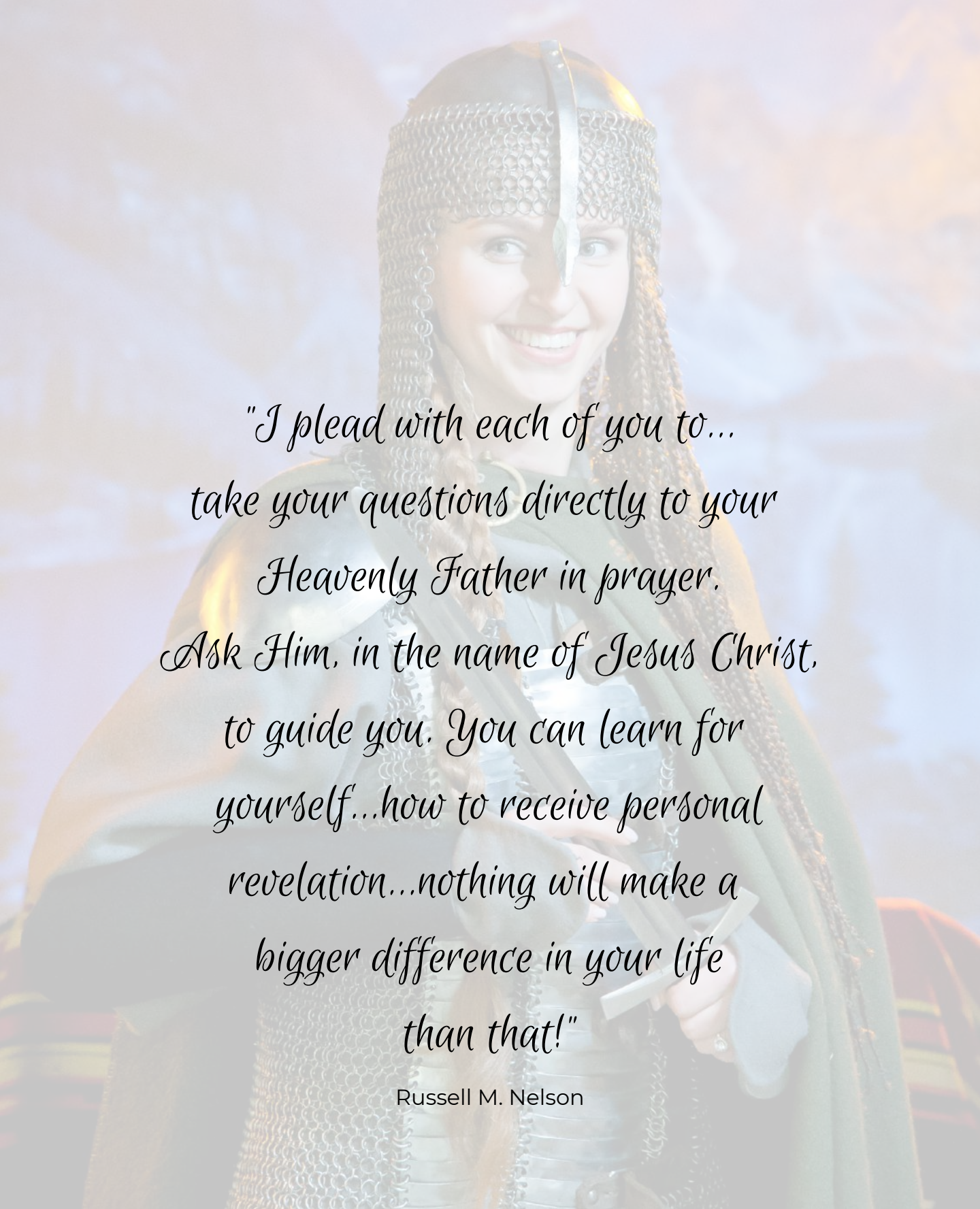
*Counsel with the Lord in  
all thy doing, and he will  
direct thee for good*

*Alma 37:37*

A person wearing full plate armor is shown from the chest up, with their hands clasped in a prayerful gesture. The armor is highly detailed, featuring a large, ornate breastplate and a helmet with a visor. The background is a soft, out-of-focus light, creating a serene and spiritual atmosphere.

*Pray always, that you  
may come off  
conqueror; yea  
that ye may conquer Satan  
Doctrine & Covenants 10:5*

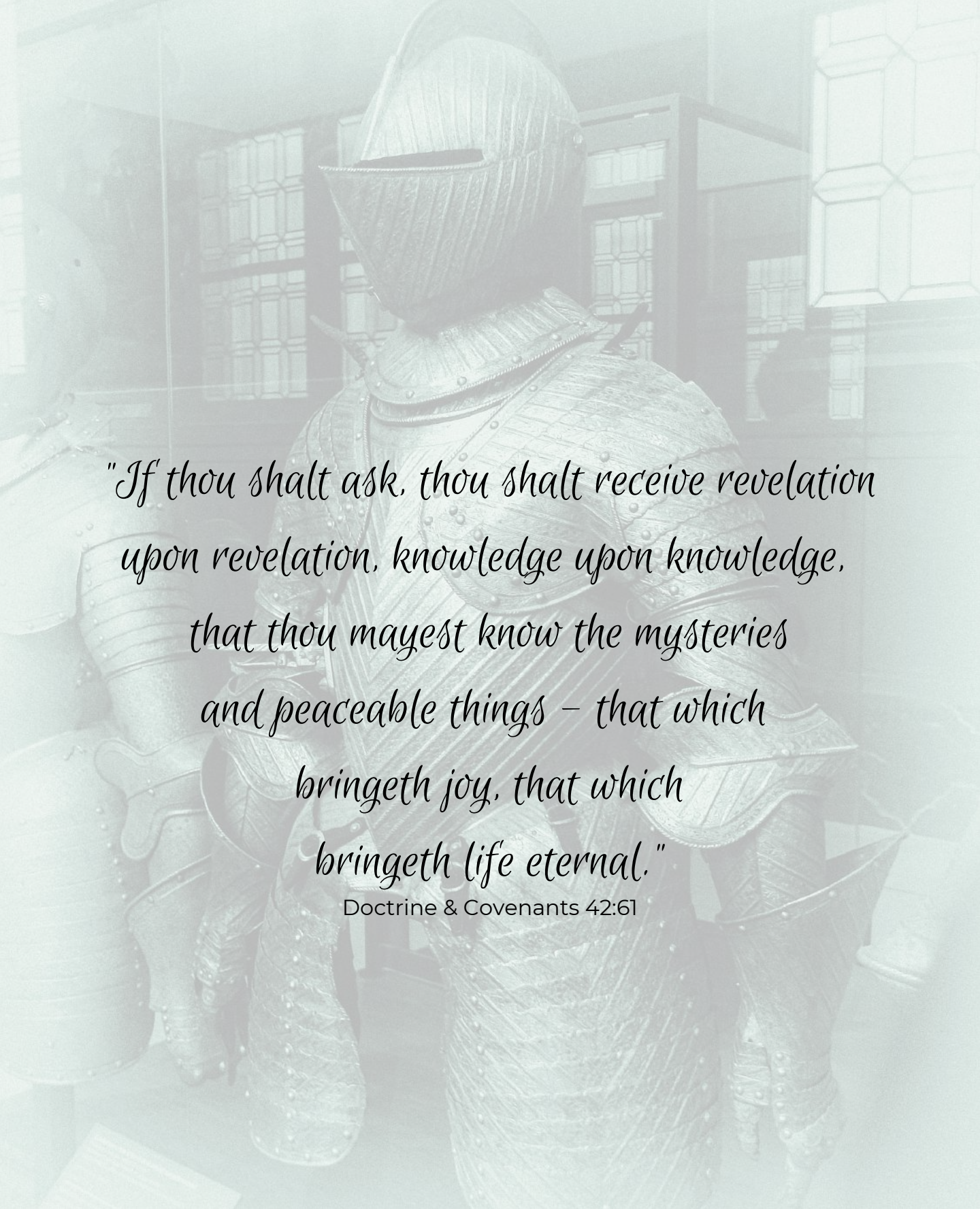


A woman wearing a chainmail coif and a surcoat, smiling and holding a sword. The background is a soft-focus landscape with trees and a bright sky.

*"I plead with each of you to...  
take your questions directly to your  
Heavenly Father in prayer.  
Ask Him, in the name of Jesus Christ,  
to guide you. You can learn for  
yourself...how to receive personal  
revelation...nothing will make a  
bigger difference in your life  
than that!"*

Russell M. Nelson



A full suit of plate armor is displayed in a museum setting, viewed from the back. The armor is highly detailed with various plates, rivets, and a helmet with a visor. The background shows museum windows and other exhibits.

*"If thou shalt ask, thou shalt receive revelation  
upon revelation, knowledge upon knowledge,  
that thou mayest know the mysteries  
and peaceable things – that which  
bringeth joy, that which  
bringeth life eternal."*

Doctrine & Covenants 42:61

## *About the Author*

I am a Divine Daughter of God, Faith Based Intuitive Mentor, Certified Aroma Freedom Technique Practitioner and Masterful student of Sacred Body Language Translations and Conscious Language. I help others find their self worth, achieve their goals, break through their walls, find their life's mission and live their best lives.

I am a wife to the most amazing, strong, loving, hero of a man. I am the mother to 6 of the most talented, generous, caring children, ranging in ages from 33– 14(2021), 2 boy and four girls. One special needs with Cri Du Chat Syndrome. I am a grandmother to 6 energetic, loving, sweet grandchildren. I am an ongoing student of life, self mastery and personal growth. I am a team leader and advocate for mental, emotional, spiritual and physical wellness. I am the oldest child of three girls. I am the daughter of George and Bev. I am a Young Living Representative. I consider myself a Jane of All Trades...

*I am Tammy Hawksworth*





## *More ways to connect ...*

**Website:** [www.tammyhawksworth.ca](http://www.tammyhawksworth.ca)

Are you ready to upgrade your life?  
Are you feeling stuck in the past?  
Is something holding you back from your dreams?

I quickly and easily help you break free  
and move forward with ease  
into your Divine Mission in life.

Book Mentoring sessions,  
Aroma Freedom Technique sessions,  
take courses and download Freebies

**Facebook:** Tammy Hawksworth  
Join my Time Masters Challenge, it is FREE!

**Instagram:** @welloiledlifewithtammy

**Clubhouse:** @welloiledlife  
I host and co-host several rooms here  
daily and weekly..  
Check my bio for all the details and join  
my conversations.

**E-mail:** [welloiledlifewithtammy@gmail.com](mailto:welloiledlifewithtammy@gmail.com)

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GET OILS



SEED TO SEAL

Discover what others have known for ages!  
The power of self reflection, of immersion in scriptures or other uplifting material. The power of gratitude and forgiveness. The power of essential oils, the life blood of plants, paired with decrees.

The power of recognizing your personal inspirations, and recording them. The power of progress as you document actions steps and complete your steps.


Within these pages you will create your own clear divine wisdom, and guidance in a world where confusion abounds.

This is a powerful way to journal. Since I have been using this method of journaling, I have accomplished many goals. I have received so much life changing personal revelation.

A latter day prophet, President Russell M. Nelson has said "In coming days, it will not be possible to survive spiritually without the guiding, directing, & comforting, & constant influence of the Holy Ghost"

Using a journal like mine will help you stay connected to the Holy Ghost, to your inner voice, to whoever your Higher Power is.

Begin your journal journey today!

A portrait of a woman with long brown hair, smiling, with the CN Tower visible in the background.

Tammy is a wife, a mom, a grandmother,  
an Intuitive Faith Based Mentor, a Certified  
Aroma Freedom Technique Practitioner  
and a Masterful Student of SBLT.  
Discover the tool that brings it all  
together in helping her feel  
"Empowered" every day!