



GENCREST
CAPITAL PARTNERS

LEGACY & PURPOSE WORKBOOK

Discovering Your New Vision, Your Restored Life, and Your Generational Impact

“For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.”
Jeremiah 29:11 (NIV)

A Companion Workbook to the Marital Asset Protection Plan™ (MAPP)

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Name: _____

Date I began this journey: _____

A word I claim for this season: _____

* *Declaration* *

My past shaped me, but it does not define me. My pain taught me, but it will not limit me. My legacy begins today ~ and it will bless generations.

How to Use This Workbook

This is not a workbook to rush through. It is a workbook to sit with.

Divorce is one of the most disorienting experiences a woman can walk through. But inside the rubble of what was — there is a woman becoming. A calling being clarified. A legacy being reimagined. This workbook exists to help you find her.

A Note from Sherry

When I think about the women I've had the privilege of walking alongside — I don't just see women in crisis. I see women on the threshold of their greatest chapter. Every page of this workbook was designed with you in mind. Take your time. Be honest. Be brave. God is doing a new thing — and this workbook is your invitation to say yes to it.

Part 1	Facing the Truth — Naming Your Grief and Releasing Your Story
Part 2	Restoration — Reclaiming Who God Says You Are
Part 3	Vision — The Life You Are Being Called Into
Part 4	Purpose — Discovering What You Were Made For
Part 5	Generational Impact — The Legacy You Will Leave
Part 6	Your Legacy Blueprint — Spiritual, Relational, and Financial
Part 7	Declarations & Commitments — Sealing Your New Beginning

A Prayer for This Page

Lord, as I open these pages, open my heart. Show me who You created me to be before loss tried to define me. I receive this season not as a punishment but as a preparation. Lead me into the life You designed — full of purpose, meaning, and generational blessing. Amen.

PART 1

Naming Your Grief and Releasing Your Story

*"He heals the brokenhearted and binds up their wounds."
Psalm 147:3 (NIV)*

You cannot build a new life on an unexamined foundation. Before vision can take root, grief must be honored. Before purpose can rise, the losses must be named. This is not a step backward — it is the most courageous first step forward.

Why This Matters

Research consistently shows that unprocessed grief becomes a barrier to new growth. God does not ask you to bypass your pain — He enters it with you. The Psalms are full of lament. Naming your losses does not keep you stuck. It sets you free.

1A — The Losses I Am Carrying

Divorce involves many layers of loss — not just the marriage, but identity, security, community, plans, and dreams. Name them all. Nothing is too small or too large.

The relationship I lost:

The dreams I had to grieve:

The identity I lost (roles, titles, how I saw myself):

The financial security I lost:

The community or friendships I lost:

Other losses I am still holding:

1B — What I Need to Release

Holding on to bitterness, shame, or regret is like carrying a weight that was never meant for you. Name what you need to release — not to minimize it, but to begin loosening its grip.

I release the shame of:

I release the bitterness toward:

I release the belief that:

I release the fear of:

1C — What God Says About My Story

What the enemy intended for harm, God is already redeeming. Below, write or choose the truths you need to anchor yourself to right now.

- | | |
|---|--|
| ☐ I am not abandoned — I am anointed | ☐ I am not a victim — I am a victor |
| ☐ I am not behind — I am becoming | ☐ I am not rejected — I am redeemed |
| ☐ I am not broken — I am being rebuilt | ☐ I am not invisible — I am seen by God |
| ☐ I am not defined by this season | ☐ My story is not over |

The truth I most need to believe right now:

A Prayer for This Page

Father, I lay down the weight of everything I have been carrying. The grief, the shame, the anger, the fear. I release what was not mine to hold. I ask You to bind up what is broken and to write a new truth over my life. I trust You with my story. Amen.

* Declaration *

I grieve what I lost with honesty and without shame. God does not waste my pain — He is already transforming it.

PART 2

Reclaiming Who God Says You Are

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

— Isaiah 43:19 (NIV)

Restoration is not returning to who you were before. It is becoming more fully who God created you to be. This section is about reclaiming your identity - your worth, your voice, and your God-given design - not based on your marriage, your settlement, or anyone else's opinion of you.

Sherry's Reflection

I have watched women walk into our office diminished - unsure of their worth, afraid of their future, and defined by what they lost. And I have watched those same women walk out months later with their heads high, their voices clear, and their vision restored. The turning point was always this: the moment they stopped seeing themselves through the lens of the divorce and started seeing themselves through the lens of who God says they are.

2A - Who I Was Before

Before the marriage, before the pain, before the divorce — who were you? What did you love? What were you made for? Reconnect with her.

Gifts and strengths I had before I got lost in the marriage:

Things I loved to do that I stopped doing:

The version of me I miss most:

2B - Who God Says I Am

Anchoring your identity in truth is not wishful thinking - it is warfare against the lies divorce can implant. Fill in your name and speak these truths aloud.

I, _____, am a child of the Most High God. (John 1:12)

I, _____, am fearfully and wonderfully made. (Psalm 139:14)

I, _____, am chosen and dearly loved. (Colossians 3:12)

I, _____, have been given a spirit of power, love, and sound mind. (2 Timothy 1:7)

I, _____, am more than a conqueror through Christ. (Romans 8:37)

I, _____, have a future full of hope. (Jeremiah 29:11)

I, _____, am a new creation. The old has gone. (2 Corinthians 5:17)

2C - Reclaiming My Voice

Divorce can silence us. It can make us second-guess our instincts, shrink our requests, and apologize for our needs. Reclaiming your voice is an act of restoration.

I stopped saying... (things I gave up saying in this marriage):

I will start saying... (truths I will begin speaking over myself):

One boundary I need to set - and the words I will use:

2D - My Restoration Milestones

Recovery is not linear, but it is real. Small steps matter. Track your milestones here - each one is evidence of your restoration.

- | | |
|---|--|
| ☐ I opened my own bank account | ☐ I faced a financial document alone |
| ☐ I set a hard boundary and kept it | ☐ I asked for help without shame |
| ☐ I said no and did not apologize | ☐ I named a dream out loud |
| ☐ I chose myself in a moment of pressure | ☐ I forgave myself for something |
| ☐ I chose joy even on a hard day | ☐ I told my story and it helped someone |

My own restoration milestone I want to add:

A Prayer for This Page

Lord, restore what was stolen. Bring back the parts of me that got buried under pain, fear, and someone else's choices. I receive Your restoration - not as who I was, but as the woman You always intended me to become. Amen.

* *Declaration* *

I am not going back to who I was. I am stepping into who God always designed me to be. Restoration is not a return — it is an elevation.

PART 3

The Life You Are Being Called Into

*"Write down the revelation and make it plain on tablets so that a herald may run with it."
Habakkuk 2:2 (NIV)*

Vision is not fantasy. Vision is faith with a direction. When God heals, He does not restore us to the status quo - He redirects us to something greater. This section invites you to dare to dream again — deliberately and with God's eyes.

The Restored Life Vision Exercise

Amber (a client) discovered her husband had a secret second life. When she came to us she said ‘I don’t just have to rebuild my finances - I have to rebuild myself.’ Today she leads a small group for divorced women, owns a successful business, and says the betrayal was the beginning of becoming fully alive. Vision made the difference.

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3A - My Vision Letter: Three Years from Now

Imagine it is three years from today. You are thriving. Write a letter from that future version of yourself to where you are now. Describe what your life looks, feels, and sounds like.

Dear Present Me - A Letter from My Future Self

3B - My Vision Across Every Dimension

Great vision is holistic. Use the boxes below to paint a picture of what restoration and flourishing look like in each area of your life.

My Home & Living Space	My Work & Calling
My Relationships & Community	My Health & Wellbeing
My Faith & Spiritual Life	My Finances & Security
My Role as a Mother or Mentor	My Fun, Joy & Creativity

3C - My Vision Questions

Answer these questions slowly. Sit with them. Let them draw out what is already stirring inside you.

What does that future version of me believe about herself that I don't fully believe yet?

What choices did she make to get there?

What did she let go of that I am still holding?

What did she learn to trust again?

Who is beside her in that future and how did those relationships form?

3D - My One Word

Choose one word that captures the essence of the new life you are stepping into. This becomes your anchor word for this season.

My word for this new season is: _____

Because: _____

* *Declaration* *

I dare to dream again. Not the old dream that was taken from me, but the new dream God has been preparing all along.

PART 4

Discovering What You Were Made For

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
Ephesians 2:10 (NIV)

Purpose is not found. It is remembered. It was placed inside you before you were born, before this marriage, before this divorce. This section helps you excavate what has always been there, refine it through the lens of your story, and aim it at the world that needs what only you carry.

4A - My Gifts and Strengths Inventory

Your gifts did not leave with the marriage. In fact, suffering often sharpens them. Circle or check all that resonate:

- | | |
|--|--|
| ☐ Teaching or explaining clearly | ☐ Leading and inspiring others |
| ☐ Listening and holding space | ☐ Creating beautiful things |
| ☐ Solving complex problems | ☐ Writing and communicating |
| ☐ Organizing and bringing order | ☐ Nurturing and caring for others |
| ☐ Strategic thinking and planning | ☐ Financial wisdom and stewardship |
| ☐ Speaking truth with courage | ☐ Building community and connection |
| ☐ Advocating for the vulnerable | ☐ Mentoring younger women |
| ☐ Business and entrepreneurship | ☐ Hospitality and generosity |

Other gifts I know I carry:

4B - My Pain as My Platform

God never wastes a wound. The very things you walked through - the confusion, the financial blindness, the betrayal, the rebuilding - are the materials of your calling. Who needed you to go through this so they could learn from you?

What I now understand that I didn't before this experience:

The woman I was before this divorce needed someone who could:

If I could reach back and help her, I would say:

The women I feel most called to help or serve:

4C - My Purpose Statement

A purpose statement is not a job description - it is a declaration of who you serve and what you bring. Use the template below to draft yours:

Purpose Statement Template:

I exist to help _____ (who)
to _____ (what transformation)
by using my gift of _____ (your unique gift)
because God brought me through _____ (your story)

My Purpose Statement:

A Prayer for This Page

Lord, show me what You placed in me before I was born. Use every scar, every lesson, every rebuilt day as a bridge to someone who needs what only I can carry. Make my purpose clear and give me the courage to walk in it. Amen.

* *Declaration* *

My pain is not a dead end. It is a doorway - into my purpose, into my calling, and into the lives of the women I was made to reach.

PART 5

Generational Impact: The Legacy You Will Leave

"One generation commends your works to another; they tell of your mighty acts."

Psalms 145:4 (NIV)

Divorce does not end your generational impact - it redirects it. In fact, how you rise from this season may become the single most powerful lesson your children, grandchildren, and the women who watch you will ever receive. You are not just rebuilding your life. You are modeling resilience for a generation.

Sophia's Story

Sophia came to us after a painful divorce from a high-earning executive. During our Legacy Planning Session, something shifted. She uncovered her passion for faith-based education, her desire to help her daughters start businesses, and her burden to break generational cycles of financial dependency. She didn't just rebuild — she redirected her family's legacy entirely.

5A - The Legacy I Received

Before you can intentionally shape what you pass on, it helps to examine what was passed to you - both the gifts and the patterns you want to change.

Legacy gifts I received (values, strengths, beliefs) that I want to pass on:	Generational patterns I want to intentionally STOP with me:

5B - What I Am Modeling Right Now

Your children and those watching you are already learning from how you are handling this season. What are you teaching them?

The qualities I am modeling through this divorce that I am proud of:

The lesson I most want my children or those watching me to take from this season:

How I want to be remembered by those closest to me for how I handled this:

5C - My Generational Vision

Think beyond yourself. What kind of future do you want to build for the people who come after you?

What I want my children to know about resilience, faith, and rebuilding:

The financial habits and wisdom I want to teach the next generation:

The cycles I am committed to ending with my generation:

The values, traditions, or practices I want to establish in my family from this point forward:

5D - My Legacy Letter to My Children

One of the most powerful legacy tools is a personal letter to your children or the people you love most. Write freely. This is not about perfection — it is about love and intention.

Dear _____,

* *Declaration* *

I am not just surviving for myself. I am rising for every person watching me, every child learning from me, and every generation that will come after me.

PART 6

Your Legacy Blueprint: Spiritual, Relational, and Financial

*"The wise woman builds her house."
Proverbs 14:1 (NIV)*

Legacy is not just what you leave behind financially - it is the full architecture of your life: your spiritual imprint, your relational investments, and your financial stewardship. This section helps you build all three with intention.

6A — My Spiritual Legacy

Your faith is the most important inheritance you can pass on. It costs nothing and outlasts everything.

The spiritual values and beliefs I want to be known for:

The Scripture or faith practice I want to establish in my home:

The way I want my faith to show up in how I raised my children or mentored others:

Spiritual Legacy Actions I Will Take:

- ☐ Begin or renew a daily prayer and Scripture practice
- ☐ Write my faith story and share it with my children

- ☐ Establish a tithing and generosity plan Find a church home
- ☐ where my children can grow in faith Begin mentoring
- ☐ another woman walking through a hard season Create a
- ☐ family blessing or prayer tradition

6B - My Relational Legacy

The relationships you invest in and the way you love people will outlast any financial asset. Who are you pouring into?

People I want to invest in more intentionally:

Relationships I need to let go of or set boundaries in:

What kind of mother, friend, sister, or mentor do I want to be known as:

One relational habit I will start to build the legacy I want:

6C - My Financial Legacy Plan

Financial legacy is not about being wealthy - it is about being intentional. Whether you are starting with \$5,000 or \$500,000, how you steward and direct your resources matters eternally.

Legacy Tool	My Plan / Status
Updated Will or Trust	
Beneficiary Designations (all accounts)	
Life Insurance Review	

529 or Education Savings Plans	
Legacy Letter to Children	
Donor-Advised Fund or Giving Plan	
Estate Attorney Meeting Scheduled	
Family Financial Education Plan	

My generational financial vision in one sentence:

6D - My Kingdom Giving Vision

One of the most powerful acts of legacy is generosity. Where does your heart ache to give? What causes align with your calling and your story?

Causes and ministries I want to support:

How I want to teach generosity to my children:

My giving vision statement - how I want my finances to bless the world:

A Prayer for This Page

Lord, make me a faithful steward of everything You have entrusted to me: my time, my treasure, my story, and my influence. Let my legacy not end with me but multiply through every life I touch. Amen.

PART 7

Declarations & Commitments: Sealing Your New Beginning

*"Now to him who is able to do immeasurably more than all we ask or imagine,
according to his power that is at work within us."
Ephesians 3:20 (NIV)*

This final section is your declaration. Not a wish. Not a hope. A declaration — a spoken, signed commitment to the new life God is calling you into. Read these words aloud. Mean every one.

7A - My Legacy Declaration

Fill in each line with your name or your own words. Then sign it. Then speak it out loud.

I, _____, am a woman of purpose, resilience, and generational impact.

I choose restoration over bitterness, vision over regret, and faith over fear.

I release what was taken from me and I receive what God has prepared for me.

I will steward my finances, my story, and my influence with wisdom and intentionality.

My children will know that their mother did not quit - she rose.

My legacy will not be defined by what I lost. It will be defined by what I built.

I commit to pursuing my purpose with courage, clarity, and consistency.

I declare that the best chapters of my life are still ahead of me.

And I declare that what God has started in me, He will bring to completion.

Philippians 1:6

Signature:

Date:

7B - My 90-Day Commitment Plan

Vision without action is just a dream. Choose three commitments from each legacy pillar that you will act on in the next 90 days.

Spiritual Commitments	Relational Commitments	Financial Commitments

7C - My Accountability Circle

Who will walk this journey with you? Name the people you will share this workbook with and who will hold you to your commitments.

Name	Role in My Life	What I'll Ask of Them

A Blessing from Sherry

Sweet sister,

You are not what you have been through. You are who you are becoming.

You are not fragile - you are forged.

You are not broken - you are being built into something extraordinary.

Your children will rise and call you blessed -
not because you were perfect, but because you were
present. Because you did not give up.
Because you turned a hard season into holy ground.

Now go live your legacy.

~ Sherry

Ready to Take Your Next Step?

Schedule your complimentary strategy session with Sherry and the GenCrest Capital Partners team.

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Companion Book: The Marital Asset Protection Plan™ (MAPP)

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