



# *Hard Hat Holy Work*

*A JOURNALING GUIDE FOR WOMEN UNDER  
CONSTRUCTION*

# *Hi friend,*

If you feel like you're in a season of tearing down, patching up, or starting over—you're not alone, and you're not off track.

You are under construction. Not by accident. Not as punishment. But because the Master Builder is doing a holy, healing, intentional work in your life.

This guide was created to help you lean into that work with reflection and hope. Think of each page as a place to lay spiritual bricks, sweep out the dust of old lies, and let God design something new in you—something strong, sacred, and full of purpose.

There's no rush here. Let the Spirit move at His pace. Some days may feel like demolition. Some may feel like finishing touches. Every part is holy.

Put on your hard hat. We're building something beautiful.

With you in the work,

*Kati Wood*



# 01

# Session 1

## DEMOLITION DAYS

*"A time to tear down and a time to build..."  
– Ecclesiastes 3:3*

### PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*God, help me trust You when it feels like everything is being torn down. Show me that this space You're clearing is holy ground.*



# 02

## Session 2

### EXCAVATING THE LIES

*"Then you will know the truth, and the truth will set you free." – John 8:32*

#### PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*Lord, shine your light on every buried lie.  
Let Your truth become the new cornerstone  
in my life.*



# 03

## Session 3

### BLUEPRINT OF HOPE

*"For I know the plans I have for you," declares the Lord..."*  
– Jeremiah 29:11

#### PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*God, I choose Your blueprint over my fear.  
You see what I can't. I will build with hope.*



# O4

# Session 4

BRICK BY BRICK

*"Whoever is faithful in little will be faithful in much..." –  
Luke 16:10*

## PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*Jesus, teach me to build with faithfulness,  
not flash. Show me the beauty in small  
obedience.*







# 06

# Session 6

## RENOVATION REQUIRES REST

*"In repentance and rest is your salvation..." – Isaiah 30:15*

### PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*Father, remind me that rest is not weakness  
—it's worship. Teach me to pause in Your  
presence.*



# 07

## Session 7

### THE FINISHING TOUCHES

*"For I know the plans I have for you," declares the Lord..."*  
— Jeremiah 29:11

#### PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*God, thank You for the beauty You bring into my life—even in the smallest details. You care about every corner of my soul.*



# 08

## Session 8

MOVE-IN READY

*"They will rebuild the ancient ruins... They will renew the ruined cities." – Isaiah 61:4*

### PROGRESS CHECK-IN

*One thing God is rebuilding in me today is...*

---

---

---

---

---

---

---

---

---

---

---

---

*I am not who I was. I am being rebuilt for good works, Kingdom purpose, and holy confidence. Let's go.*

# Commissioning from

KATI WOOD

Friend,

You have not just survived a tearing-down—you've participated in a holy rebuild. You've named truth, laid down lies, and let the Spirit move through rubble and resistance. But this is not the end. It's the start of something stronger.

Step forward in faith, knowing that your foundation is not fragile—it's forged in the hands of a faithful God. When the dust settles and the new structure rises, it will stand as a witness to His goodness.

So keep your hard hat close. Stay tender to His voice. And never forget:  
You are called.  
You are being rebuilt.

**You are move-in ready for your Kingdom purpose.**

Amen and build on.

Kati