



L.I.F.E

TRANSFORMATIONAL

FRAMEWORK

At PAL, we invite you to pursue the abundant life by becoming who God created you to be. We believe that a strong identity in God is the foundation of the abundant life in Christ. We were created in God's image, but that image was affected by sin; therefore, we need to be progressively regenerated by the Holy Spirit to reflect Christ – our true and best self.

To guide this journey, we developed PAL's Transformational Framework, a clear and practical tool to help you intentionally pursue this transformation, grow in Christlikeness, and experience greater abundance in every area of life, as the being of God manifests in us more and more intensely in our daily lives.

L.I.F.E



L LOOK AT GOD AND CONTEMPLATE HIS IDENTITY

Transformation begins with knowing God deeply. To reflect His image, we must first study His attributes, His character, and His ways, because He is the model of our true identity – the “ideal self” we were created to bear. The more we know Him, the clearer our vision of who we are meant to become.

“Now this is eternal life: that they know You, the only true God, and Jesus Christ, whom You have sent.” (John 17:3)

I IDENTIFY WHAT NEEDS TO CHANGE IN YOUR BEING

In the light of God’s character, observe who you truly are. Reject the lies of the old self and embrace the truth that you were created in His image. Your worth and purpose come not from achievements, but from being His child. Transformation happens when your identity aligns with God’s design. For any change to occur, you must first understand who you are now and, in comparison to God, recognize where the Holy Spirit is challenging you to transform.

“Whoever claims to live in Him must live as Jesus did.” (1 John 2:6)

F FOLLOW THROUGH WITH AN ACTION PLAN TO CLOSE THE GAP

Identity must be lived out daily through actions. You need to act according to who you want to become. It is necessary to renew your understanding in order to reprogram your mind, create new mental patterns, and establish new neural pathways to transform your thinking, acting, and consequent results: a more abundant life!

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.” (Romans 12:2)

e EMBRACE THE TRANSFORMATION THROUGH REPETITION

The more you intentionally activate these new neural pathways, the more they will become your natural and automatic response. Allow the Holy Spirit to renew your mind, reshape your heart, and transform your behavior. Consistently repeat these new patterns until they become an ingrained part of your identity.

“Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill His good purpose.” (Philippians 2:12–13)

L.I.F.E. FRAMEWORK PRACTICE

L LOOK AT GOD AND CONTEMPLATE HIS IDENTITY

Choose one attribute of God's character (Father, Son, or Holy Spirit) and spend time reflecting on it.

I IDENTIFY WHAT NEEDS TO CHANGE IN YOUR BEING

Evaluate how this attribute is manifested in your life today. Identify where you perceive its presence in action and in which areas it is still absent or needs to be strengthened.

F FOLLOW THROUGH WITH AN ACTION PLAN TO CLOSE THE GAP

Intentionally practice expressing this attribute through your actions and choices during the week. Let this change shape your mindset, habits, and relationships, and remain persistent in it.

E EMBRACE THE TRANSFORMATION THROUGH REPETITION

Repeat, repeat, and repeat these actions until they become a permanent part of who you are and how you live. Repeat the entire process each week, either with the same focus or with a different aspect of God's identity.