

# SILENCE

THE BARRIER-BUSTING GUIDE

© 2025 Dr. Jennifer Keitt, The Keitt Institute, Inc.  
All rights reserved.

No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying or other electronic or mechanical method, without prior written permission of the editor, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, please write to us.

### **Disclaimer**

The Keitt Institute helps you increase your emotional intelligence and well-being. Silence: The Barrier-Busting Guide is designed to coach you to achieve greater outcomes in your life. You should not use this information as a substitute for licensed, professional therapy.

Contact

[hello@keittinstitute.org](mailto:hello@keittinstitute.org)

[www.keittinstitute.org](http://www.keittinstitute.org) | [www.jenniferkeitt.com](http://www.jenniferkeitt.com)

The Keitt Institute, Inc. Founded 2014.



# Congratulations on taking the first step toward transformation at the **Clarion Summit™!**

We're thrilled to provide you with this empowering tool. This reflective and action-focused guide will help you identify the obstacles that stand in your way and equip you with faith-filled strategies to overcome them.

**Fear, self-doubt, and perfectionism don't have the final say — God's truth does.**

This resource is designed to:

- 1. Identify barriers**—both internal and external—that may hold you back in fulfilling your calling.
- 2. Reframe challenges** with Scripture and faith-based truths.
- 3. Equip you** with actionable strategies to face obstacles with confidence and courage.

**Let's confront those barriers together!**



# RECOGNIZE

## Your Barriers

Take a deep breath and center yourself. Now, reflect on your daily life—the roles you fulfill at home, at work, in relationships, and in your personal or faith journey.

Every day, we navigate both **internal** and **external** challenges that shape our experiences. By identifying these barriers, you gain the power to reshape your mindset and approach them with greater confidence and resilience.

Consider the obstacles that arise most often for you. Which internal and external barriers tend to hold you back?

**Internal Barriers** (thoughts and emotions that limit you):

- Fear of inadequacy
- Self-doubt
- Perfectionism
- Feeling unseen or unworthy

**External Barriers** (circumstances or external pressures that challenge you):

- Time constraints
- Lack of support
- Societal expectations
- Overwhelming responsibilities

Now, name your specific barriers

# My Barriers

## **Internal Barrier**

I sometimes struggle with...

## **External Barrier**

A challenge I face in my environment is...



# BUST THE BARRIER

## With God's Truth

Your challenges do not define you — God's promises do. Whatever barrier you face, His Word provides the truth to counter self-doubt, fear, and external limitations.

**Take a moment** to reflect on your identified barriers. Now, let's **replace** those limiting thoughts with the truth of God's Word. For each barrier, discover a Scripture that speaks directly to your situation. If you're unsure, consider these examples:

- **Fear of inadequacy** → "I can do all things through Christ who strengthens me." (Philippians 4:13)
- **Time constraints** → "There is a time for everything, and a season for every activity under the heavens." (Ecclesiastes 3:1)

# My Personalized Reframing

## **Internal Barrier**

I sometimes struggle with...

## **God's Truth**

But I choose to believe...

## **External Barrier**

A challenge I face in my environment is...

## **God's Truth**

But God's promise reminds me...



# CREATE

## Your Barrier-Busting Strategy

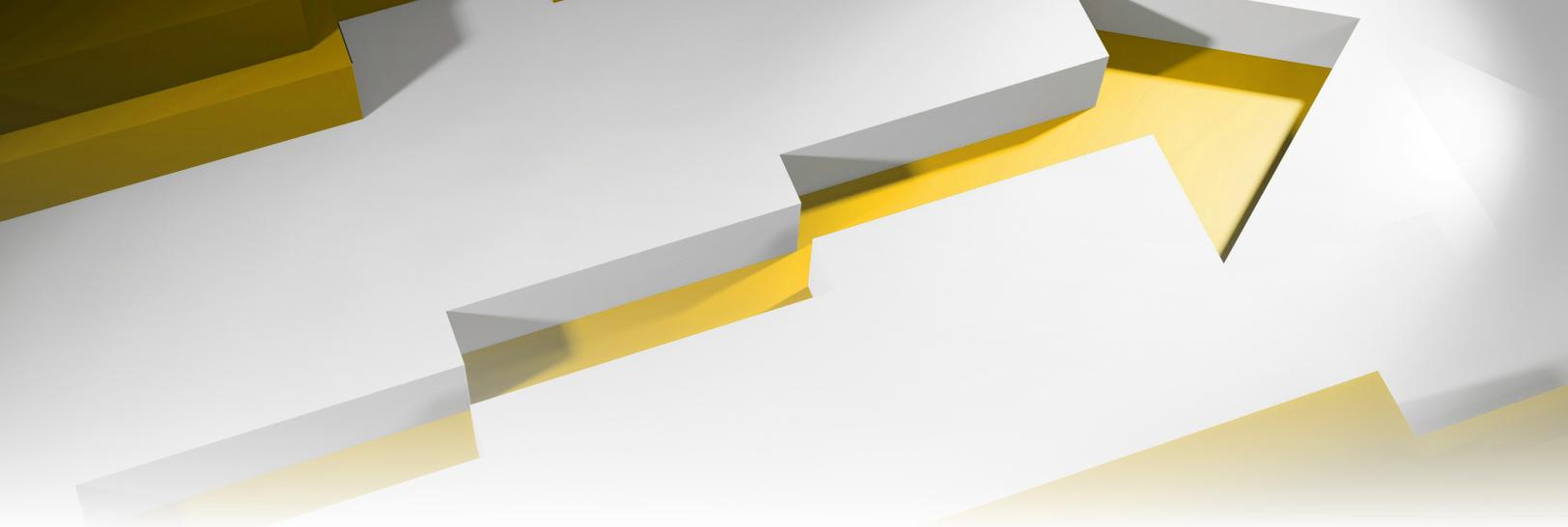
Now that you've identified your barriers and paired them with God's truth, it's time to put faith into action. **Transformation happens through intentional, consistent steps** — both practical and spiritual.

Use the table below to develop a **Barrier-Busting Strategy** by pairing **small, consistent actions** with **faith-based solutions** that reinforce God's promises in your life. Here are some examples to get you thinking:

Barrier	Practical Strategy	Faith-Based Strategy
<b>Perfectionism</b>	Set realistic expectations for myself.	Pray for peace and trust in God's plan.
<b>Fear of inadequacy</b>	Keep a daily gratitude journal of what I've accomplished.	Meditate on Philippians 4:13 and declare it over my life.
<b>Time constraints</b>	Prioritize and delegate tasks wisely.	Ask God for wisdom in managing my time

# My Personalized Reframing

Barrier	Practical Strategy	Faith-Based Strategy
<p><b>Internal Barrier:</b> I sometimes struggle with...</p>	<p>A small action I can take is...</p>	<p>A way to invite God into this is...</p>
<p><b>External Barrier:</b> A challenge I face is...</p>	<p>A small action I can take is...</p>	<p>A way to invite God into this is...</p>



# REFLECT & COMMIT

**Breakthrough happens when faith and action align.** Now that you have identified your barriers, paired them with God's truth, and created an action strategy, it's time to solidify your commitment.

## Reflection Prompts

Take a moment to quiet your mind and reflect on the following:

- What is **one small action I can take this week** to silence these barriers?
- How will trusting in God's truth **give me the courage** to rise above them?

## My Reflections

**One small action I will take this week:**

**How trusting in God's truth will give me courage:**

## **Commitment Statement: Declare Your Boldness**

Your words have power! Speak life over yourself by declaring a commitment statement grounded in God's promises.

### **For Example:**

#### **Starting Truth:**

"God has not given me a spirit of fear, but of power, love, and self-discipline. With His help, I can silence my barriers and step boldly into His calling for my life."

#### **Specific Barriers:**

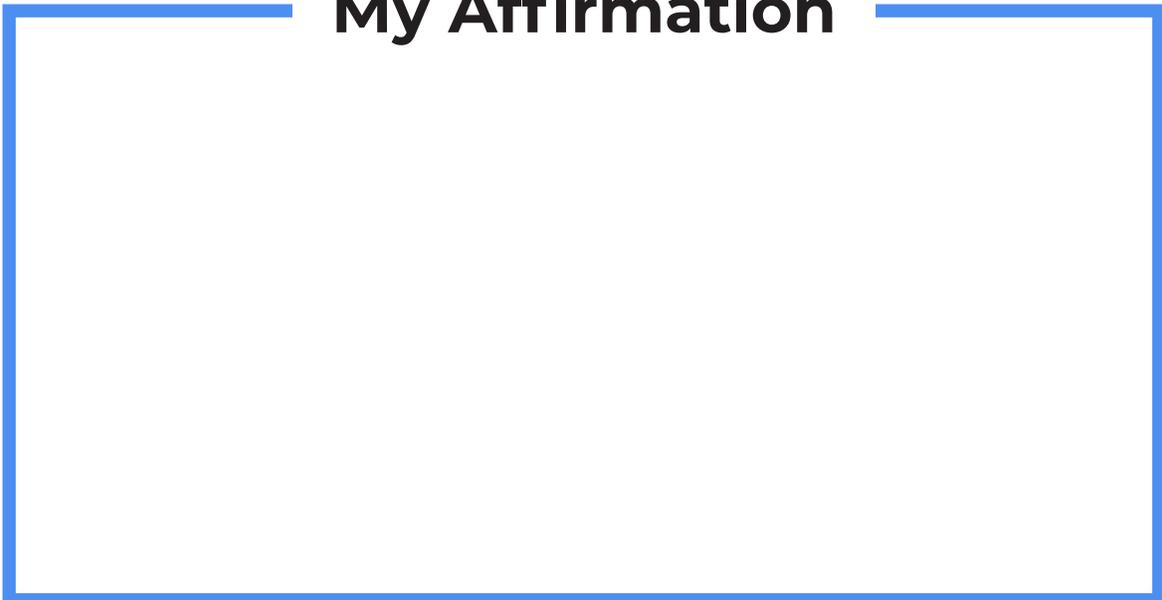
"With God's strength, I will rise above (barrier) by (faith-driven action) and step into (His promise for me)."

#### **Personalized Affirmation:**

"God has not given me a spirit of fear, but of power, love, and self-discipline. With God's strength, I can silence my barriers and rise above **self-doubt** by **speaking truth over my life daily** and stepping into **the confidence He has given me**, allowing me to walk boldly into His calling for my life."

Write down your personal affirmation below:

**My Affirmation**





# RISE TOGETHER

Breakthrough is even more powerful when we **walk alongside others**. True transformation thrives in community—where we uplift, encourage, and hold each other accountable.

If you'd like to take this journey **beyond yourself**, invite a friend to join you for the **Clarion Summit™!** Together, you can work through this **Silence the Barriers activity**, **share insights**, and **support one another** as you step boldly into God's calling.

## Here's How to Make It Happen:

- **Invite Your Friend**

Share the registration link and tell them why you're excited about this summit. A personal invitation can be life-changing!

- **Collaborate on Barriers**

After they register, set aside time to discuss your insights, brainstorm strategies, and encourage each other. Two are stronger than one!

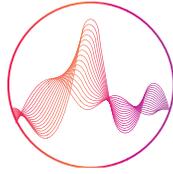
- **Pray for One Another**

Commit to lifting each other up in prayer as you prepare for the summit. Speak God's promises over each other and celebrate the transformation that is already in motion!

***“As iron sharpens iron, so one person sharpens another.”***

— Proverbs 27:17

**Together, let's rise, silence the barriers, and walk boldly in God's purpose!**



## Step Into Breakthrough

Barriers may feel overwhelming, but they do not define you. **God has already equipped you with everything you need to rise above them.** Every challenge you've identified is an opportunity for His power to work in and through you.

As you prepare for the **Clarion Summit™**, let this guide be a **reminder of His strength within you.** Whether you're walking this journey alone or linking arms with a friend, know that you are never truly alone—we are honored to stand with you as you **silence the barriers and step boldly into your God-given purpose.**

Take this time to **reflect, prepare, and expect transformation** — because at the summit, **we rise boldly together!**

With faith and anticipation,  
**The Clarion Summit™ Team**

# KEITT INSTITUTE

## ABOUT THE KEITT INSTITUTE

The Keitt Institute specializes in developing **transformative tools, experiences, and strategies** designed to elevate emotional development and well-being. By blending cutting-edge research with **practical, actionable insights**, the institute empowers individuals to unlock their potential, build resilience, and lead with authenticity and purpose.

Through workshops, keynotes, courses, coaching, and tailored leadership development programs, the Keitt Institute creates **evidence-informed solutions that address real-life challenges**. These resources are accessible, engaging, and designed to meet people where they are — whether navigating personal growth, enhancing emotional intelligence, or stepping into leadership roles.

## MEET THE FOUNDERS



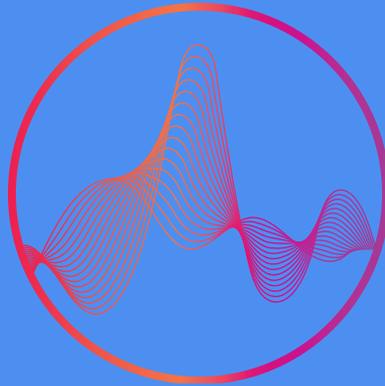
### DR. JENNIFER KEITT | CEO

As a 35+ year media veteran, Jennifer Keitt has inspired and encouraged audiences across the country to live their very best lives. Jennifer is passionate about creating high-powered, engaging, research-driven experiences that help people master their emotions and flourish in life. She holds a Bachelor of Arts degree in Broadcast Journalism, a Master of Arts in Practical Theology, and a Doctorate in Educational Psychology.



### MORGAN HOLMES, M.ED. | COO

Morgan has honed her love of breaking down complex problems into bite-sized solutions in her role as Chief Operating Officer of the Keitt Institute. Her mission is to design experiences that produce robust, whole, productive leaders. Morgan is a certified human behavior consultant with a Master of Education in e-Learning & Instructional Design from Northeastern University, and a Bachelor of Science in Biomedical Engineering from the Georgia Institute of Technology.



# CLARION SUMMIT™

YOUR CALL TO RISE

[keittinstitute.org](http://keittinstitute.org) | [jenniferkeitt.com](http://jenniferkeitt.com)