



GRACE
CHURCH GLOBAL

DK FOUNDATION CIC × GRACE CHURCH GLOBAL

THE RENEW MODEL™

Interactive Digital Workbook

Developed by Dr David Kaluba

Presented by DK FoundNation CIC

GRACE LIFE CONFERENCE 2026

Theme — Grace for More

THIS WORKBOOK BELONGS TO

Fill this in on your phone or laptop as we go — tap into each box to type. Use the Save / Print button in your PDF viewer at any time to keep a copy of your answers.

SESSION 3 · 5 MINUTES

Choose Your Breakthrough

Don't try to RENEW your entire life today. Choose ONE situation — this becomes your personal case study for the rest of the workshop.

WHAT IS THE SITUATION I WANT TO CHANGE?

WHAT WOULD I LIKE TO EXPERIENCE INSTEAD?

WHY DOES THIS MATTER TO ME?

REMEMBER

The objective is not merely to learn the RENEW Model™. The objective is to use it — on one real area of your own life.

SESSION 4 · 20 MINUTES

My Live RENEW

Work through all five stages for the situation you chose above.

R

RECOGNISE

What thoughts are producing my results?

Ask: What keeps happening? What am I telling myself about the situation — and about me?

THE THOUGHT THAT COULD KEEP ME STUCK IS:

E

EXAMINE

Is this belief true, or just familiar?

Ask: What evidence supports it — and challenges it? Is it fact, fear, assumption or interpretation?

IF I CONTINUE BELIEVING THIS, IT COULD COST ME:

SESSION 4 · 20 MINUTES (CONTINUED)

N

NEUTRALISE

What new thought earns this space?

OLD THOUGHT

NEW THOUGHT

Test it — is it credible? Is it empowering? Is it actionable?

E

EMPOWER

Who am I becoming?

Ask: How would that person think and behave? What would they stop tolerating?

“THE PERSON I AM BECOMING IS SOMEONE WHO...”

W

WORK IT DAILY

What small repeated actions will make this real?

I will START

I will STOP

I will CONTINUE

MY FIRST ACTION WITHIN THE NEXT 24 HOURS:

SESSION 6 · 8 MINUTES

The 7-Day RENEW Challenge

Transformation needs somewhere to begin. Commit to practising your new pattern for seven days.

THE THOUGHT I AM CHALLENGING IS...

THE THOUGHT I AM PRACTISING INSTEAD IS...

THE PERSON I AM BECOMING IS...

THE BEHAVIOUR I WILL PRACTISE IS...

THE EVIDENCE I WILL LOOK FOR IS...

Today's RENEW Check — use one box per day

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Prompts for each day: What did I notice? What did I challenge? What did I choose instead? What will I repeat tomorrow?

A POCKET TOOL

The 60-Second RENEW Reset™

Sometimes life happens in sixty seconds. Use the Reset in the moment, then take the action.

R	RECOGNISE	<i>What am I thinking right now?</i>
E	EXAMINE	<i>Is that thought actually true or useful?</i>
N	NEUTRALISE	<i>What thought serves this situation better?</i>
E	EMPOWER	<i>Who do I choose to be in this moment?</i>
W	WORK IT	<i>What is my next constructive action?</i>

Then take the action.

SESSION 7 · FINAL 5 MINUTES

My RENEW Commitment

- I cannot control everything that happens around me.
- I can examine how I interpret it.
- I can challenge beliefs that no longer serve me.
- I can choose more constructive thoughts.
- I can intentionally develop who I am becoming.
- I can take responsibility for the actions within my control.
- And I can work that transformation daily.

DO I SEE SOMETHING I DIDN'T SEE BEFORE?

HAVE I IDENTIFIED A BELIEF I NEED TO CHALLENGE?

DO I KNOW MY NEXT ACTION?

NAME

DATE

RENEW is not something you do once. It is a way of responding to life.

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