

# That Christian GIRL

*guide-book*



The Better You is  
Waiting.

take your life to the next level

**His Daughter's Closet, inc.**



# Welcome!

I created this guide to really help you become “That Christian Girl Not the anxious girl, fearful or insecure girl, but that Christian Girl. This is meant to help you get a few things in order to really see growth in your life. If you are ready to leave behind the old and grab onto the new then let us get to becoming.

***Don't think “That Christian Girl” isn't for women. This will help you no matter what age you are.***

***I am happy you are here.***

*Morgan Tracy J.*

[www.HisDaughtersCloset.com](http://www.HisDaughtersCloset.com)

# 01

## THE MEANING

“That Girl” - refers to the **social media lifestyle trend** of **women who prioritize wellness, productivity, beauty, and mindfulness.**

## OUR MEANING

“That Christian Girl” - refers to the **social media lifestyle trend** of women who prioritize **faith, wellness, purpose, inner beauty and fearlessness**



## CHAPTER ONE

# GETTING STARTED

Each day we can look at our busy schedules, long to-do lists, unpaid bills, and unreached goals and feel like we are falling behind. Our daily responsibilities can really become heavy.

In no way am I attempting to make this guidebook to fix you or all the areas that may be falling through the cracks of your busy schedule.

However, I am using this to help you pick one thing, one area to improve on. If you choose to focus on one thing mentioned in this guide you will experience more peace, clarity, focus, and joy in your life.

How you become "That Christian Girl" is not by being perfect, but by trusting God to make the most out of your life.

This is meant to awaken to one area of your life that you can take charge of and really see overall improvement. Don't attempt to do this all in one day, but take a section at a time to see what's best for you and what you can begin to implement right away.

Now, let's get to BECOMING That Christian Girl.

## GETTING STARTED

OPEN YOUR HEART TO GOD AND REPENT FOR EVERYTHING SINCERELY. ONCE YOU DO THIS YOU ARE READY TO GO FORWARD.



# 02

## THE MORNING ROUTINE

92% of highly successful people have a solid morning routine

Psalm 134:8 “Cause me to hear your lovingkindness in the morning; for in You do I trust: cause me to know the wherein I should walk; for I lift up my soul unto you.





# The Importance of a Morning Routine

I know you've seen the aesthetically pleasing Morning routines with the perfect home, perfect devotional time, and a full workout all before 7 a.m. This isn't quite the Morning routine I am sharing with you about.

A Morning routine sets your mood for the day. Statistics show some of the most successful people in the world have a solid morning routine. However, this says "solid", meaning that most days they do follow the routine. They have morning practices that keep them focused and centered.

If you've been struggling to be consistent or productive with certain tasks like devotion, workouts, self-care, work tasks, or anything else you could include this into a Morning Routine to get on track for certain goals.

However, a Productive Morning routine may not be feasible for people except on weekends when the load is a bit lighter. So, if Mornings already have a lot going on.. let's try the night routine.

# PRODUCTIVE *Morning* ROUTINE

- ☐ Make your bed
- ☐ 15 min bible read
- ☐ 5-10 mins stretch / walk / run
- ☐ Brush teeth & wash your face
- ☐ Change clothes
- ☐ Make your coffee or tea

- ☐ Make breakfast
- ☐ 10 min social media or news
- ☐ Desk cleaning / set up
- ☐ Review today's schedule
- ☐ Write to-do list for today
- ☐ Get your day started

## TO-DO LIST

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## PRIORITY TO-DO'S

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WRITE SCRIPTURE OR QUOTE

# 03

## THE NIGHT ROUTINE

Highly successful people write out what they accomplished that day, have a religious practice, and Plan for the next day!

Psalm 4:8 “ I will both lay me down in peace, and sleep: for You, Lord only make me dwell in safety







# The Importance of a Night Routine

The Evening/Night Routine can be the time for busy parents, or even the nine-to-five workers to finally have time for themselves. If the mornings are too hectic or you already rise at 6 a.m. to get to work on time, then maybe an evening/night routine is best for you.

Many people like the feeling of nothingness at the end of the day. No rushing, not pressed for time so they can linger longer into their devotions, workouts, and personal time.

If you are somebody who has struggled with forming a consistent morning routine why not try a night routine? The things you desire to implement in your morning routine just add them to your evening/night routine.

Studies show that workouts improve your sleep quality. **If you desire to add new things to your life, you first must make room for them.**

You must figure out where they fit, and It could be in your evening/night routine.

# PRODUCTIVE *Night* ROUTINE

- |   |  |
|---|--|
| <input type="checkbox"/> Cook Dinner                  | <input type="checkbox"/> Brush teeth & wash your face  |
| <input type="checkbox"/> Evening Walk or Workout      | <input type="checkbox"/> 10 min social media           |
| <input type="checkbox"/> 15 min Bible Study           | <input type="checkbox"/> CTidy Up one area             |
| <input type="checkbox"/> Journal                      | <input type="checkbox"/> Review what was accomplished  |
| <input type="checkbox"/> Brush teeth & wash your face | <input type="checkbox"/> Write to-do list for tomorrow |
| <input type="checkbox"/> Change clothes               | <input type="checkbox"/> Relax                         |

## TO-DO LIST

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## TODAYS ACCOMPLISHMENTS

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WRITE SCRIPTURE OR QUOTE





# THINGS TO IMPLEMENT IN YOUR ROUTINE

No matter if you picked the Morning or Night Routine to focus on you must pick one. Picking both can be very challenging at first.

Once you pick your routine, the next is to start ***adding things that improve you as a person to your routine.***

In the next pages we will break down different areas that you can add to your morning or night routine to really bless your life, have you on track with your goals, and assist you when you are going through very hard seasons.

Remember the routine isn't just to look aesthetically nice, but to build practices that truly improve your faith walk, mental health, physical health, and overall quality of life.



# 04

## THE POWER OF FAITH

**“You of little faith, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm.”** Matthew 8:26

You can't become “that Christian girl” without having a foundation of faith in Jesus Christ. I know this may sound redundant, but even myself has had to rededicate, surrender, and get back on track. This isn't just having a great devotional time every day, but actually giving God your heart. Does He have room inside that relationship, financial struggle, loneliness, fear, and whatever else we are going through?

True faith is even when you miss the mark you still give God access to your frailty. This means instead of running from God in your shortcomings, you run to God.

**This walk isn't meant to be perfect, but powerful.** Your faith, your story your life is powerful. You are just still being on earth, breathing and living is powerful. Girl rise up in your faith.

On the next page pick one of the 7 things you can start implementing in your devotion time. No matter morning or night pick one that you can start doing today.



# Faith Checklist



Read the Bible

☐

Prayer

☐

Try Prayer journaling

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Listen to Worship Music

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Draw or Color as You Pray

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Read a Devotional Book

☐

Watch a Sermon

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# 05

## THE POWER OF FITNESS

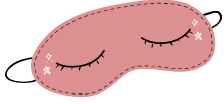
**“It shall be health to thy navel, and marrow to thy bones.”  
Proverbs 3:8**

Your healing comes from your health. If you wondered why you can't let certain traumas go or even forgive someone who has hurt you? Many times we have layers of trauma and pain pent up in our bodies. Our health matters because the word “heal” is in health. The only way we will truly heal is when we get healthy. No, I am not saying for you to do 75 hard and then when it's over binge eat. Nor am I telling you to diet. I am telling you to assist yourself on the healing journey. Don't lay in the depression or anxiety. Don't accept that this will always be your life. Don't believe that post-traumatic stress disorder has to debilitate you. It does not. All you have to do is start making your fitness, and your physical health a priority. Start small with a 15-minute walk every couple of days. Challenge yourself to get outside and move your body.

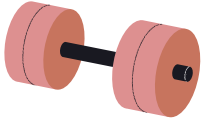
When you move your body you release endorphins that boost your mood and overall improve your overall body. You can believe that no matter if you lose 1lb in a month or 1lb in a year choosing to move your body has much more benefits than just the number on the scale. ***You will see that true health comes with healing.***

On the next page choose a few ideas that you can begin doing to improve your overall health.

# Health Checklist



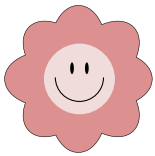
8 hours of sleep

☐

Move your body

☐

Consume healthy foods

☐

Walk Outside

☐

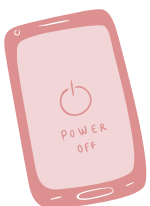
1 Salad for Dinner a Week

☐

Soda only on Weekends

☐

Health Journal

☐

Get a Routine Checkup

☐

# Mental health

## Tracker

Date \_\_\_\_\_

Mo Tu We Th Fr Sa Su

How am I feeling this morning?



Great



Good



Okay



Not good



Awful

My sleep last night was



Approx. hours \_\_\_\_\_

Get up time \_\_\_\_\_

Day to do list



Brush teeth and wash face



Get done work tasks



Eat breakfast and lunch



Open a window and get fresh air



Time off screens



Move my body or take a walk

Today I intend \_\_\_\_\_

Eye exercises

Cups of water

1

2

3

1

2

3

4

5

6

7

Evening to do list



Read 1 chapter in Bible



Meditate for 10 minutes



Brush teeth and wash face



Write to my journal



Workout for 30 minutes



Take a shower

How am I feeling this evening?



Great



Good



Okay



Not good



Awful

Am I satisfied with this day?



I am grateful today for

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What I like about myself today

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What I managed to do today

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What I would like to tell myself for tomorrow

Notes

How and what would I like to feel tomorrow

joy appreciation empowered enthusiasm fun proud  
strong active love passion freedom happiness  
optimism belief hope inspired courage interest  
amusement gratitude delight relaxed calm confident  
curious focused worthy thrilled self-respecting kind



# 06

## THE POWER OF FASHION

**“Wash, put on perfume, and get dressed in your best clothes...” Ruth 3:3**

Have you ever noticed on the days you dress up you feel better about yourself? The honest truth is I learned something years ago... That has truly blessed me to this day. **To not dress for the woman I am today, but dress for the woman I want to be.**

I used to wear a blazer in my home office because I believed one day I would have a headquarters that I would go to every day for work. I am living that now and dressing up is second nature to me because I've been dressing for the woman of my dreams.

Now, you might not be a blazer girl like me, but you may be a woman of faith who sees herself running her own business or a more healthy mother. Start dressing like the healthy mother or the YouTuber you see yourself as.

Now is your time to do it. Scripture tells us ***to not put off tomorrow what we can do today*** (Prov. 3:28). If you can start embodying the woman God has called you to be then you will begin doing things that woman does. It will not feel so far away and you will truly become here.

We are called **to put off the old -man and grab the new man** (that means spirit), but our insides truly reflect our outside. Your spirit has changed so you should look changed on the outside as well. After I first got saved my old club attire still was my style, but over time my desires changed and my style changed. ***When our spirit changes we change.***

# DREAM LIFE JOURNAL

Write about your dream life. This is the woman you desire to become. What does her morning, evening, or daily routine look like where is she working? How is she dressed? Go into detail about the dream you have!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# SMART GOALS

Let's define your style based off of you are and who you desire to be.

S	<u>SPECIFIC</u> What do you see yourself doing?	
M	<u>MEASURABLE</u> What does the woman of your dreams wear?	
A	<u>ACHIEVABLE</u> What is your daily go-to look?	
R	<u>RELEVANT</u> What are a few things you can do to your current wardrobe?	
T	<u>TIME BOUND</u> How can you make today you and future your Proud?	

# 07

## THE POWER OF FEARLESSNESS

**“...I am come that they might have life, and that they might have it more abundantly.” John 10:10**

The Bible tells us “I did not give you the spirit of fear” (2 Tim. 1:7) and we see over and over again “Be not afraid” (Josh. 1:9). The truth is many days we will experience fear even when we are stepping into purpose or doing something that is bigger than us.

Fear used to be the thing that held me back, but now I use it as the thing to push me forward. If I fear it, then it’s probably a blessing on the other side of that fear.

How to become that Christian girl is to not run from fear, not hide from it, but feel it, acknowledge it but do it anyway. Anything we do for God is beyond us, our means, and our understanding so it is the perfect setup to feel fear, but it also is the ***perfect time to activate faith.***

**Where fear is tolerated, faith is contaminated.** The key is to feel the fear, acknowledge it, and then bypass it with your faith.

Override the fear with the Promises of God and with the Word of God.

During a very tough financial season in the ministry, each month I would fear we wouldn’t make it, but quickly faith would rise up and tell me we would. Faith would rise up and remind me of the Words of the Lord. Faith would not allow fear to keep me down, but give me the strength to get up and keep working and believing in faith.

No matter what you are facing in life, do not give fear a footstool in your life, but use it to only take you higher in your faith.



# JOURNALING PROMPTS

Write down all of your goals for the next year, big or small.

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What are your biggest fears that hold you back?

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Write down how you can push past your fears and still show up?

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# CONGRATULATIONS

CONGRATULATIONS ON  
FINISHING THIS WORKBOOK!

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This is just the beginning! Join us for the Online experience, now let's go over some of these topics with a community of women praying and speaking over you. Become "That Christian Girl" with Community.

[CLICK HERE TO JOIN OUR ONLINE EXPERIENCE](#)



INFO@HISDAUGHTERSCLOSET.COM  
WWW.HISDAUGHTERSCLOSET.COM  
@MORGANTRACYJ