

# GLOW UP

## SUMMER SERIES CHALLENGE

### JUNE - JULY 2025





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Summer Series / GLOW UP

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# Welcome, *Daughter!*



I am so excited you are here. You are ready to embark on the 60 day Glow Up Challenge! I have experienced the power of a Glow Up and we have hundreds of testimonies. If you are ready to go to the next level of living, you are in the right place.

## Inside This Guide:

- 60 Day Challenge
- Glow Up Bucket List
- Prayer Journaling Prompts
- Bible Reading Plan
- Health challenge
- AND MUCH MORE!**

## What You Will Gain From This Guide:

- No More Doubting Your Walk With God
- Mental and Physical Glow-Up
- Healing ❤️🩹
- Getting Past Mental Barriers
- Become Fearless in Your Life
- Improve Your Health & Lifestyle

*Morgan Tracy J.*

# GOAL

*Setting*

USE THIS WORKSHEET TO CLARIFY YOUR GOALS, CREATE AN ACTION PLAN, AND TRACK YOUR PROGRESS. FOLLOW THE SMART CRITERIA TO ENSURE THAT YOUR GOALS ARE SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND.

What is the goal you want to achieve this summer? Be specific.

Why is this goal important to you? (how can this better your life?)

SMART Criteria: Is your goal ***Specific, Measurable, Achievable, Relevant, and Time-bound*** (SMART)? If not, how can you make it SMART?

**Action Plan:** What specific actions ***will you take to achieve your goal?*** Include a ***deadline*** for each action step.

1.

2.

3.

4.

5.



# Summer Bucket List

CREATE YOUR SUMMER BUCKET LIST! What would you like to do this summer? "solo-date, save money, do a morning run? Write whatever comes to mind.

What would make your summer amazing? Picking flowers, going on a day trip, trying a new coffee shop or running for a cause, etc.

*in my  
glow up  
era*

**DAILY AFFIRMATION**

# GLOW UP IN YOUR *Faith*

Everything you do starts with your belief system.

## **WEEK ONE GLOW UP CHALLENGE**

- 7-Days of Faith Challenge
- Bible Plan
- Prayer Battle Plan
- Prayer Journal Prompts

**Do:** Challenge yourself to do the small 7 days of faith challenge. Next, learn to be intentional about prayer and Bible study.

**Goal:** Increase your prayer, Bible Study, and Journaling.

WEEK ONE

# FAITH WEEK 1 CHALLENGE

	FOCUS	TASK	SCRIPTURE
Sun	<b>Get Quiet with God</b>	15 min of uninterrupted prayer + journaling	Be still and know that I am God – Psalm 46:10
Mon	<b>Scripture for Strength</b>	Choose 1 verse to memorize + write on mirror/post-it	“God’s Word is alive and active.” – Heb 4:12
Tues	<b>Worship Walk</b>	Go for a walk listening to worship music	“Draw near to God, and He will draw near to you.” – James 4:8
Wed	<b>Faith-Filled Affirmations</b>	Write 5 “God says I am...” affirmations	“I am fearfully and wonderfully made.” – Ps 139:14
Thur	<b>Fast from Fear</b>	Journal about a fear you’re surrendering to God	“For God has not given us a spirit of fear...” – 2 Tim 1:7
Fri	<b>Glow-Up Gratitude</b>	List 10 blessings you’re thankful for	“Give thanks in all circumstances.” – 1 Thess 5:18
Sat	<b>Vision + Prayer Board</b>	Create a board with scriptures + goals	“Write the vision and make it plain.” – Hab 2:2

# PRAYER BATTLE

*Plan*

CHOOSE THE TIME AND LOCATION YOU WILL PRAY:

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WHAT ARE YOUR TOP 3 NEEDS?

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WHAT ARE YOUR TOP 3 STRESSES?

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3 MIRACLES THAT COULD CHANGE  
YOUR LIFE?

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3 PEOPLE THAT HAVE NEEDS?

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3 PROMISES YOU ARE BELIEVING GOD  
FOR?

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3 PRAYERS GOD HAS ANSWERED?

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*Journal Activity!*

WRITE ABOUT WHERE GOD IS LEADING YOU AND THINGS YOU NEED CLARITY ON?

# Bible Plan

## INSPIRING WOMEN OF THE BIBLE



- GENESIS 30:22
- JOSHUA 2:1–4
- JUDGES 4:4
- RUTH 1:17–18
- RUTH 3:1
- 1 SAMUEL 4:20
- JOHN 20:11–16
- ACTS 9:36

- ESTHER 4:14–16
- PROVERBS 3:1
- MARK 5:34
- MARK 12:41–44
- LUKE 1:5–6
- LUKE 10:39
- ACTS 18
- 2 TIMOTHY 1:4–5

## FINDING YOUR PURPOSE

- PHILIPPIANS 2:12–13
- ROMANS 8:28
- PSALMS 37:4
- 2 TIMOTHY 1:9
- PROVERBS 3:5–6
- ROMANS 12:1–2
- JEREMIAH 1:4–5
- MATTHEW 6:33

- HEBREWS 11:8–9
- PSALMS 32:8
- LUKE 16:10
- ACTS 9:6
- ISAIAH 43:7
- ACTS 4:8
- ISAIAH 6:8
- PROVERBS 16:9

# Bible Plan

## FORGIVENESS

- PSALMS 86:5
- 1 JOHN 1:9
- PSALMS 32:1
- EPHESIANS 4:32
- ISAIAH 4:18
- COLOSSIANS 1:13–14
- MICAH 7:18–19
- ACTS 7:59–60

- EPHESIANS 4:7
- PSALMS 103:3
- ROMANS 12:20
- 2 CORINTHIANS 2:5–8
- ACTS 3:19
- 1 PETER 3:9
- MATTHEW 18:21–22
- PROVERBS 17:9



## JOYFUL LIVING

- HEBREWS 12:1–2
- PSALMS 126:5
- MATTHEW 2:1–10
- JOHN 15:5–11
- ECCLESIASTES 5:12–20
- PSALMS 119:105
- ROMANS 12:12
- ISAIAH 61:10

- 1 THESSALONIANS 5:16
- JAMES 1:1–6
- PHILIPPIANS 2:1–11
- PROVERBS 15:23
- ROMANS 15:13
- JEREMIAH 29:11
- 1 PETER 4:3–9
- HABAKKUK 3:17–18



# Prayer Journal

## prompt

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### FAITH

- • • • • • • • •
- One time when God did something impossible in my life
- Things are turning around for me
- The scripture that helped me
- How God sees me
- How God views my situation
- I am excited about...
- Gifts I could be using more
- My dream feels...
- One promise I am believing for...
- What next step of faith can I take today?
- What God is teaching me in this season
- What inspires me?
- How close do you feel to God right now?

### REFLECTION

- • • • • • • • •
- How do I feel about me?
- How can you love yourself better this week?
- What makes you happy?
- My biggest struggle is...
- What is stressing me out?
- The voice I hear the most is...
- How am I being my authentic self?
- Any area that I feel lost?
- How can I walk in purpose better?
- Progress I've made (mid-challenge check)
- Everything I am thankful for
- What is God telling me in this season?
- What does glow up mean to you?
- Did I make any progress?
- RECAP What did the glow up do for me?



# Prayer Journal

# prompt

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Prayer journaling is just a candid conversation with God. Don't overthink it, write what's on your heart and use these prayer prompts to help you dig deep.

## FEARLESS



- What is one thing that scares you?
- I will be FEARLESS...
- To My Future Self
- Getting My Fire Back
- What is holding me back?
- I have permission to be great
- My Biggest Fears Are
- Why do I shrink?
- One thing I'd like to learn
- Relinquishing Control
- If money didn't matter, I'd be doing...
- How is God calling you to use your talents and spiritual gifts?
- List your fears. Why scares you about each one
- What God thinks of my fears

## HEALING



- What is something you need to let go of?
- Jesus, I want you to know...
- I felt abandoned by...
- Dear Mama
- Dear Daddy
- Dear (lost loved one)
- Letter of forgiveness to who hurt you
- To My Younger Self
- To Me Today
- Finding Peace Again
- Finding Joy Again
- A Love Letter to Me
- Why I downplay my gifts
- Jesus, I feel like...
- 1 person I can love on today

# GLOW UP IN YOUR *Fitness*

ONE  
TWO  
THREE  
FOUR  
FIVE  
SIX  
SEVEN  
EIGHT  
NINE  
TEN

You only have one body. Your energy and stamina can determine your ability to accomplish your goals.

## **What you get in this Glow Up:**

- 7-Day Health Challenge
- Health Plan
- Workout Tracker

**Do:** Start with a 24-hour Health fast to jump-start your glow up. Plan out your fitness along with your nutrition to elevate your health.

**Goal:** Be held accountable for your fitness goals and the food you fuel your body with.

# JUMP-START YOUR *Glow Up*

**Fasting is a Physical and Spiritual Detox!**

## **24-hour Health Fast**

- Pray
- Bible Study
- Meditate on God's word and promises

## **Water/Smoothie/Juicing/Salad Fasting (modifications if needed)**

Fasting is abstaining from food of any kind. This is a water or liquid fast, you are welcome to add juices, smoothies, or teas. See other modifications below.

## **Goal: 24 hours of Praying & Fasting**

This 24-hour fast is for jump-starting your health and faith. Detox your body as you increase your faith in more of God. Get your heart, mind, and body renewed in this time of fasting.

### **Other Things to Fast From**

- Social Media
- Television
- Red Meats
- Sweets
- Outings
- Spending Money

### **Partial Fast**

Also, you can skip breakfast, lunch, or dinner, and replace that with studying your Bible and prayer.

**“This kind only comes out with  
PRAYER & FASTING”**

*Matthew 17:21*



# FITNESS WEEK 2 CHALLENGE

	FOCUS	TASK	AFFIRMATION
Sun	<b>Stretch &amp; Pray</b>	10-min morning stretch + gratitude prayer	“My body is a temple of God.”
Mon	<b>Glow-Up Workout</b>	15–30 min movement of your choice	“I move because I love myself.”
Tues	<b>Fuel with Intention</b>	Eat 1 energizing meal and skip junk	“I eat to energize my calling.”
Wed	<b>Hydration Challenge</b>	Drink half your body weight in oz. of water	“I nourish my body with what it needs.”
Thur	<b>Dance Break</b>	Put on music + dance for joy!	“Joy is a form of strength.”
Fri	<b>Walk &amp; Reflect</b>	20-min prayer walk outdoors	“God walks with me daily.”
Sat	<b>Self-Care Glow Up</b>	Long shower, skin care, or pampering ritual	“I care for myself with love and grace.”

# HEALTH

*Plan*

HOW DO YOU PLAN TO GET FIT THIS SUMMER?

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WHEN DO YOU PLAN TO WORKOUT?

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WHERE DO YOU PLAN TO WORKOUT?

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WHAT OBSTACLES WILL YOU FACE?

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HOW CAN YOU OVERCOME THOSE?

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*Journal Activity!*

WRITE ABOUT HOW YOU PLAN TO FEEL AT THE END OF THE 60-DAY CHALLENGE:

# WORKOUT Tracker

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

S	M	T	W	T	F	S	NOTES
<input type="radio"/>	Type: Confidence Level:						
<input type="radio"/>	Type: Confidence Level:						
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Get Your Measurements!

BEFORE	AFTER
Weight:	BMI:
Body Fat:	Muscle:
Arm:	Chest:
Waist:	Hips:



*existing my  
lazy girl  
era*

**DAILY AFFIRMATION**

# GLOW UP IN YOUR *Lifestyle*

Improve Your Daily Life with Small,  
Simple Steps!

## **What you get in this Glow Up:**

- 7-Day Lifestyle Challenge
- Design Your Ideal Day
- Habit Tracker
- Self-Care Activities

WEEK THREE

**Do:** Start with doing small things a day from the challenge list to make your life better. Take Action Daily!

**Goal:** Be held accountable for your life goals and stop putting things off!

# LIFESTYLE WEEK 3 CHALLENGE

	FOCUS	TASK	AFFIRMATION
Sun	<b>Declutter a Space</b>	Clear out 1 drawer, purse, or room	“Clean space, clear mind.”
Mon	<b>Morning Makeover</b>	Wake up 30 mins earlier + morning routine	“My mornings are sacred and powerful.”
Tues	<b>Digital Detox</b>	No phone for 1 hour after waking	“I am present in the now.”
Wed	<b>Plan Like a Pro</b>	Write your top 3 goals for the week	“I create my life with intention.”
Thur	<b>Create a Joy List</b>	List 20 things that make you smile	“I make space for joy.”
Fri	<b>Budget Check-In</b>	Review your spending or savings goals	“I honor God with my finances.”
Sat	<b>Glow-Up Vision Day</b>	Journal your ideal lifestyle in detail	“I am designing a life I love.”

# DESIGN YOUR IDEAL

*Day*

HOW DO YOU FEEL WITH YOUR IDEAL DAY?

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WHERE DO YOU GO?

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WHAT DO YOU DO?

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HOW DO YOU RELAX?

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WHO ARE YOU WITH?

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*Journal Activity!*

WRITE ABOUT YOUR IDEAL DAY:

# SELF-CARE

## *Activities*

### PHYSICAL

- Skincare Routine
- Workout
- Draw a Bath
- Snuggle in a soft blanket
- Scalp Massage
- Exfoliate
- Stretching

### QUALITY TIME

- Solo Date
- Walk in the Park
- Journal
- Read a Book
- Watch Tv show
- Take a Nap

### WORDS OF AFFIRMATION

- Write notes of Encouragement
- Affirm yourself in God's word
- Gratitude Alarm
- Speak Kindly to Yourself

### ACTS OF SERVICE

- Hair Appointment
- Nail Appointment
- Clean your Space
- Order Food
- Volunteer

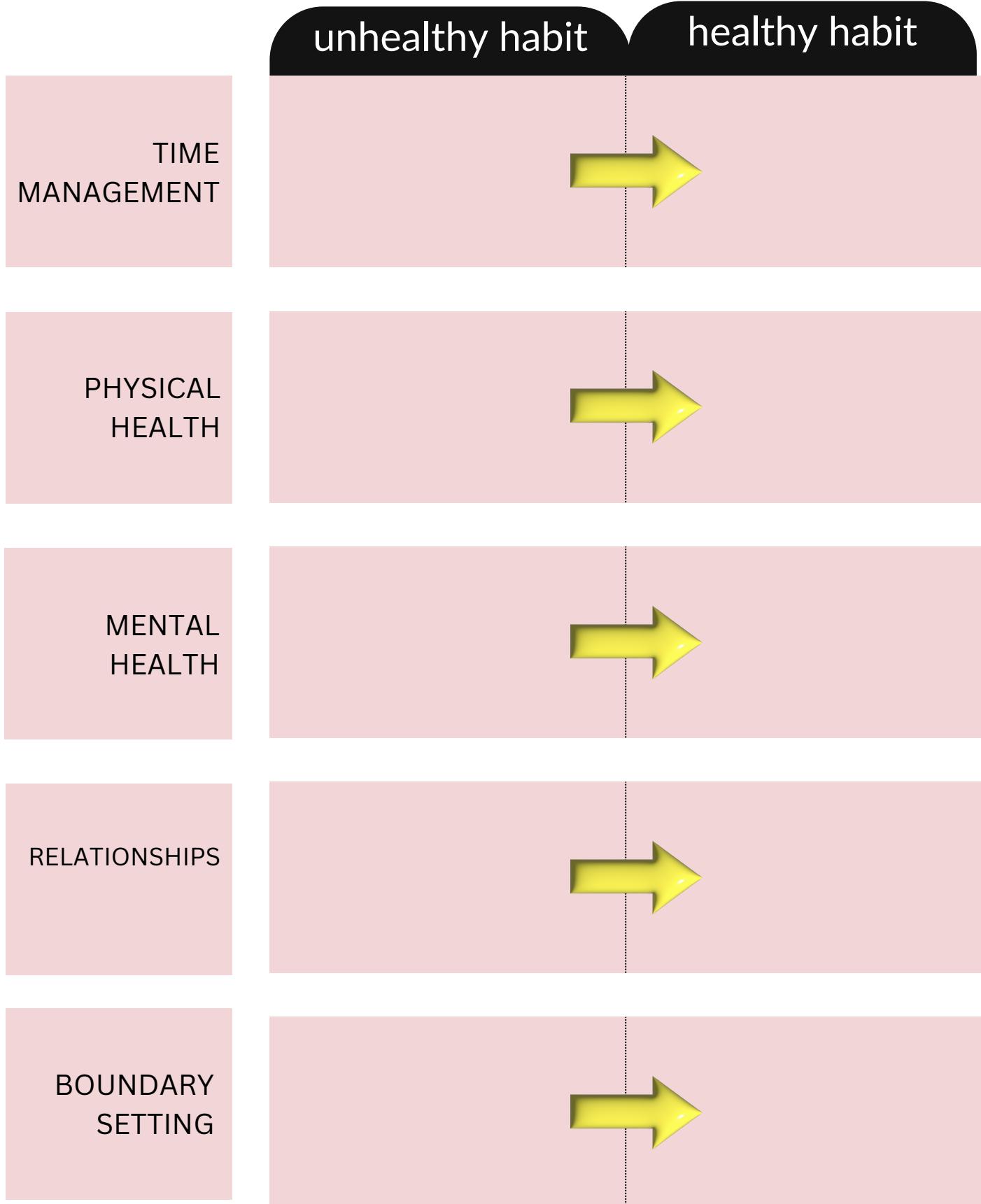
### GIFTS

- Small Treat
- Invest in self-care items
- Buy New Makeup
- Work on your Goals
- Work on a Hobby
- Do 1 Thing you enjoy

*Journal Activity!*

HOW CAN YOU LOVE YOURSELF BETTER:

# habit tracker



# GLOW UP IN YOUR *Fearlessness*

God made something amazing when He created you. This is your season to step into the identity He gave you.

## **What you get in this Glow Up:**

- 7-Day Challenge
- Face Your Fears
- Weekly Planner
- Progress Tracker/Photo

**Do:** Face your fears by following the daily challenge and going outside your comfort zone.

**Goal:** See your changes and remind yourself how far you've come over 60 days. Be encouraged to keep glowing!

WEEK FOUR

# FEARLESSNESS WEEK 4 CHALLENGE

	FOCUS	TASK	AFFIRMATION
Sun	<b>Write Your Why</b>	Journal your "why" behind your goals	"I was made for such a time as this."
Mon	<b>Speak Boldly</b>	Record a 60-sec video sharing your story	"My voice has power."
Tues	<b>Say No to Fear</b>	Do 1 thing that scares you (big or small)	"Fear has no hold on me."
Wed	<b>Reclaim Confidence</b>	Write a list of 10 things you're proud of	"I celebrate my wins, big and small."
Thur	<b>Bold Outfit Day</b>	Wear something that makes you feel powerful	"I carry the confidence of Christ."
Fri	<b>Declare It Day</b>	Record yourself saying your glow-up affirmations	"I declare: I am bold, fearless, and free."
Sat	<b>Faith Over Fear Letter</b>	Write a letter to your past or future self	"I am walking in purpose, not fear."

# FACE YOUR *Fears*

*What does the fearless version of you look like?*

*What are you afraid of in this season?*

*What happens when you overcome your fear?*

*Take Action: What steps can you do to face your fears?*

1.

2

3.

4.

*When will your fearless plan of action be achieved?*

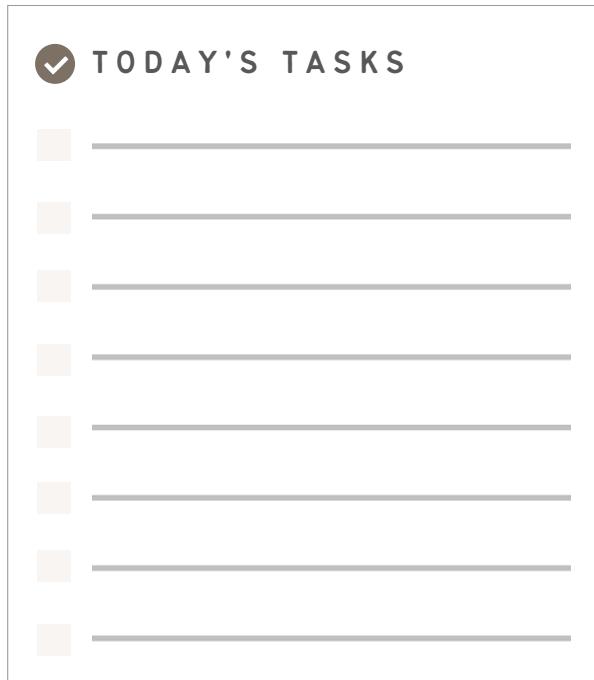
# WEEKLY PLANNER

DATE:

## MOST IMPORTANT TASK



## TODAY'S TASKS



## PURPOSE TASKS



## WATER INTAKE

## MOOD TRACKER



## THINGS TO REMEMBER

MON	
TUES	
WED	
THURS	
FRI	

## REMINDERS & NOTES



# REPEAT THIS CHALLENGE FOR 2 MONTHS!



SHARE YOUR RESULTS WITH US!



## Arise Daughter 31 Day Devotional

If you've ever felt lost, stuck, or in a season of renewing Standing Bold, Firm & Confident in God this devotional is for you! It was created to assist God's Daughters in the aspect of rediscovery. When we discover who we are in God, things have to change! Rediscover your purpose and faith in God Today!



## Ministry for Her

The Playbook to Build A Thriving Ministry  
You tell yourself you're too busy to build your ministry. You don't have the tools or resources. You'll build your dream ministry or business someday. But what if you don't have to wait until you have more money or time? You can use this playbook now and start making real changes that lead to big results in your life and ministry.



## 40 Marketing Strategies

To Get You Noticed Online!

If you've ever felt lost online about Marketing, then this resource will empower you to take action on any social platform and your email list. If you want to build a major brand, you must market it. Many great ministries are out there, but many don't market which causes them to not get noticed.