

SUMMER SERIES

FEARLESS SZN workbook





WHERE IT STARTED

Six Years Ago I launched the Summer series and it helped change so many lives.

Each summer my goal is to challenge you to embark on a summer of faith, and fearlessness. From Bible Study Challenges to weekly inspirational messages to assist you on your journey.

You have all the tools you need to have a fearless summer.

Use this guide as a place to come back to week after week to push you.

Click to Listen to Audio Messages for daily Inspiration



WHAT TO EXPECT *This summer*

Morning Messages (Mondays)

Fearless Vlog (Fridays)

Audio Messages Weekly

60-Day FEARLESS Challenge

Prayer Journal Plan

Bible Reading Plan

Summer Bucket List



- ENCOURAGEMENT
- FAITH TALKS
- INSPIRATION
- FASHION LOOKS
- WEEKLY DEVOTIONALS
- GIVEAWAYS
- AND MUCH MORE.



60-DAY FEARLESS *Challenge*

For the next 60-DAYS, I want to challenge you to Be Fearless! Not just lose the 10 pounds or buy the new car, but to actually have a transformation inside and out. Have you felt depleted, visionless, or lost your momentum for God? No worries, this 60-day challenge will push you beyond where you have been thus far.

TAKE ON THE CHALLENGE

In the next 60-days, you will focus on **3 things** of your choice. This is up to you, and in this guide, we give you tips along the way to help you determine what needs a transformation in your life.

The NEXT 60-DAYS

STEP 1

Pick your 3 Focuses

Jot down 3 areas you plan to focus on for the summer!

STEP 2

Face Your Fears

Figure out now what your biggest fears are and address them so they will not be stumbling blocks on your journey of Fearlessness!

STEP 3

Embark on the 60-day Fearless challenge

Track the Habits you need to build to keep you going strong for the next 60-days.

FACE YOUR FEARS

reflection

Before we can become fearless, we must acknowledge our stumbling blocks, and many times fear is underlining. Before you take off, acknowledge your top fears and give them to God. Doing this will assist you with being less likely to fall off the fearless journey.

My Top 3 Priorities this Summer

My Top 5 Fears

What Habits Do I Need to Start?

How will these habits benefit me?

Facing My Fears:

Address Each Fear: Why am I afraid of this?

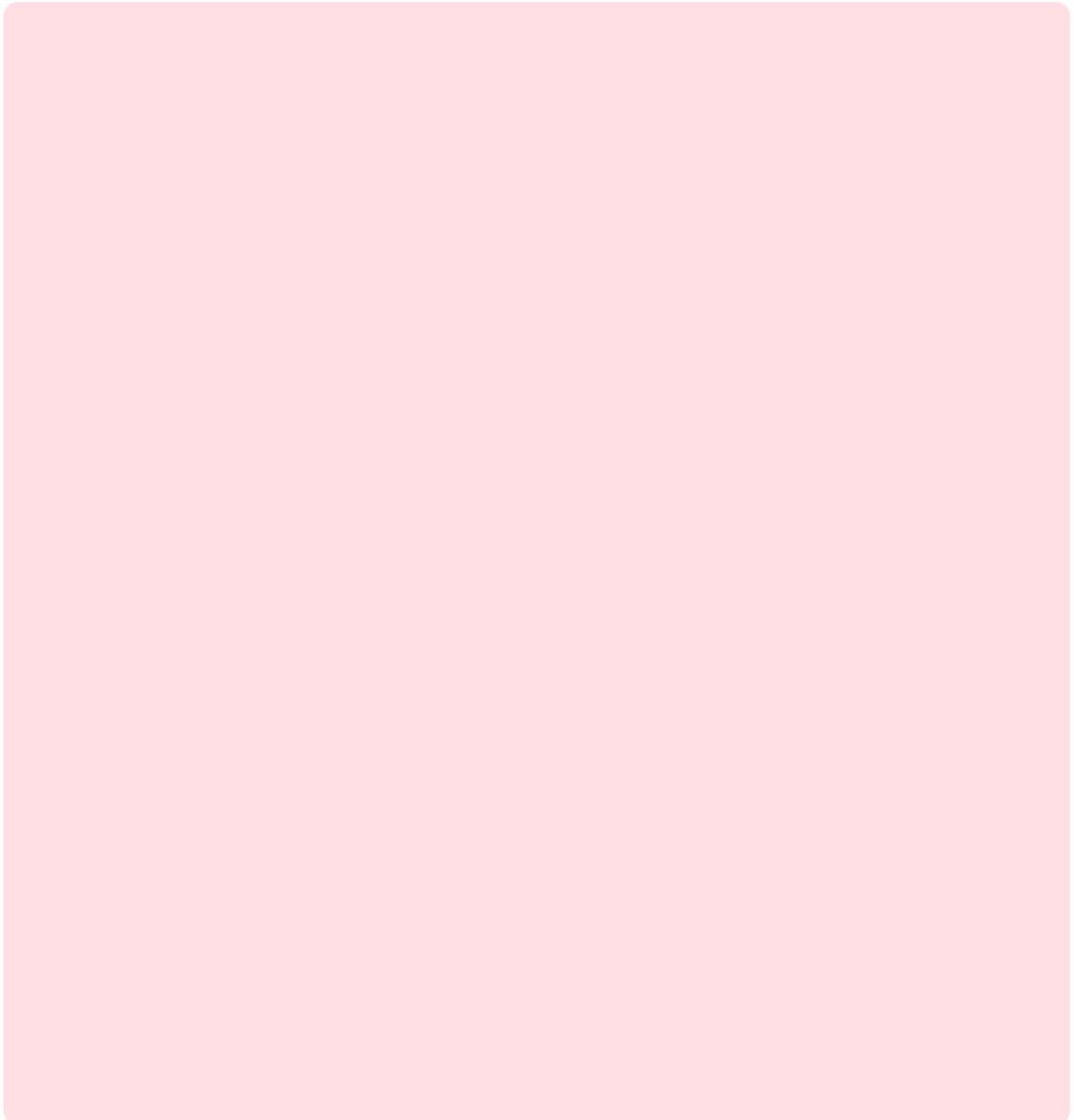
Pray About Each Fear: Lord, I know that you did not give me the spirit of fear. So I, give you this fear and trust it in your hands.

Overcome Fear: Decide that you will take daily small steps in faith to overcome your fear. (Ex. Afraid to go to the gym, find workouts to start doing from home. Afraid to start the business, research, and get better)

SUMMER

BUCKET LIST

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



How to Start a *prayer journal*

Prayer Journaling is just like regular journaling, but instead, you are writing to God. Many have been healed from trauma, emotional baggage, and fear with journaling.

How to start a prayer journal is to buy a notebook or a little journal book from any store. Next, each day comes to the journal when you feel led. Title your journal entry with whatever is on your heart or use the prayer prompts to guide you. Write whatever comes to mind when using the prayer prompts. Write about anything that has been on your mind. As well as any stressors. Did someone speak to you condescendingly? Did your feelings get hurt? Did you feel fear when speaking out loud? Talk to God about it. He cares and the more you open up to God the more we see the scripture come to life. God is our comforter and teacher and with Journaling, you will find comfort in life's challenges and lessons to help you along the way.





Prayer Journal

prompt

Day 1-8

- I will be FEARLESS...
- Jesus, I want you to know
- Things are turning around for me
- I felt abandoned by....
- Dear Mama
- Dear Daddy
- Dear (lost loved one)
- Free Entry

Day 9-16

- To my younger self
- To me Today
- To My Future Self
- My Dream Life
- Free Entry
- I am excited about
- Finding Peace Again
- Finding Joy Again

Day 17-23

- Getting My Fire Back
- My Biggest Dream is
- My Biggest struggle is
- A Love Letter to Me
- What is stressing me out
- What is holding me back
- Why I downplay my gifts
- The voice I hear the most is..

Day 18-31

- My Biggest fears are
- Jesus, I feel like...
- I have hope that..
- The scripture that helped me
- Free Entry
- Relinquishing Control
- I have permission to be great
- My dream feels ____



Prayer Journal

prompt

Day 32-39

- What Glow Up Feels like
- Things that make me happy
- Affirm Myself in God
- Feeling Loved by God
- Knowing my Value
- Not Accepting Less
- My Boundaries currently are
- Doing something just for me

Day 40-48

- God accepts Me
- God sees me as beautiful
- God loves my hair
- My shape is beautiful to God
- My dreams are precious to God
- My desires are aligned with God
- Finding Joy in this moment
- Creating Peace in the noise

Day 49-56

- I am feeling _____ Today
- The sermon that has helped is
- The scripture that challenges me is
- The area I need more faith in
- The area I must trust God in
- The thing I fear and the thing I must do
- How I can be more like Jesus
- Do I Love God

Day 57-60

- What does your life say about your walk with God
- Biggest lesson I learned with being fearless
- The Beauty I saw Today
- My Full experience of the Fearless challenge

TAKE CARE OF *you*

I know we are all busy women, from the college student working a summer job, or the busy young woman just trying to get the laundry done, or the working mama. We all have our responsibilities, but this summer make it a priority to **take care of you**. The more time you make just for you will allow your cup to run over. You will be able to give more to your children, husband, family, friends, and your dreams.

How do you take time for yourself? BOUNDARIES.

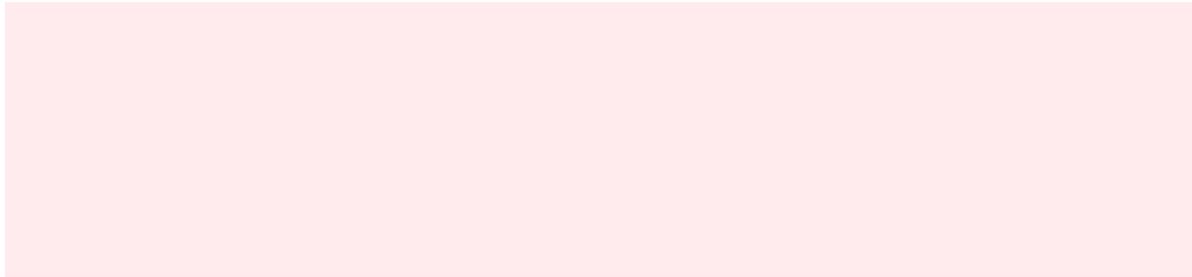


Boundaries are a great way to take time for you. A boundary is **a border that marks the limit of an area**. When we don't have boundaries, we push ourselves outside of our limits, and most times the other person is happy, but we are depleted and riding on fumes. Start with these 3 things:

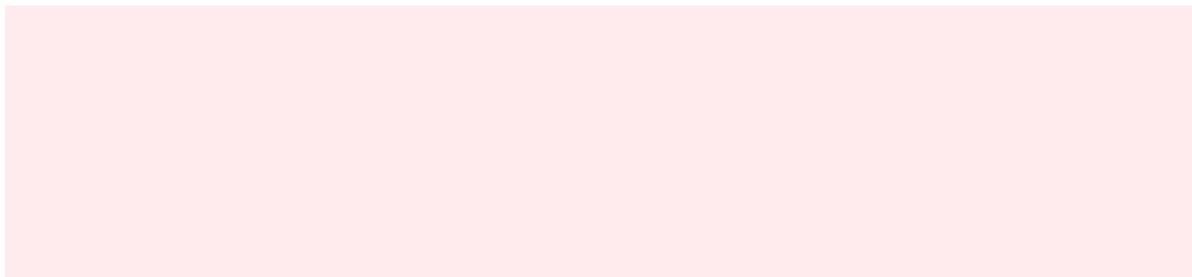
1. **Create a Boundary for Your Self-Care**
2. **Express the Boundary**
3. **Reinforce the Boundary**

Boundaries Worksheet:

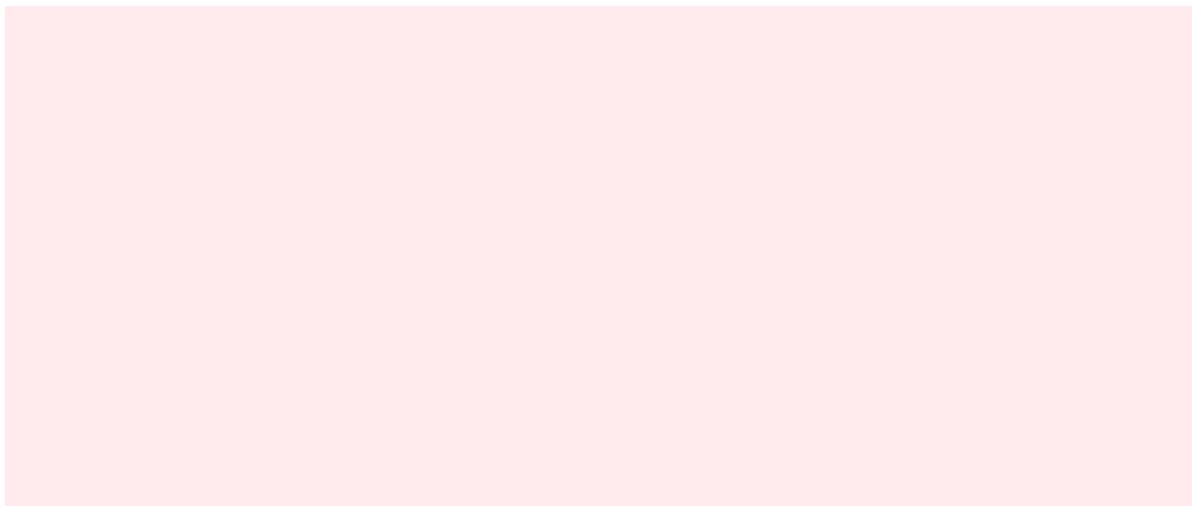
What boundaries do you need to make to have more time to truly take care of yourself? Do you need to say "no" more to extra activities? Do you need to have 1 hour every day away from your children? Do you need to put your dreams first?



Explain how you can express these boundaries to others that may try to push your boundary. Also, explain ways you can be reminded each day of this boundary to keep.



How do you plan to reinforce the boundary even when someone doesn't like the boundary or continues to push your boundaries? How do you plan to keep your boundaries active?



BODY & SELF-CARE

Recommendations



journal once a day and share 1 thing you are thankful for.



Build a Skin-care Routine and do it day & night



Pamper yourself once a week. With anything that is just for you.



Eat Something that makes you feel good. Try a Smoothie, fruit, or your fav snack.



Remember: *The more your cup is full, the more you can pour into others. Keep yourself a priority and take care of yourself, no one else will take care of you, like you!*

Self-care checklist

Exercise for 15 minutes

Drink 2 glasses of water

1 healthy meal a day

Daily prayer journaling

Read a Scripture a day

Meditate 15 minutes a day.



Move YOUR BODY

Moving your body doesn't have to mean a workout, but some form of movement that gets your heart rating going. I realized when I shifted my mind from working out daily to just moving my body daily, I felt more in flow with my health. You can incorporate movement into your daily life.

Benefits of Moving Your Body Daily:

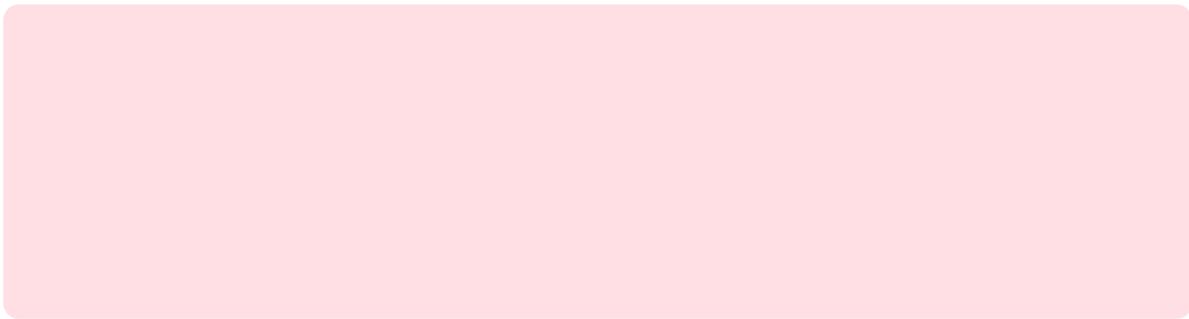
- Sharper memory and thinking.
- Weight loss and maintenance.
- More energy.
- Better sleep.
- Healthy muscles and bones.
- Pain reduction.
- Better mood.

For the next **60-days** make it a goal to move your body **daily**. With every movement, you are strengthening your heart and body and adding health to your life.

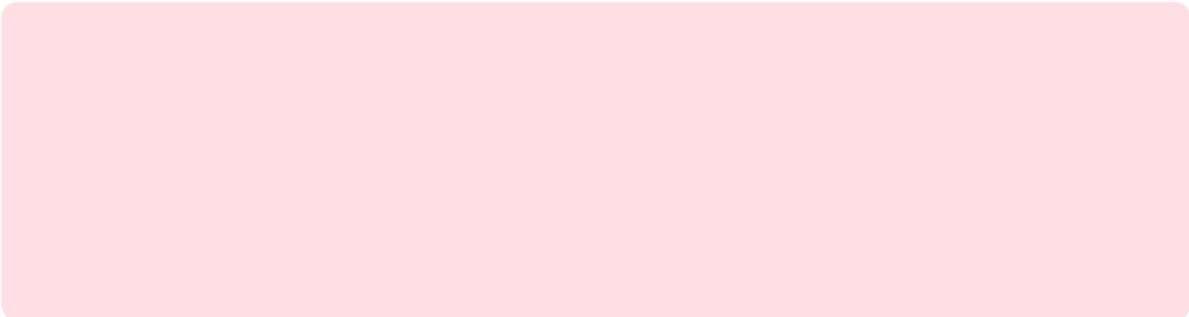


HEALTH PLAN

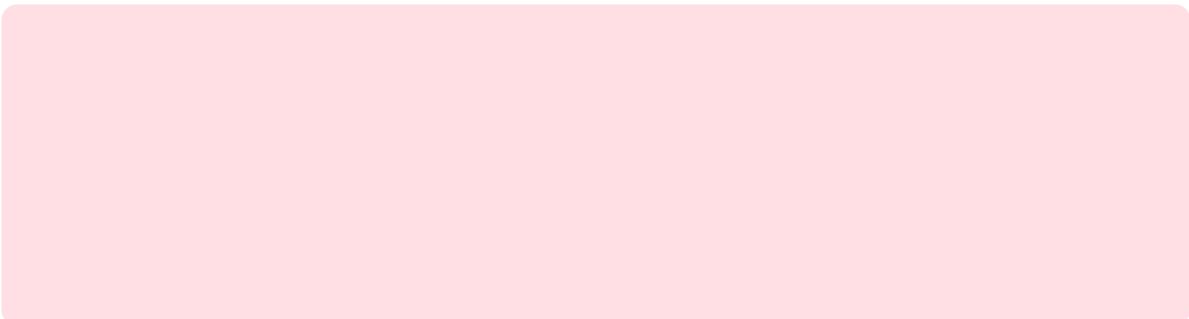
How Do I Plan to Move My Body for the next 60-days? (walking, treadmill, jog, zumba, etc.)



When Do I plan to move my body? (days of the week and time)



How Do I desire to feel and look at the end of the 60-days? (goals)





MOVE YOUR BODY PLANNER



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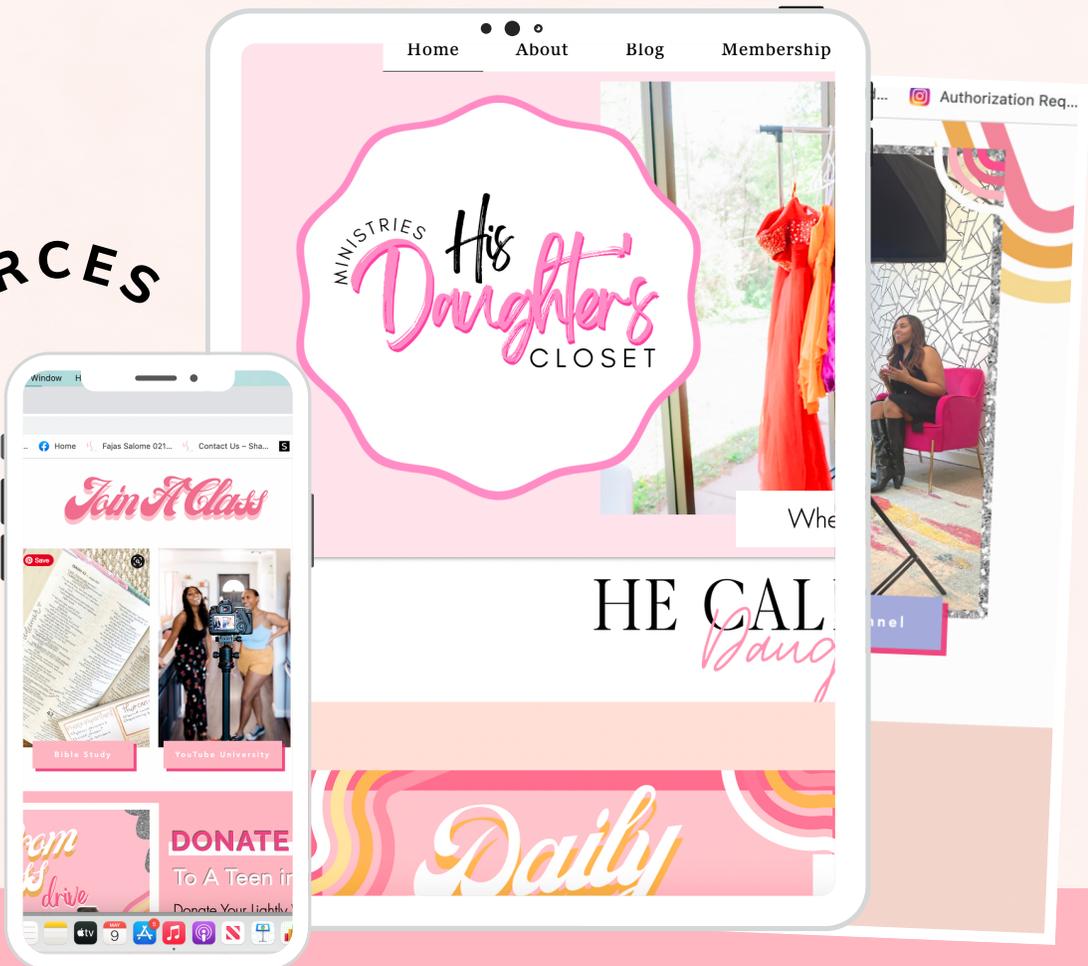
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BEFORE		AFTER	
Weight:	BMI:	Weight:	BMI:
Body Fat:	Muscle:	Body Fat:	Muscle:
Arm:	Chest:	Arm:	Chest:
Waist:	Hips:	Waist:	Hips:



RESOURCES



GROW YOUR FAITH

GET SAVED OR REDEDICATE YOUR LIFE TO GOD TODAY! THE BEST GLOW UP IS WHEN YOU TRUST THE LORD WITH YOUR WHOLE HEART.

GET SAVED NOW!

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Published in Tulsa, Oklahoma by His Daughter's Closet, incorporated.

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