

Morgan Tracy

Women's Empowerment
His Daughters
CLOSET

GLOW UP

60 DAY CHALLENGE





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Summer Series / GLOW UP

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

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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
- 24 hour Fast
- Glow Up Bucket List
- Prayer Journaling Prompts
- Bible Reading Plan
- Health challenge
- Glow up calendar

AND MUCH MORE!

What You Will Gain From This Guide:

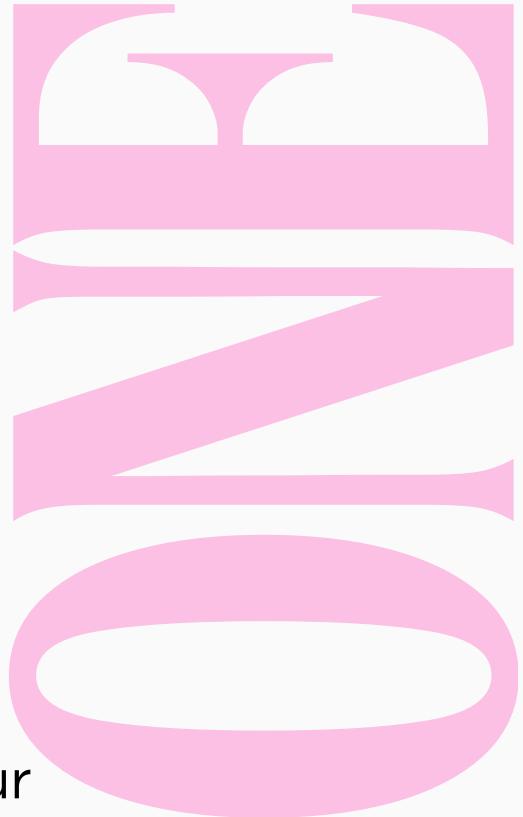
- No More Doubting Your Walk With God
- Mental and Physical Glow-Up
- Healing ❤️
- Getting Past Mental Barriers
- Become Fearless in Your Life
- Improve Your Health & Style

Morgan Tracy J.

*in my
glow up
era*

DAILY AFFIRMATION

GLOW UP IN YOUR *Faith*



Everything you do starts with your belief system.

What you get in this Glow Up:

- 24 Hour Fast
- Prayer Battle Plan
- Bible Plan
- Prayer Journal Prompts

Do: Start with a 24 hour fast to jump start your glow up. Next, learn to be intentional with your prayer and Bible study.

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

JUMP-START YOUR *Glow Up*

Join a Corporate **24-hour fast** with the ladies of HDC Ministries to jump-start your glow-up!

3 Things to do during your Fast:

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

Water/Smoothie 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



PRAYER BATTLE

Plan

CHOOSE THE TIME AND LOCATION YOU WILL PRAY:

WHAT ARE YOUR TOP 3 NEEDS?

WHAT ARE YOUR TOP 3 STRESSES?

3 MIRACLES THAT COULD CHANGE
YOUR LIFE?

3 PEOPLE THAT HAVE NEEDS?

3 PROMISES YOU ARE BELIEVING GOD
FOR?

3 PRAYERS GOD HAS ANSWERED?

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

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



Prayer Journal

prompt

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?

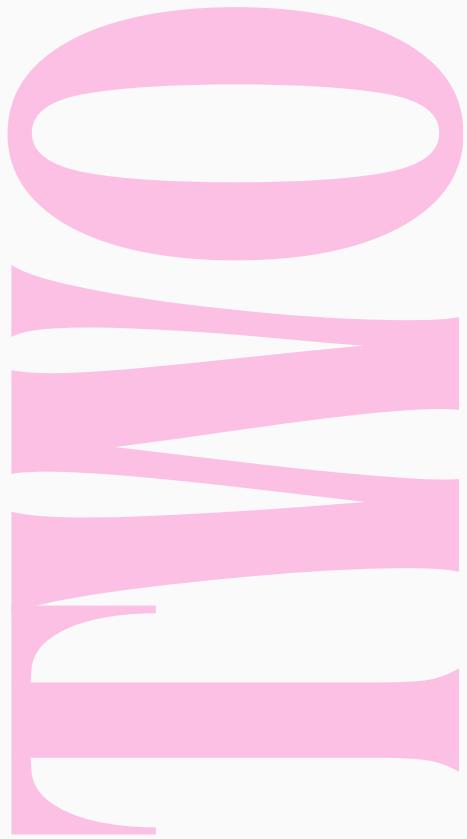
REFLECTION

- • • • • • • • •
- 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?

*existing my
lazy girl
era*

DAILY AFFIRMATION

Planning YOUR GLOW UP!



You don't know where you're going without a plan. Write it out. Next, take action!

What you get in this Glow Up:

- Goal Setting
- Habit Tracker
- Summer Bucket List
- Design your Ideal Day
- Weekly Planner

Do: Fill out these pages to find your glow again. Review what you desire your weeks to look like and fill out the weekly planner to reflect that.

Goal: Move from the mundane into purpose by focusing on what excites you and uprooting the habits that have held you back from that.

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.

DESIGN YOUR IDEAL

Day

HOW DO YOU FEEL WITH YOUR IDEAL DAY?

WHERE DO YOU GO?

WHAT DO YOU DO?

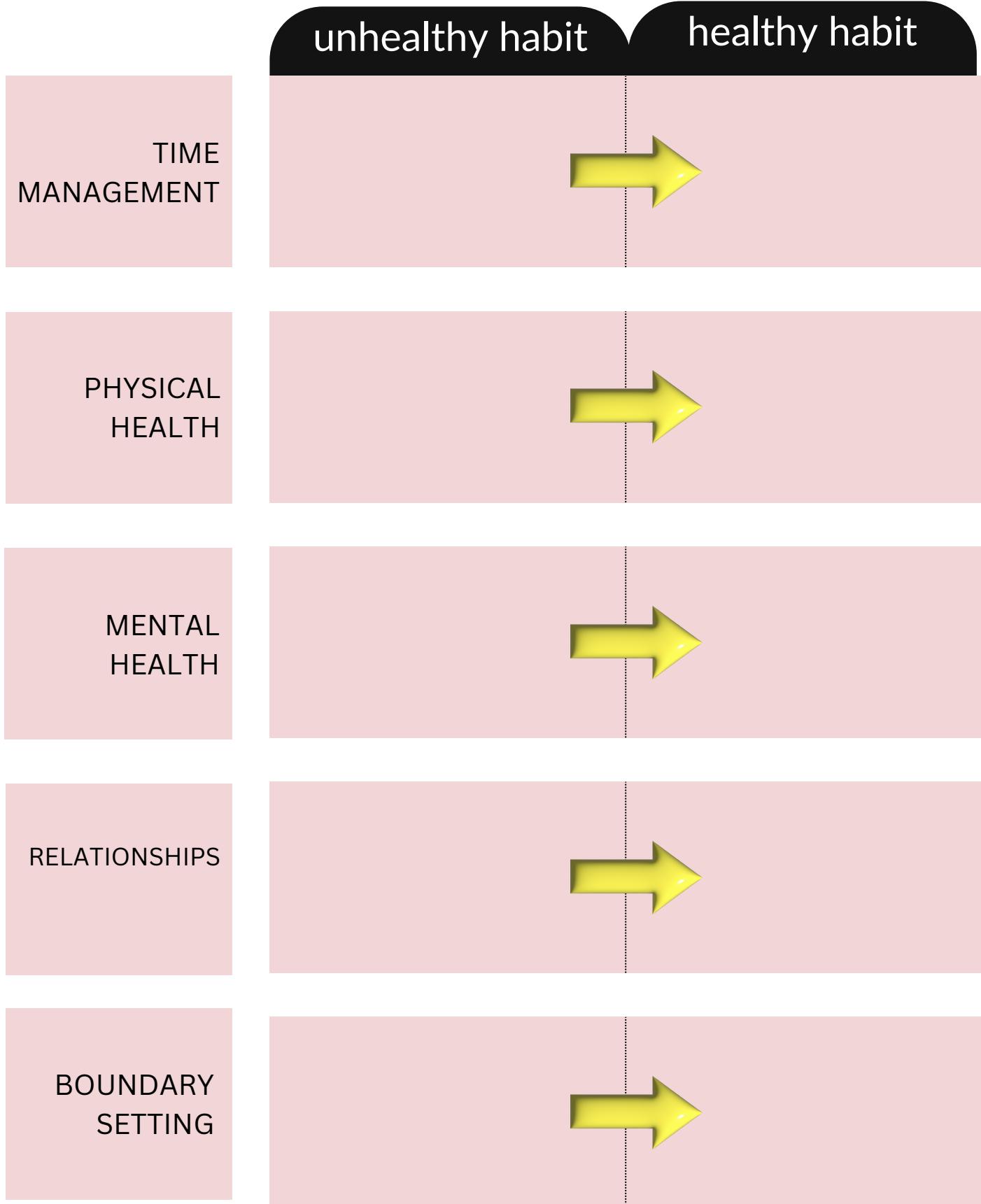
HOW DO YOU RELAX?

WHO ARE YOU WITH?

Journal Activity!

WRITE ABOUT YOUR IDEAL DAY:

habit tracker





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.

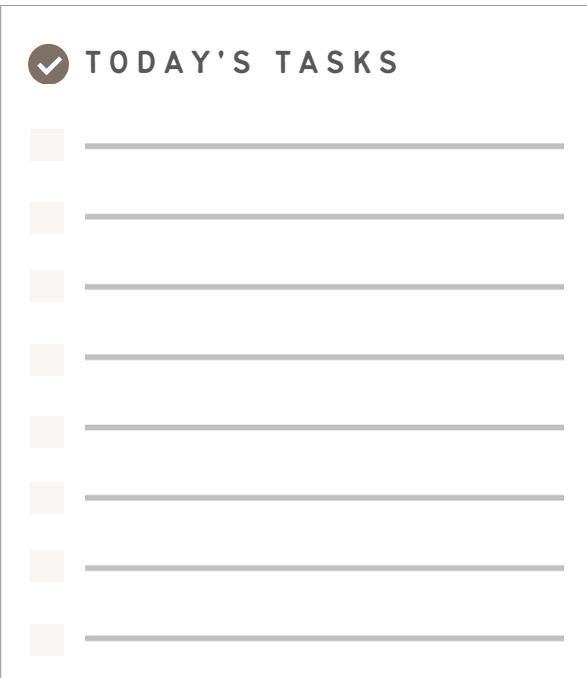
WEEKLY PLANNER

DATE:

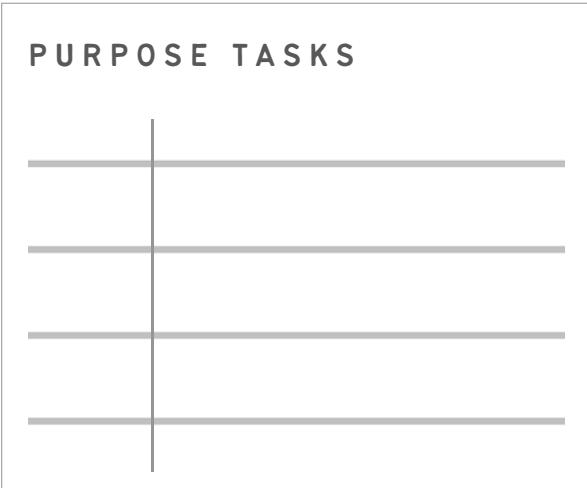
MOST IMPORTANT TASK



TODAY'S TASKS



PURPOSE TASKS



WATER INTAKE

MOOD TRACKER



THINGS TO REMEMBER

MON	
TUES	
WED	
THURS	
FRI	

REMINDERS & NOTES





MORGAN TRACY J
[@MorganTracyJ](https://www.instagram.com/MorganTracyJ)

**GREATER IS IN YOU! SHOW
UP TODAY WITH A *GREATER*
PASSION FOR YOUR LIFE.**

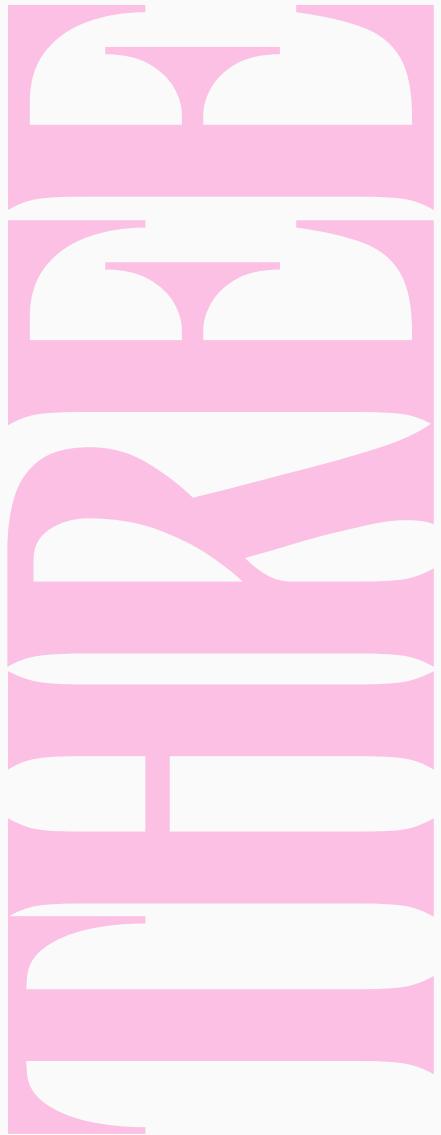
DAILY AFFIRMATION

GLOW UP IN YOUR *Health*

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

What you get in this Glow Up:

- Health Plan
- Workout Tracker
- Meal Plan
- Weekly Meal Planner



Do: 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.

HEALTH

Plan

HOW DO YOU PLAN TO GET FIT THIS SUMMER?

WHEN DO YOU PLAN TO WORKOUT?

WHERE DO YOU PLAN TO WORKOUT?

WHAT OBSTACLES WILL YOU FACE?

HOW CAN YOU OVERCOME THOSE?

Journal Activity!

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

WORKOUT Tracker

NAME: _____

DATE: _____

Get Your Measurements!

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



MEAL Plan

FOOD TO LIMIT:

SODA, CANDY, FRIED FOOD PROCESSED...

FOOD YOU SHOULD FOCUS ON:

BREAKFAST MEAL IDEAS:

LUNCH MEAL IDEAS:

DINNER MEAL IDEAS:

HEALTHY SNACK IDEAS:

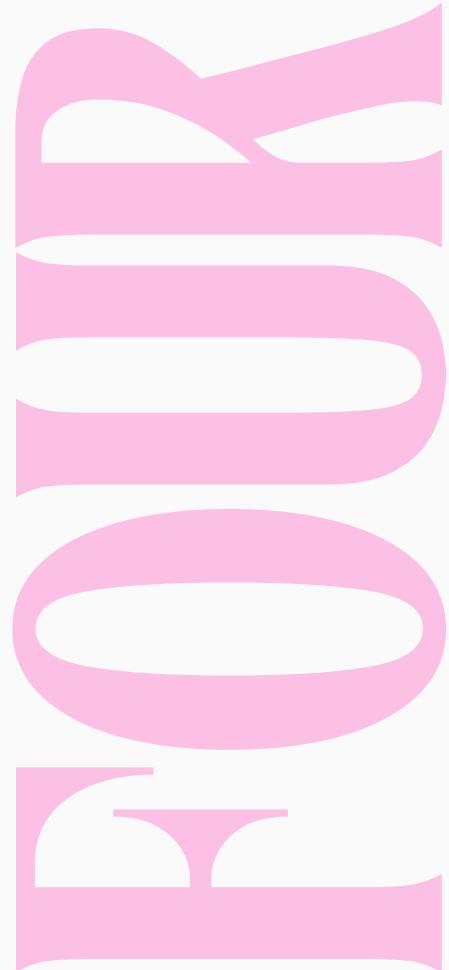
GROCERY LIST:

MEAL PLANNER

	Breakfast	Lunch	Dinner	Snack
Sun				
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				

GLOW UP IN YOUR *Fashion*

How you show up is often a reflection of yourself. The woman of your dreams is already inside, begin to show up as her and you'll soon reveal all of her in every room you step in.



What you get in this Glow Up:

- Personalize Your Style
- Tips to Improve Your Looks

Do: Plan out your style. Style the outfits you already have to create something new.

Goal: Elevate your looks to elevate your confidence in how you show up.

WHAT'S YOUR *Style?*



CHIC

Simple, elegant, sophisticated,
timeless, clean lines, classic patterns



ATHLEISURE

Smooth lines, sporty, stylish



BOLD

Wide and large-scale patterns,
unusual combinations, eye-catching,
edgy details



ROMANTIC

Floral, nature prints, hint of vintage,
feminine

ELEVATE YOUR *Look*



It's time to start looking like the **Woman of Your Dreams**. Studies show, that when you feel good, you show up better in your everyday life. It's time to look the part! **When you look better, you feel better.**

STYLE

Wear what makes you feel Beautiful!

- You can find items in your closet that you are normally drawn to and restyle them with different pieces.
- Accentuate the waist by using a belt or wide-legged pants
- Try a monochromatic look

HAIR

Switch up your Hairstyle!

- Try a new color, cut, or even texture
- Don't be afraid to experiment with your natural hair looks and alternatives.
- Sometimes the fresh look you need is in your hairstyle



BODY

Get That Body Snatched!

- The more you like your body, the more confidence will exude from you.
- Try a new workout plan
- Eat healthy greens
- Track Your Confidence to ensure you are on track to feeling like your best self.

Bonus Activity!



Save pictures of new outfits, hair, skin, and body options. Next, save it to a folder to easily access your options when you need them.

SKIN

Improve Your Skin-Care Routine!

- Better skin will make you look more vibrant and overall put together.
- Try new face masks, serums and pimple patches to assist with improving your skin
- Drink water and take your vitamins. Good skin starts from within.



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:

- Face Your Fears
- Glow Up Calendar
- 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!

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?

SELF-LOVE challenge

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:

Glow Up

30 DAY CHALLENGE

CHOOSE ONE THING A DAY

Say a
Prayer

Eat
Healthy
Lunch

Dance

Take a
Selfie

Plan a
Girl's Night

Work on a
Goal

Movie
Night

Skin Care
Routine

Dress Up

Try New
Hair Do

Encourage
a Friend

Try New
Cafe

Karaoke

Plan a
SleepOver

Go for a
WALK

Style New
Outfit

Cook New
Recipe

1 Act of
Kindness

Finish a
Project

Learn About
a Skill You
Have.

Go to the
Pool

Organize
Your Closet

Bake
Something
New

Journal

Eat a New
Fruit

Stretch for
5 minutes

Read 3
Pages

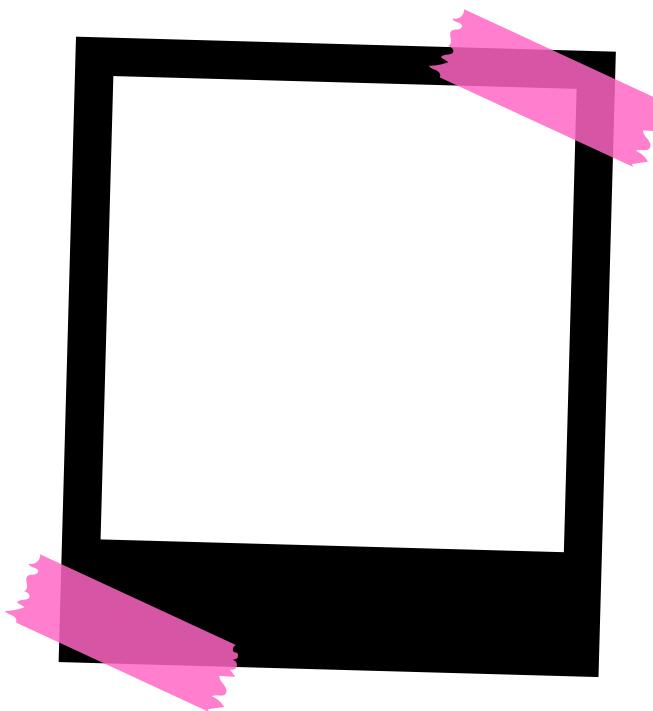
Create a
Routine

Do
30
Squats

Meditate

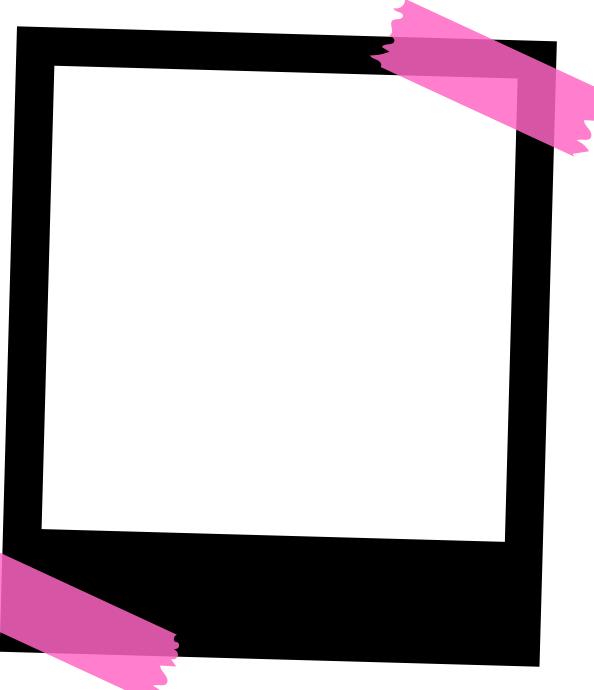
TRACK YOUR *Glow Up!*

BEFORE



PLACE A PICTURE
OF YOU AT THE
START OF YOUR
GLOW UP
DATE: _____

AFTER



LET'S SEE YOUR
60 DAY
PROGRESS
DATE: _____

SHE GLOWS

Event

Please Join us for a Girls Trip...

AUGUST 25, 2024

WE ARE GOING TO
TULSA, OK



MORGAN TRACY

J.



MELODY ALISA



KAMRY MONET



DANIELA THE BRAND



RICCI BRIANNA



BRITTANY S.

Get Your Tickets Now!

www.HisDaughtersCloset.com/sheglows



Arise Daughter 31 Day Devotional

Standing Bold, Firm & Confident in God
If you've ever felt lost, stuck, or in a season of renewing 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.