



MinistryForHer

Bloom Season

IT'S YOUR TURN AROUND
TIME

6 MONTH GUIDE

Hi, I'm Nikki!

YOUR GLOW UP BESTIE BOO

How do you have a turn around? You decide you are ready for a change and then take the steps to change. Flowers don't bloom over night. You have to become planted in an environment that is going to allow you to flourish. This is your seed season sister! I am here to help you and guide you on a path to upgrade to YOU 2.0. Plus, I am taking this journey with you. I would never want y'all to do anything I'm not willing to do.

How do you build desires? You take the time to turn them into a discipline and you work at it everyday. Treating your body better can be a desire. Reading your Bible daily can be a desire. Having a successful marriage can be a desire. Your daily life can be a desire. You have what you need to bloom this season!





31 DAY FAST

- ✓ We are starting this journey off with a FAST. Fasting will push you into your purpose, face your fears, and will help you get a breakthrough in the shackles you seem tied to.
- ✓ This fast is about you. It's about going deeper and digging out the root of why you keep going back to the same old battles. So my fast may not look like your fast.
- ✓ You pick what you want to fast. If you want to fast certain foods, social media, soda.. whatever the case may be. Do it! But you actually have to put in the work if you want to see your bloom season.

BE BOLD

Fast & Pray

**MIND OVER
MATTER**

Week 1: Start off with a partial fast. Fast what you are giving up.

Fasting window from 6 a.m - 3p.m

Your Goal: Desire Christ more

Week 2: Partial Fast. Fast what you are giving up

Fasting window from 6 a.m - 3p.m

Your Goal: Desire His Word

Week 3: Full Fast. Fast what you are giving up

Fasting window ALL DAY

Your Goal: Breakthrough

Week 4: Daniel Fast. Fast what you are giving up AND meat. Only eat fruit, veggies, and smoothies.

Fasting window ALL DAY

Your Goal: Becoming Obedient



Let's
Plant!

The best way to turn things around in your life is to turn to the Word of God. This is where true transformation starts. In His Word is where you will get

Clarity +
Confidence

God doesn't care how foofy you make it. He just wants your heart

For the next 6 months let's embark on this Bible Reading Plan together. We will cover 13 books in the bible and each month we will read a few chapters a day. Don't focus on being perfect because this is all about learning and growing. Get a notebook and jot down things that stood out to you in the reading.

Don't forget to pray. That is our secret sauce to living out this life in abundance

6 MONTH BIBLE PLAN



WHAT IS YOUR GOAL:

July

PSALMS

**5 CHAPTERS
A DAY**

August

PROVERBS

**1 CHAPTER
A DAY**

September

JOB

**2 CHAPTERS
A DAY**

October

**ACTS OF THE
APOSTLES**

**1 CHAPTER
A DAY**

November

**EPHESIANS,
PHILIPPIANS,
COLOSSIANS,
1&2 THES, 1&2
PETER**

December

MATTHEW & LUKE

**1 CHAPTER
A DAY
2 CHAPTERS A
DAY IN LUKE**

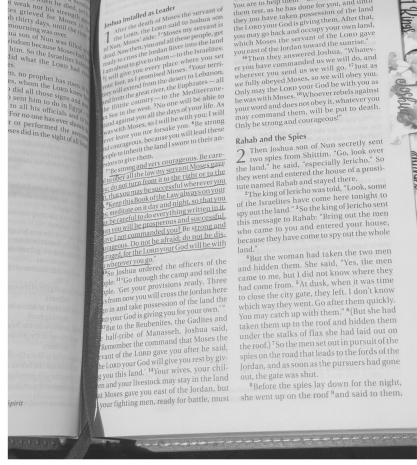
Ministry for Her

HELPING WOMEN
FLOURISH



START YOUR PRAYER JOURNAL

Each day journal about how
you feel, title your journal
entry with whatever comes to
mind..



How to Make a Journal

Write down what you want God to do for you during these 6 months. It can be little or big. It does not matter to God. When he sees the sacrifices you are making and being obedient, your results could be life changing. Write your struggles. Be real and raw with the Lord. I know when I write it down and get it off my heart, it just keeps flowing. Some days it will bring you to tears and some days it is like a heavy load lifted. Write it down and make it known.





Glow Up

CHALLENGE



For the next 6 months I challenge you to find what can make you a better person. These next 6 months is not just about wanting to lose weight, or trying to compare yourself to anybody else. This is about YOU. This is about having a total transformation in your life. I want you to Focus on 3 things of your choice that you want to flourish in this last half of the year.



Examples of a Glow Up

- Removing people from your life
- Not snacking after a certain time
- Reading your Bible on a daily basis
- Moving your body for 30 minutes
- More date nights with your spouse
- Less spending

If you don't know what to focus on, PRAY ON IT. Let the Lord lead you into what you need to work on

GOD WANTS
TO GIVE YOU
THE DESIRES
OF YOUR
HEART



BE FEARLESS

The number one reason most people don't do something is because of fear. Fear of failure, fear of rejection, fear of humiliation, and just plain ole FEAR! Being fearless doesn't mean being careless. It means showing up everyday regardless of how you feel. Fear is a motivator for me. When I feel fearful that's when I can become purposeful

WHAT YOU CAN EXPECT

Figuring out your fears NOW so that LATER you won't stumble when God is calling you deeper. You will grow in confidence in your calling from the Lord. You will start to discover a side of yourself that you never knew lived inside of you. No backing down. No giving up. Walk in that gift! Do the hard thing.

*You are
worth it*

1 DAILY FEAR

I want you to do 1 daily fear. If you want to do it for 6 months, 60 days or a week that is up to you. I would suggest doing it for at least 30 days. You can do anything for 30 days if you want a change. Don't limit yourself until you feel good enough. You will never be ready until you take that first step and just do it!



30 Days

CONQUER 1 FEAR A DAY

● 1	● 2	● 3	● 4	● 5
● 6	● 7	● 8	● 9	● 10
● 11	● 12	● 13	● 14	● 15
● 16	● 17	● 18	● 19	● 20
● 21	● 22	● 23	● 24	● 25
● 26	● 27	● 28	● 29	● 30

NOTES:



Wellness

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

1 Corinthians 6:19–20

Taking care of your body should mean more than just looking like a snack

A little humor right there (LOL) but for real. Our bodies were made to be a vessel for the Holy Spirit. When you have company come over you make sure your house is in tip top shape. So why would we not treat the Holy Spirit the same way? We invite Him into our hearts that may not even last that long because of the way we treat our body.

Set 1 goal each month you want to work towards. It could be unplugging with your family once a week or drinking more water. Set the goal and crush it!



July Goal

The Goal:

The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

August Goal

The Goal:

The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

September Goal

The Goal:

The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

October Goal

The Goal:

The Strategy:

Steps to Take:

-
-
-
-
-
-
-
-

Other Notes

November Goal

The Goal:

The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

December Goal

The Goal:

The Strategy:

Steps to Take:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other Notes

Prayer



Father,

I pray for the sister who is holding this printable in her hands right now. I pray that this is her turn around season. Lord, that the next 6 months will be filled with joy that only comes from you. I pray that her love will only grow deeper and stronger for you and for the people around her. I pray that she conquers her fears, focuses on the important things, and has the strength to overcome her struggles. Give her answers and give her clarity in this season. In Jesus name.

Amen!

Nikki

Ministry for Her

HELPING WOMEN
FLOURISH