Designed for More Jumpstart: 7-Day Challenge

Introduction:

Welcome to your 7-day jumpstart! This challenge is designed to help you begin aligning your faith, science, and grit to live the life you were designed for. Each day includes a theme, key scripture, and a simple action step.

Day 1 – Identity Reset

Key Scripture: Psalm 139:14

Action Step: Write three declarations about who you are in Christ and say them aloud.

Day 2 – Mind Renewal

Key Scripture: Romans 12:2

Action Step: Identify one negative thought pattern. Replace it with a gratitude statement every time it appears.

Day 3 – Physical Stewardship

Key Scripture: 1 Corinthians 6:19–20

Action Step: Move intentionally for 15 minutes—walk, stretch, or do a simple workout.

Day 4 – Spiritual Practice

Key Scripture: Joshua 1:8

Action Step: Read one chapter from the Gospels and journal a single takeaway.

Day 5 – Habit Stacking

Key Scripture: Luke 16:10

Action Step: Add a faith habit to an existing routine (e.g., pray while making coffee).

Day 6 – Rest & Reflection

Key Scripture: Matthew 11:28–30

Action Step: Unplug for an hour; reflect on your week and jot down three wins.

Day 7 – Next Level Commitment

Key Scripture: Philippians 3:14

Action Step: Decide on one habit to keep for the next 30 days; share it with a friend or in our community.

Next Steps:

Congratulations on completing your 7-day jumpstart! For a deeper transformation journey, grab your copy of "Designed for More" and join the Born Again Level 1 challenge. Visit our website to get started.