

# 80 Days of Faithful Preparation

A gentle, flexible challenge for women preparing  
for something hard –  
especially when the body isn't cooperating.

*This is not about doing everything.  
It's about doing what you can – consistently.*





# How to Use This Challenge

You will not be told exactly what to do.  
You will choose actions that fit your body,  
your season, and your limits.

Some days will feel strong.  
Some days will feel heavy.  
Both still count.

**Your only goal:**  
*Show up with faithfulness, not perfection.*



# Your Intention

I am preparing for:

For the next 80 days, I am choosing to prepare by:

One word or phrase I want to carry through this challenge:

# My Daily Actions

*Need ideas? Turn to the final page for gentle inspiration*

## Movement (Choose 1-3)



## Recovery Support



## Nourishment Focus



## Mindset/Faith Focus



*Preparation is not about intensity – it's about intention*

# Weekly Tracker

Write in the daily actions you've chosen for this season

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



*Consistency over intensity. Imperfect still counts.*



# Reflection

What Changed?

What surprised me?

What did I learn about myself?

What comes next?

# Gentle Inspiration

*These are simply ideas. Choose what fits your body and your season.*

## **Movement (Choose What Feels Safe)**

- A short daily walk
- Physical therapy exercises
- Gentle stretching or mobility work
- Chair or bed-based movement
- Light upper-body strength
- Balance or stability exercises
- Breathing-focused movement

## **Nourishment**

- Choosing whole, simple foods
- Eating enough to support healing
- Drinking more water
- Reducing added sugar or processed foods
- Eating mindfully and without guilt

## **Showing Up Gently**

- Doing less, but consistently
- Listening to your body's cues
- Choosing compassion over criticism
- Celebrating effort, not outcomes
- Resting without guilt

## **Recovery & Support**

- Foam rolling or massage
- Ice or heat therapy
- Intentional rest
- Early bedtime or consistent sleep routine
- Compression or support tools
- Slowing down between tasks

## **Mindset & Faith**

- Prayer or quiet reflection
- Scripture or devotional reading
- Gratitude journaling
- Letting go of comparison
- Practicing patience with your body
- Trusting the process, even when progress feels slow

## **Preparing for What's Ahead**

- Creating a calm daily rhythm
- Strengthening what's available now
- Building habits that support recovery
- Preparing mentally for change
- Releasing control over outcomes