

# Faith · Fitness · Freedom

## *Starter Guide*

A 3-day guide to strengthen your faith, energize your body, and step into the freedom God designed for you.



# ***Strong in Spirit. Strong in Body. Bold in Purpose.***

@abundant\_mompreneur

Welcome, Beautiful Mompreneur!

I'm so happy you're here! You didn't stumble upon this guide by accident — God led you here for a reason. You're being called to rise higher... to grow stronger in faith, take care of your body, and step into a life of freedom and purpose.

This short guide is designed to help you start that journey. Over the next 3 days, you'll:

- Realign your mind and heart with God's Word
- Begin simple daily habits to strengthen your body
- Reignite your confidence and purpose as a mompreneur



You don't have to have it all figured out — just take one faithful step at a time.

With love and belief in you,

*Ashley*

Founder of Abundant Mompreneur



## Day 1: Faith— Rooted in God

*"But seek first the kingdom of God and His righteousness, and all these things will be added to you." — Matthew 6:33*

*Align your spirit before you move.*

As moms, it's so easy to wake up and instantly think of everything that needs to get done — lunches to pack, emails to answer, workouts to fit in, goals to chase. Before we know it, our minds are racing, our hearts are heavy, and we've already tried to run the day without inviting God into it. But here's the truth: when we begin our day rooted in Him, everything else flows with peace and direction. Seeking God first isn't about adding one more thing to your to-do list; it's about aligning your entire day with His presence.

When your life is deeply rooted in God, you become unshakable — even when storms come. Just like a tree draws strength from its roots, your faith nourishes every other area of your life. Your business, your health, your relationships — they all grow from the soil of your spiritual foundation. When you stay connected to the Source, you no longer rely on your own strength to get through the day; you draw from His endless supply of wisdom, peace, and strength.

Take a moment today to slow down and simply sit with Him. Whisper a prayer, open your Bible, or write a verse that speaks to you. Let His Word sink deep into your heart. The more you stay rooted in God's truth, the less you'll be shaken by the noise of the world. You'll find yourself walking in calm confidence, trusting that no matter what today holds, He's already gone before you — preparing the way and holding you steady.

## Daily Reflection:

Where do I need to trust God more in this season?

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## Simple Action Step:

- Spend 10 minutes journaling.
- Praying before you check your phone.
- Write one scripture on a sticky note and place it where you'll see it all day.



## Prayer... Rooted in God

Heavenly Father,

Thank you for being my solid foundation when life feels uncertain. You are my anchor when the waves of fear, doubt, and distraction try to pull me away. Lord, I confess that sometimes I let worry take the driver's seat — I try to plan, fix, and figure things out on my own instead of resting in You. But today, I choose to surrender. I choose to plant my heart and mind firmly in Your truth, trusting that You are working even when I can't see it.

Teach me how to stay rooted in You, not just in the quiet moments but in the chaos of everyday life — when I'm juggling responsibilities, caring for my family, and trying to build the dreams You've placed inside me. Let my faith be more than words; let it be the way I live.

Lord, I want to live with unshakable faith. Remind me that being rooted in You is where real peace, joy, and freedom begin. No matter what comes my way, I want my heart to stay grounded in Your presence and Your purpose. Thank You for being my firm foundation, my source of strength, and my constant guide.

In Jesus' name, amen.



## Day 2: Fitness – Strength for the Journey

*“Do you not know that your bodies are temples of the Holy Spirit... You are not your own; you were bought at a price. Therefore, honor God with your bodies.” – 1 Corinthians 6:19–20*

*Care for your body as the temple of the Holy Spirit.*

Our bodies are one of God’s most precious gifts – vessels designed not just to carry us through life, but to help us serve, love, and live out our purpose. Yet so often, we treat them as afterthoughts. We push past rest, eat in a hurry, and forget to move because “there’s just no time.” But what if we began to see fitness not as punishment, vanity, or another task on the list, but as an act of worship – a way to honor God with the body He entrusted to us?

When we take care of our health, we’re saying, “Lord, I value what You’ve given me.” Strength training becomes an opportunity to build endurance not just physically but spiritually – reminding us that growth takes consistency, patience, and faith. Every time we show up for ourselves, whether it’s a short walk, a workout, or choosing a nourishing meal, we’re practicing stewardship. God doesn’t ask for perfection; He asks for obedience and intention.

Taking care of your body is not about fitting into a certain size or chasing an image – it’s about being strong enough to do what God has called you to do. You can’t pour from an empty vessel. When you move your body, you’re preparing yourself for your mission. So, invite Him into your health journey. Let your workouts become worship, your discipline become devotion, and your strength become a testimony of His faithfulness in your life.

## Daily Reflection:

How can I move my body today to show gratitude for it?

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## Simple Action Step:

- Take a 20-minute walk and use the time to talk with God.
- Drink at least 8 glasses of water
- Aim to eat whole, healthy foods.



## Prayer... Strength in Stewardship

Heavenly Father,

Thank You for the body You've given me – fearfully and wonderfully made. Forgive me for the times I've neglected or spoken harshly about it. Help me to see my body through Your eyes – not as something to perfect, but something to protect, nurture, and strengthen.

Give me the discipline to move even when I don't feel like it, the grace to rest when I need to, and the wisdom to fuel my body in ways that bring You glory. Teach me to listen to my body and respond with care, not criticism. Let my fitness journey be rooted in gratitude – a celebration of what I can do, not shame for what I can't.

Use my strength for Your purpose, Lord. Help me to show up each day with a spirit of perseverance, knowing that taking care of myself helps me better serve my family, my community, and Your Kingdom. I want to honor You with every choice I make – in how I move, eat, rest, and live. Thank you for being my ultimate strength. I

In Jesus' name, amen.



## Day 3: Freedom – Bold in Purpose

*"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." – 2 Corinthians 3:17*

*Step into the abundant life God designed for you.*

Freedom isn't just the absence of limits – it's the presence of purpose. So many of us chase freedom, thinking it means more money, more time, or fewer responsibilities. But real, soul-deep freedom begins when we release control and trust God's plan for our lives. It's the moment we stop striving to create a life on our own terms and start walking in alignment with His.

You were never meant to live bound by fear, guilt, or comparison. Christ set you free so that you could live boldly – not just existing, but thriving in your calling. Freedom looks like waking up with peace instead of pressure, joy instead of anxiety, and purpose instead of confusion. It's choosing to believe that you are already enough because God says you are. When we root our identity in Him, the need to prove ourselves fades away, and we find confidence in simply being who He created us to be.

Your freedom will look different from anyone else's – and that's the beauty of God's design. Maybe your freedom means starting the business He placed on your heart, stepping away from something that no longer serves your growth, or finding the courage to rest in this season. Whatever it is, know this: freedom is not found in doing more, but in trusting more. When you surrender to His lead, you'll find yourself walking lighter, stronger, and finally free to live the life He intended.

## Daily Reflection:

What is God calling me to do in this season that would bring me closer to freedom?

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## Simple Action Step:

- Write one goal or dream God has placed on your heart – and pray over it.
- Say this daily declaration: *I am strong in spirit, strong in body, and bold in purpose.*

## Prayer... Walking in Purpose

Heavenly Father,

thank You for the beautiful freedom You've given me through Jesus. I don't want to live in fear or limitation – I want to walk boldly in the purpose You've prepared for me. Teach me to let go of the things that weigh me down: the doubt, the comparison, the constant striving to do it all on my own. Help me to rest in Your grace and trust that Your plans for me are good.

Lord, when I feel stuck, remind me that freedom is already mine. I don't have to earn it – I just have to receive it. Give me the courage to say "yes" to what You're calling me to do and the wisdom to say "no" to what pulls me away from You. Let my life reflect the peace that comes from walking hand in hand with You.

Today, I declare that I am free – free from fear, free from self-doubt, and free to live fully as the woman You've called me to be. Thank You for setting me free, redeeming my story, and using my journey to bring You glory.

In Jesus' name, amen.

# Reflection + Action Steps

Rooted. Strong. Free.

You've just completed the Faith, Fitness & Freedom start guide — three days of slowing down, tuning in, and realigning your life with God's design for you.

Take a deep breath and let this moment sink in. You've been reminded that your faith is your foundation, your body is your temple, and your freedom is your birthright in Christ. Now, it's time to put it into action.

Transformation doesn't happen overnight — it happens little by little, through small, faithful steps. This is your moment to begin walking out what you've learned with intention and grace.

You're not just a mompreneur — you're a woman called to rise, lead, and live abundantly. Keep taking small, faith-filled steps forward.

Remember, you're not walking this journey alone — God is with you every step of the way.

***“I am rooted in God's truth, strengthened by His grace, and free to live boldly in my purpose.”***

– @abundant\_mompreneur



# JOURNAL PROMPTS



Use these to deepen your reflection this week:

- Where do I feel most connected to God right now?
- What areas of my life need more balance — spiritually, physically, or emotionally?
- How can I make space for both discipline and grace in my routine?
- What does living in freedom mean to me personally?
- How can I encourage another woman in her own faith, fitness, or freedom journey?

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