



GODLY GLOW-UP — STARTER — GUIDE



Savvy Sistar

THE GODLY GLOW-UP *STARTER* GUIDE TO BECOMING GOD'S FAVOURITE

The First Steps to a Christ-Centred
Glow

A guide for the woman who is ready
to look, live, and love like she's
God's favourite.



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Welcome Letter

Hey sis, welcome ♡

This isn't just a guide, it's an awakening.

You're here because you know you were made for more. You're done with surface-level trends and lukewarm living. You're ready to radiate from the inside out.

“Her glow isn't from highlighter, it's from heaven.”

Becoming Her starts with becoming clean – body, mind, and spirit. Let this be your soft place to begin.

You don't need to be perfect. You just need to be willing.

5 Areas to Glow Up

There's a reason you've been feeling the pull to level up. As women of faith, we're not called to settle, we're called to shine. But glow-ups aren't just about aesthetics, they're about alignment. Here are 5 areas to start with:

1. **Spiritual life:** your walk with God should lead everything.
2. **Outer beauty:** not vanity, but stewardship.
3. **Mindset:** because how you think shapes what you attract.
4. **Relationships:** no more unequally yoked friendships or situationships.
5. **Purpose & finances:** the woman God is calling you to be isn't broke, burnt out or bitter.

Focus on one area at a time or sprinkle a bit of each into your week. Either way, consistency is key, not perfection.

Cleanliness is Next to Godliness

God is a God of order and He *absolutely* cares about how we carry ourselves. From Esther's beauty preparations to the priests who had to wash before entering sacred spaces, cleanliness isn't just cute... it's **biblical**.

“Your body is the temple of the Holy Spirit.” – 1 Corinthians 6:19

Caring for your hygiene is an act of reverence. When you look after your body, you're honouring the One who created it. So yes, that exfoliating shower, fresh breath, and moisturised skin? All holy girl behaviour.

*“Create in me a clean heart, O God,
and renew a right spirit within me.”
– Psalm 51:10*

Cleanliness isn't about being
aesthetic, it's about being aligned.

A woman who honours God takes
care of her temple. She keeps her
space clean, her words kind, and
her body sacred.

This includes:

1. Keeping your home tidy: peace starts in your environment.
2. Bathing daily + smelling soft and fresh
3. Wearing clean, intentional outfits: you don't need designer to look divine.

4. Guarding your eyes, ears, and mouth from filth.
5. Praying for a pure heart, even when no one is watching.

Your Godly Morning Glow-Up

Set the tone. Invite the glow.

Here's your spiritual-soft-girl starter routine:

1. **Wake with Worship:** Before you reach for your phone, whisper “Thank You, Lord.”
2. **Read One Scripture:** Start with Psalms or Proverbs. Psalms 23 or 121 is a very good one to start.
3. **Hydrate & Wash:** Drink water and shower. Clean body = clean energy.
4. **Affirm with the Word:** Look in the mirror and speak life:
“I am fearfully and wonderfully made.”
5. **Dress With Intention:** Even if you're home. Soft fabric, clean scent, calm aura.

6. **Pray Over Your Day:** Invite God into every decision.

You can start with this simple 1-hour routine that will have you glowing in both spirit and skin:

- **2 min:** As soon as you wake up, whisper “Thank You Lord. Father, I give myself to You. Let everyone I meet and everything I do today connect me to my divine destiny”.
- **3 min:** Speak 3 things you're grateful for while making your bed
- **5 mins:** Read or recite a short scripture. Psalm is a great book to start from.
- **20 minutes:** Wash your mouth, have your shower with a gentle wash, apply moisturiser or oil, and spritz your perfume.

- **15 mins:** Get your outfit on and accessorise. Keep it simple. For this step, have your outfit planned out the night before.
- **15 mins:** Have a high protein breakfast with fiber. E.g. Boiled eggs with oat porridge, scrambled eggs with spinach + black beans.

You can decide to drink some chia seed water 15 mins before your meal if it does not have enough fiber. It is best to soak the chia seeds in water overnight, ready for breakfast.

That's it. No pressure. Just small steps that prepare your body and soul for favour

Inner Beauty Checklist

The most radiant women aren't loud. They're light. Here's what "Her" looks like within:

- Gentle spirit:** Do my words reflect wisdom and grace today? Was my presence peaceful or chaotic?
- Grateful:** Was I appreciative in the small things?
- Kind with her words:** Did I speak with softness or sarcasm?
- Disciplined:** Did I listen more than I spoke?
- Confident in Christ:** Am I leading with love, or trying to prove something?

True glow-ups don't start with
makeup, they start with mind
renewal.

The Preparation Before The Crown

Before she was Queen Esther, she was Hadassah. Quiet, hidden, and going through a 12-month glow-up.

Before Esther wore a crown, she wore humility, obedience, and discernment. It wasn't just her beauty that captured the king, it was her spirit. She didn't beg to be chosen; she *prepared* to be positioned. She didn't chase the crown. The crown came because she was prepared.

- 6 months of oil treatments
- 6 months of perfumes
- And a heart aligned with heaven

When you allow God to prepare you in private, He'll present you in public.

Be in your “oil season,” sis. God is preparing you for rooms you haven't seen yet.

Mindset Shifts for Becoming Soft, Feminine & Full of Faith

This glow-up isn't about becoming someone else.

It's about becoming **her**—

The *healed* version.

The *holy* version.

The one who no longer begs for crumbs because she knows she's already seated at the table.

It's not a switch you flip. It's a soft surrender. And it starts with these quiet, powerful shifts:

1. **From Control → Surrender**

Softness isn't weakness, it's trust.

A godly woman doesn't need to

force outcomes when she knows the outcome is already in God's hands.

“Trust in the Lord with all your heart and lean not on your own understanding.” – Proverbs 3:5

2. **From Hustle → Honour**

We weren't built for burnout. Honour your body, your boundaries, and your God-given rhythm.

“The steps of a righteous woman are ordered by the Lord.” – Psalm 37:23

3. **From Comparison → Confidence**

There's no one like you—and that's the point. You weren't made to

copy; you were made to *carry* something divine.

“I praise You because I am fearfully and wonderfully made.” – Psalm 139:14

4. **From Proving → Posturing**

You don't have to perform to be chosen. A soft woman doesn't need to convince; she aligns and allows.

“The Lord will fight for you; you need only to be still.” – Exodus 14:14

5. **From Chasing Love → Attracting Purpose**

You are not desperate; you are *destined*. The right man will find you *in purpose*, not in panic.

“He who finds a wife finds a good thing and obtains favour from the Lord.” – Proverbs 18:22

6. **From Anxiety → Assurance**

You're not behind. You're being built. You're not late—you're being led.

“There is a time for everything, and a season for every activity under the heavens.” – Ecclesiastes 3:1

7. **From Trend → Truth**

Your glow doesn't come from contour; it comes from **Christ**. The most radiant women are the ones rooted in the Word, not the world.

“Those who look to Him are radiant; their faces are never covered with shame.” – Psalm 34:5

The godly woman doesn't chase.
She prepares.
She positions.
She praises while she waits.

Ready to Glow Deeper?

Sis, if this little taste stirred something in you, imagine what's next.

The Ultimate Godly Glow Up Guide is coming soon:

- Biblical beauty care: hair, skin, hygiene, modesty
- A 90-day glow-up calendar to stay consistent
- Powerful prayers to attract divine friendships + relationships
- Feminine etiquette, capsule wardrobe tips, perfume lists
- Passive income ideas for women of faith

- Step-by-step breakdowns on how to attract God-fearing, wealthy men

You won't just read it, you'll become it.

You've already started your journey. Now let's take it to the next level. The version of you who walks in beauty *and* power is only a click away.

→ Join my Telegram channel **here**

→ Or my Facebook group **here**

To get a 49% discount off on the **Ultimate Godly Glow Up Full Guide** when it is ready.



God bless.

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