



TINY Promises



The 7-Day Survival Mode Reset

7 Days • 7 Small Changes



Created by Terri-Lee Botha

Faith | Focus | Home | Body | Money | Purpose

Welcome!



Hey friend,

If you are here, maybe you are tired.

Not just “I need a nap” tired, but **soul tired**.

The kind of tired where you know you were created for more, but somehow you are stuck in survival mode — doing what needs to be done every day while slowly losing pieces of yourself along the way.

I created this reset because I needed it too.

I am not writing this from a perfect, polished place. I am writing this from the middle of my own journey — as a full-time working mom of three teenagers, with my husband working in Texas for long periods of time, while I try to manage the household, parenting, finances, emotions, my studies in Financial Management, and still build a future that looks different from my current reality.

And somewhere in all of that, I got lost.

Not all at once. Slowly.

Between responsibility, exhaustion, the mental load, personal trauma, and the pressure to keep going even when I did not feel okay, **I realised I was functioning — but I was not really living.**

For too long, I felt disappointed in myself. Not because I did not want to change, but because deep down I knew God created me for more than daily survival.

I tried the self-help books, podcasts, workshops, planners and big motivational ideas. They all sounded amazing... until life happened. Then I would give up, not because I did not care, but because focusing on myself felt impossible when so many other things depended on me.

So the first place I took resources from was myself.

My growth.

My health.

My dreams.

My healing.

My quiet time with God.

My future.

And then I would feel disappointed again because I could not stick to the plan. Again.

That cycle is exhausting.

This workbook was created for the woman who knows she needs change, **but does not have the capacity for another complicated system.**

It is for the woman who loves God, but feels distant.

The woman who wants to hear His voice, but feels unsure.

The woman who wants to get healthy, organised, focused and financially secure, but feels overwhelmed before she even starts.

It is for the woman who does not need more pressure.
She needs a gentle place to begin again.

My prayer is that this workbook will help both me and you learn to trust ourselves again — not by becoming perfect overnight, but by keeping one tiny promise at a time.

One prayer.

One drawer.

One walk.

One honest conversation with God.

One brave step toward the life you know you were made for.

This workbook is not about becoming perfect in seven days.

It is about starting gently.

Inviting God into the messy middle.

Proving to yourself that you are not stuck.

And learning that small steps still count.

So take a deep breath.

You do not have to fix your whole life today.

You only have to begin.

Let's begin gently.



With Love
Terri-Lee

How to use this book



1. Set aside 10 to 20 minutes per day.

*Do not do more, unless you feel completely comfortable with it. Remember that you are teaching your mind that **starting is not scary or demanding.***

2. Do not try to do everything perfectly.

*Do not overthink every answer or activity. Just get it done! And honestly, it might feel useless, **but it is not** - you are resetting your mind - small actions are better than nothing.*

3. Answer honestly.

If it feels uncomfortable to write down, it may be something that needs to come into the light. Remember: you are not the only cause — circumstances shaped this too.

4. If you miss a day, carry on without shame.

*Just carry on the next day where you left off - **DO NOT OVERTHINK!** You did not fail! You are still in this! Carry on, just make sure you apply each day.*

5. Most importantly, start each day with God.

*Even if it is just a quick "Good morning God..." - acknowledge that God's presence is with you **ALWAYS!** This trains your mind to what you heart already knows.*

What you need

- A pen
- A notebook (physical or on your phone/laptop)
- A quiet moment, even if it is only 10 minutes
- Your Bible or Bible app
- A willing heart
- Grace for yourself



Overview



Your 7 Tiny Promises

Day	Theme	Tiny Promise	Pg
1	Mind	Brain dump the chaos	9
2	Identity	Replace one lie with truth	13
3	Faith	Make quiet space with God	15
4	Home	Reset one small space	17
5	Body	Do one kind thing for your body	19
6	Money	Face one money task	21
7	Purpose	Choose your next tiny promise	23



Before I Start:



Where Am I Really?

You can write your answers in a journal, a small notebook, the notes app on your phone, or even in a Google Doc — whatever feels easiest and most manageable for you.

There is no perfect way to do this. The goal is simply to document your journey this week, one honest thought at a time.

Right now, I feel...

1. The area of my life that feels most overwhelming is...
2. I feel far from God because...
3. I am tired of...
4. I secretly wish I could...
5. I keep starting and stopping because...
6. I want to believe that...
7. If I could change one thing in the next 7 days, it would be...

Rate where you are at currently from 1 to 10:

1. My faith feels strong: ___ /10
2. My mind feels calm: ___ /10
3. My home feels manageable: ___ /10
4. My body feels cared for: ___ /10
5. My money feels under control: ___ /10
6. My future feels hopeful: ___ /10
7. I feel able to show up for myself: ___ /10

If you are short on time, complete only the brain dump today and come back to the prayer later.



My Survival Mode Inventory



WHAT DOES SURVIVAL MODE LOOK LIKE FOR ME?

I know I am in survival mode when...

- I wake up already tired.
- I avoid praying because I feel guilty or disconnected.
- I scroll instead of dealing with what I feel.
- My house feels too much.
- I eat for comfort or convenience.
- I ignore my money because it stresses me out.
- I start things but do not finish them.
- I feel jealous of people who seem to be moving forward.
- I doubt whether God really has something for me.
- I feel like I am always behind.
- I am busy all day but still feel like I achieved nothing.

My personal survival mode signs:

- 1.
- 2.
- 3.
- 4.
- 5.

Reflection:

What do I think God wants to gently show me about this season?



My Tiny Promise for this Week



This week, I am not promising to fix my whole life.
I am choosing **one tiny promise each day** to show myself that I can begin again.

This week I am choosing to reset my:

- Faith
- Mind
- Home
- Body
- Money
- Confidence
- Future

My main reason for starting is:

I am doing this because ...

My 7-day promise:

For the next 7 days, I will show up honestly, imperfectly and
with God's help.

Signed: _____

Date: _____



Prayer Before I Begin



A Prayer for the Woman Who Feels Stuck

Dear Lord,

I come to You honestly.

I feel tired, distracted and unsure.

I know You love me, but sometimes I struggle to believe that Your love is really for me too.

Help me to hear Your voice above fear, shame, pressure and confusion.

Help me to stop running from my life and start rebuilding it with You.

Show me the small steps.

Teach me how to begin again.

Help me to trust that I do not have to become perfect before I come close to You.

I give You these next 7 days.

Reset my heart, my mind, my habits and my vision.

In Jesus' Name I pray - Amen.

My own prayer:



Each of our journeys are different in some ways, let Holy Spirit lead you while you give all your troubles, fears and doubts onto our Abba Father so that He can give you strength and wisdom.



Faith | Focus | Home | Body | Money | Purpose



Day 1:

Clear the Mental Clutter

God is not scared of your messy thoughts. You can bring the chaos to Him.

You cannot reset what you keep pretending is fine.

Today is not about solving everything.

Today is about getting the noise out of your head and onto paper. It is about bringing what feels heavy, messy or hidden into the light.

I have found that when I keep things bottled up inside, guilt, shame and condemnation seem to grow louder. The thoughts feel bigger than they are, and the burden starts to feel impossible to carry.

But when we bring those thoughts into the light, we create space for God to meet us there. He can gently show us what is true, what is not, what needs healing, and what we have been carrying that was never ours to carry alone. Jesus invites us to come to Him with our burdens, not to hide them until we have everything figured out.

A brain dump is not just a list.

It is a way of saying:

“Lord, this is what is happening inside me. I do not want to carry it alone anymore.”

When everything stays trapped in your mind, it feels bigger, louder and more impossible.

A brain dump gives your thoughts somewhere to land — and gives your heart room to breathe.



Today's tiny promise:

I will write down what is weighing on me.



Faith | Focus | Home | Body | Money | Purpose



Day 1:

Worksheet



My Brain Dump

Before you start, ask God to please reveal to you what you need to acknowledge.

Once again - do not overthink your answers - as they pop into your mind write them down. You are doing this as an action - not perfect - but a beautiful and messy starting point.

1. What is on my mind?
2. What am I worried about?
3. What am I avoiding?
4. What do I keep saying I need to do?
5. What feels urgent but may not actually be urgent?
6. What is one thing I can hand over to God today?



Day 1 - Closing Reflection:

From Defeat to Awareness



After writing everything down, take a moment to breathe.

This list is not proof that you are failing.

It is not proof that your life is a mess beyond repair.

It is not proof that you are behind, broken or too far gone.

This list is simply awareness.

And awareness is powerful.

When we can finally see what has been weighing us down, we can stop fighting a hidden battle. We can begin to understand what has been stealing our peace, draining our energy, distracting our focus and keeping us stuck in survival mode.

We are not looking at this list from a place of defeat.

We are looking at it from a place of courage.

Because today, you were brave enough to bring it into the light.

You do not need to fix everything on this page today. You do not need to have all the answers. You do not need to suddenly become organised, healed, disciplined and confident overnight.

Today, you simply acknowledge:

“This is what I have been carrying. Lord, I do not want to carry it alone anymore.”

This list helps you see what needs prayer, healing, wisdom, boundaries, support, action or surrender.

It is not the enemy's evidence against you.

It is your starting point with God.



Day 1 - Closing Prayer

Let's give it to God



Dear Lord,

I bring this list to You today.

Every worry.

Every unfinished task.

Every fear.

Every heavy thought.

Every place where I feel overwhelmed, stuck, ashamed or uncertain.

I give it to You honestly.

Some of these things feel too big for me. Some feel embarrassing. Some feel frustrating because I have tried before and still feel stuck. Some make me feel like I am failing.

But today, I choose not to look at this list through defeat.

I choose to bring it into Your light.

Please help me see these things the way You see them. Show me what needs action, what needs surrender, what needs healing, and what was never mine to carry in the first place.

Help me to stop agreeing with guilt, shame and condemnation.

Renew my mind. Strengthen my heart. Teach me to take small steps with peace instead of panic.

Give me the courage to face what needs to change, and the wisdom to know where to start.

Thank You that I do not have to fix my whole life today.

Thank You that small steps still count.

Thank You that I am not fighting from defeat, but moving forward with You toward healing, freedom and victory.

In Jesus' Name, I pray - Amen.



Day 2:

Remember Who You Are

Your identity is not built on your performance. It is built on who God says you are.

Survival mode can make you forget who you are.

You start seeing yourself as the messy one, the tired one, the overweight one, the inconsistent one, the one who never finishes.

But those labels are not your identity !!

Today is about asking: *what have I believed about myself, and what does God say instead?*

What God says:
about me

Psalm 139:14 — **Fearfully and wonderfully made.**

Ephesians 2:10 — **God's workmanship, created for good works.**

Romans 8:1 — **No condemnation in Christ.**

2 Corinthians 5:17 — **New creation.**

A Personal Note on Identity

This is one area in my relationship with God that I have found difficult to fully believe for myself. I can believe God loves, chooses and restores other people — but I have struggled to let that truth settle in my own heart: that God says I am His daughter too.

For too long, I built parts of my identity on what people thought, said or expected from me. But people are also carrying their own hurts, trauma and broken perspectives.

As the saying goes: "Hurt people hurt people."

When we build our identity on people, pain or rejection, it becomes shaky. But God is steady.

He created us. He knows us. He loves us.

Our pastor once said something that stayed with me:

"I am who I AM says I am."

So today, we bring our identity back to the One who made us.



Day 2:

Worksheet



Lies, Truth and Identity

Lie I have believed	What God's truth says instead
I am lazy	I may be overwhelmed, but I can begin again
I always fail	I am learning consistency one step at a time
God speaks to others, not me	I can learn to recognise His voice
I am too far gone	God restores

Some questions to answer - remember reflect, but do not overthink

1. The harshest thing I say to myself is ...
2. I think I started believing this because ...
3. If I spoke to myself like someone God loves, I would say ...
4. One truth I want to hold onto today is ...
5. One identity statement I am choosing:

Example:

I am a daughter of God most High. I am not stuck. I am being rebuilt.

Today's tiny promise:

I will replace one lie with God's truth.



Day 3:

Learning to Listen Again



Sometimes we want God to speak loudly because we are afraid of getting it wrong.

We wonder: Is this God? Is this me? Is this fear? Is this the enemy trying to confuse me?

This reset is not about forcing a dramatic spiritual experience. It is about creating space to seek God honestly, compare our thoughts with His Word, and learn to recognise the fruit of what we are hearing.

God's voice will never contradict His Word.

God's leading will not push you into shame, panic, pride, destruction or confusion.

His correction may convict you, but it will not crush you.

His voice draws you closer to Him.

A simple discernment filter

When a thought comes, ask:

- Does this align with Scripture?
- Does this produce peace, wisdom and humility?
- Does this draw me closer to God?
- Does this sound like fear, shame or pressure?
- Would I still sense this after praying and waiting?
- Can I seek wise counsel before acting on it?

Scriptures

John 10:27 - My sheep listen to my voice; I know them, and they follow me.

1 Corinthians 2:12 - And we have received God's Spirit (not the world's spirit), so we can know the wonderful things God has freely given us.

John 16:13 - When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.

Tiny promise: I will make quiet space to listen without forcing an answer.



Day 3:

Worksheet



What Am I Hearing, Feeling and Sensing?

1. What I am praying about:
2. Thoughts that keep coming up:
3. Is this thought bringing:

- Peace
- Fear
- Shame
- Wisdom
- Pressure
- Hope
- Confusion
- Conviction
- Condemnation

4. Does this thought align with God's Word?

Yes / No / I am not sure yet

5. What Scripture can I compare this with?
6. What do I need to wait on?
7. What do I need wise counsel on?
8. My prayer today:

Today's tiny action:

Examples (but you can choose something that aligns with you):

- Sit quietly for 10 minutes.
- Read one chapter of John.
- Write down one question for God.
- Stop rushing for an answer.
- Ask God for wisdom.



Day 4:

Reset One Small Space

Creating order in your home can be an act of stewardship, not perfectionism.

When your home feels chaotic, your mind often feels chaotic too. But you do not need to declutter your whole house today.

You only need to choose one small space and create one little pocket of peace.

We are not building a show house. We are creating breathing room.

Why One Small Space Matters

When your whole house feels like chaos, your brain can go into overwhelm before you even start. You look around, see everything that needs to be done, and your mind says, "This is too much."

That is why we start small.

Choosing one drawer, one counter, one basket or one little corner helps your brain feel safe enough to begin. You are not asking yourself to fix the whole house. You are simply giving your mind one clear, manageable task. For an overwhelmed or ADHD-style brain, this matters because small wins create momentum. When you complete one tiny space, your brain receives proof that action is possible. It lowers the feeling of defeat and gives you a little boost of confidence.

That one clean space may seem small, but it becomes visual proof that change can happen.

You are not decluttering the whole house today.

You are creating one pocket of peace.

Examples:

- One drawer
- One kitchen counter
- Your handbag
- Your bedside table
- One laundry basket
- One bathroom shelf
- Your car
- One pile of paperwork



Day 4:

Worksheet



My One-Space Reset

The space I am choosing today:

1. Why this space bothers me:
2. Before I start, this space makes me feel:

Set timer for:

- 10 minutes
- 15 minutes
- 20 minutes

Sort into:

- Keep
- Throw away
- Donate
- Move to correct place
- Decide later

3. After I finish, I feel:
4. What this taught me:
5. Today's tiny action completed?
Yes / Not yet / I restarted

Optional:

Before and After Photo

This is great if you are a visual person, to record and celebrate your victory!

Today's tiny promise:

I will bring order to one tiny area.



Faith | Focus | Home | Body | Money | Purpose



Day 5:

Care for Your Body Without Punishing It



I do not have to hate my body into change.

I can care for my body because God gave it to me.

Your body is not your enemy.

Many of us only start caring for our bodies from a place of shame. We hate how we look, hate how tired we feel, and then try to punish ourselves into change.

But what if this reset is not punishment? What if it is stewardship? What if one glass of water, one walk, one better meal, one earlier night is an act of care?

What does God say?

- **1 Corinthians 6:19-20** — **Your body is a temple.**
- **1 Corinthians 10:31** — **Do all for the glory of God.**
- **Isaiah 40:29** — **He gives strength to the weary.**

Body Wisdom ...

A short dance break can do more than just get your body moving.

Dancing helps increase blood flow, releases feel-good chemicals in the brain, and gives built-up stress energy somewhere to go. Because it combines movement, music and rhythm, it can also help your nervous system shift out of stress mode and back toward feeling more calm, present and connected.

You do not need to dance perfectly.

Put on one song, move your body, shake off the heaviness, and let your body remember that it is allowed to feel alive again.

Today's tiny promise:

I will do one kind thing for my body.



Faith | Focus | Home | Body | Money | Purpose



Day 5:

Worksheet



My Body Care Check-In

- Right now, my body feels:
- I usually ignore my body when:
- My body-care promise today:
- How I want to feel in my body:
- One non-scale win I can celebrate:
- I use food for:
 1. Comfort
 2. Convenience
 3. Stress
 4. Boredom
 5. Celebration
 6. Exhaustion
 7. Other: ___

Gentle Reminder ...

Gentle movement helps your body release tension, improve blood flow and calm built-up stress. Even one song, one walk or one stretch can remind your body that it is safe to soften and breathe.

5-Minute Body Reset

1. Roll your shoulders.
2. Reach your arms up and breathe.
3. Gently pull your shoulders back.
4. Twist softly from side to side.
5. Shake out your arms and legs.
6. Place one hand on your heart and breathe.

One kind thing I can do for my body today:

Choose one kind body-care action:

- Drink more water
- Take a 10-minute walk
- Stretch for 5 minutes
- Eat one nourishing meal
- Sleep 30 minutes earlier
- Stop speaking badly about my body
- Dance to one song



Day 6:

Face the Numbers Without Fear

God cares about our provision, wisdom, stewardship and future.

Money stress grows in the dark.

When we avoid looking at our finances, fear fills in the blanks. Today is not about fixing everything. Today is about facing one small part of your money story with honesty and hope.

Don't Have a Budget Yet?

That is okay. You do not need a perfect spreadsheet to start. You simply need to see what is coming in, what is going out, and what needs attention.

Start by listing:

- Monthly income
- Fixed expenses
- Debt payments
- Groceries and household costs
- Savings or goals

- **Proverbs 21:5** —
 - **Plans of the diligent lead to profit.**
- **Luke 14:28** —
 - **Count the cost.**
- **Proverbs 3:9** —
 - **Honour the Lord with your wealth.**

You can write it out by hand, use a notebook, create a simple spreadsheet, or use the prompt below to ask ChatGPT to help you build a budget tracker.

Copy-and-Paste Budget Prompt

"Please help me build a simple monthly budget tracker. I want to track my income, fixed expenses, debt payments, groceries, household costs, savings, and actual spending. Please lay it out in a way that is easy for a busy mom to update every month. I want to see budget vs actual, totals, and what money is left over. Please also include a debt repayment section and a small savings goal section. Keep it simple and practical."

You can give Chat the categories that makes sense to you and then adjust it as you go. This is what I did and it has really given me a new perspective.



Day 6:

Worksheet



My Money Check-In

1. When I think about money, I feel:
2. One money leak I need to look at:
3. I avoid looking at:
 - a. My bank balance
 - b. Debt
 - c. Monthly expenses
 - d. Spending habits
 - e. Business income
 - f. Savings
 - g. Other: ___
4. My future income goal:
5. Why I want more financial freedom:
6. How can I diversify my income?
7. The life I am working toward looks like:

One small money step I can take this week:

- Cancel something
- Track spending for 7 days
- Make a simple budget
- Save R50/R100
- Post one business video
- Create one product page
- Follow up with one lead
- Pray over my finances

Finance Seed

One income stream may pay the bills, but extra income streams can create breathing room.

A small side hustle, digital product or investment does not have to replace your job overnight. It can simply be a seed you plant for future options, security and freedom.

Always give yourself options and backup plans when it comes to your finances.

Today's tiny promise:

I will take one honest money step.



Faith | Focus | Home | Body | Money | Purpose



Day 7:

Choose the Next Tiny Promise

God often leads us step by step, not with the full map in advance.

Over the last six days, you may feel like nothing big has changed.

But look again.

You have gently started teaching your mind and body something new: **that small changes are possible**, that you can show up for yourself, and that taking care of your life does not have to steal all your time or overwhelm you.

That is the goal here.

Not perfection.

Not pressure.

Not changing everything overnight.

Just one small step at a time.

Well done. I am so proud of you.

Scripture:

- Psalm 119:105 —
 - **Your Word is a lamp to my feet.**
- Zechariah 4:10 —
 - **Do not despise small beginnings.**
- Proverbs 16:9 —
 - **The Lord establishes steps.**
- Philippians 1:6 —
 - **He who began a good work will carry it on.**

Whether you completed these six days in six days or stretched them over ten, it still counts. You showed up. You made six small changes. And because of that, you are already growing in six different ways.

Now let's take the next step gently.

Today's tiny promise:

I will choose my next step and keep moving with God.



Faith | Focus | Home | Body | Money | Purpose



Day 7:

Worksheet



What Did I Learn About Myself?

Take a few quiet moments to reflect on the last six days.

Answer these questions honestly and gently. This is not about judging yourself or finding everything you did wrong. It is about noticing what came up, what challenged you, what helped you, and what God may be showing you.

Be kind to yourself — but do not hide from the things in your life that need attention.

This is acknowledgement without condemnation.

Once you have finished reflecting, start thinking about your next seven days. What is one small promise you can carry forward?

- This week I learned:
- The hardest day was:
- The most surprising thing was:
- I felt closest to God when:
- I noticed I sabotage myself by:
- One lie I am ready to stop agreeing with:
- One habit I want to continue:
- One area I need more healing in:
- One thing I am proud of:
- My next 7-day promise:



Some extra tools



Scripture Reflection

If you have never done your daily devotions by writing what stands out for you... This can be a game changer in understanding God's Word better:

Use the S.O.A.P. method.

- S — Scripture
Write the verse:
- O — Observation
What stands out?
- A — Application
How does this apply to my life right now?
- P — Prayer
My prayer from this verse:

Prayer Journal

Here are some ideas you can use for a prayer journal, should you want to start one

- Today I am thankful for:
- Today I am struggling with:
- Lord, I need help with:
- I am surrendering:
- I am asking for wisdom about:
- What I sense God may be showing me:
- Scripture to hold onto:



Closing Encouragement



You freaking did it!

And I want you to know something: I am so proud of you.

The fact that you took time out of your busy, messy, real-life days to do something for yourself already says so much about you. It speaks of a woman who is more capable of creating change than she may realise right now.

This “tiny promises” method has helped me in my own reset journey — and believe me, my life has not been neat or perfectly put together. For a long time, I felt stuck in survival mode: my home felt chaotic, my passion faded, caring for myself felt hard, and our finances felt heavy. But small steps helped me start again without feeling overwhelmed.

I have realised that when we have lived in survival mode for too long, even positive change can start to feel threatening. The moment we think about organising, building better habits, getting healthy, or making changes, our minds and bodies can shut down because it feels like too much.

That is why we only do one small thing a day, because every small step helps us rebuild trust in ourselves. We begin to teach our minds and bodies that change does not have to be scary, overwhelming or impossible. And before you know it, those tiny changes finish a whole task.

If this workbook helped you, or if you want to keep walking this journey with me, you are welcome to follow along as I share the real, messy and hopeful process of growth, faith, healing and starting again.

You do not have to do this alone.

Let's keep growing gently, one small step at a time.

With Love
Terri

