



YOUR 12-MONTH BIBLICAL GUIDE TO

100 FOLD

PURPOSE, GROWTH & MULTIPLICATION

DR FAITH ELIZABETH NANYONGA

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ROADMAP OF THE WORKBOOK

*ACCESS THE 100 FOLD TO
BLESSED STUDENT VAULT*

*Access Links are sent to your in box on signing
up*

*ALL COMMUNICATION WILL
BE ON EMAIL.*

*If the email ends up in the promotion
folder, please drag and drop it into your
primary email. Mark the email as
important so you don't miss any
communication*

*BOOKMARK THE CALENDAR FOR
FUTURE EVENTS*

Group coaching sessions

*ENDEAVOUR TO SHOW UP FOR ALL
INCLUDED MEETINGS.*

*Do the homework & always reach out to me via email for
any concerns/ questions & if you need any help. I am only
an email away.*

*LET'S CELEBRATE EVERY WIN,
MILESTONE*

And let's have some fun together in the group sessions.

THE 100 FOLD TRANSFORMATION BLUEPRINT

Welcome to the "100-Fold Transformation blueprint workbook! I am thrilled to embark on this journey with you as you learn the strategies and techniques to shift your mind from the broke, self-limiting, and self-inadequacy mindset to a "100-fold harvest " mindset.

Throughout this workbook, you'll find valuable proposed actionable events aimed to help you achieve your goals.



01 PRAYER CIRCLE

*Then He spoke a parable to them, that men always ought to pray and not lose heart,
Luke 18:1 NKJV*

*Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on
your own insight or understanding. In all your ways know, recognise, and acknowledge Him, and
He will direct and make straight and plain your paths.
Proverbs 3:5-6 AMP-C*

PRAYER & FASTING

Pray about your intentions

At the heart of this journey is Prayer.

Every month, we will begin with 3 days of prayer and fasting, offered intentionally unto God. These three days are set aside to pause, realign, listen, and submit our plans, businesses, finances, and personal growth to the Lord.

I strongly believe that when we lay our intentions before God first, He charts the course and establishes our steps. This is not about striving or hustling; it is about obedience, alignment, and divine direction.

The first three days of every month will be dedicated to prayer and fasting
These days represent our “first fruits” unto God for the month ahead

Our prayer cycle will commence on the 1st of each month, the first three days of each month.

During this time, we will:

- Pray over our intentions for the month
- Seek clarity and wisdom for decisions
- Break agreement with limiting and “broke” mindsets
- Invite God into our businesses, finances, callings, and personal lives

This rhythm will anchor us spiritually and keep us aligned throughout the six months.

*Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³ And you will seek Me and find Me, when
you search for Me with all your heart.
Jeremiah 29:12-13 NKJV*

*Ask me and I will tell you remarkable secrets you do not know about things to come.
Jeremiah 33:3 NLT*

*Commit to the Lord whatever you do, and he will establish your plans.
Proverbs 16:3 NIV*



PRAYER JOURNAL

Steward all you have received from God

02 PRAYER JOURNAL

I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works, and meditate on all your mighty deeds." Psalm 77:11. NIV

CREATING YOUR PRAYER BOARD & PRAYER JOURNAL

Tracking Faith, Growth, and Answered Prayers

In our first group session, we will create a Prayer Board and Prayer Journal together if you have not yet.

You will be encouraged to:

Purchase a prayer journal (or dedicate a notebook)

Prepare several envelopes, each labelled with a specific area of your life

Examples may include:

- Finances
- Business / Income
- Purpose & Calling
- Health
- Family
- Obedience & Faith
- Mindset Renewal

Inside each envelope, you will write down your prayer requests and intentions.

This practice serves two purposes:

- Intentional Prayer: You are clearly defining what you are bringing before God
- Faith Tracking: You will visibly see how God answers, shifts, redirects, and provides over time

We will also create a dedicated envelope for:

- Praise Reports & Thanksgiving

This is vital. Gratitude keeps our hearts soft, our faith strong, and our perspective aligned with God's goodness.

We will continually return to this envelope to remember what the Lord has done.

HOW TO CREATE A PRAYER BOARD VIDEO

03 DREAM JOURNAL

And the Lord answered me and said, Write the vision and engrave it so plainly upon tablets that everyone who passes may [be able to] read [it easily and quickly] as he hastens by.

Habakkuk 2:2 AMP-C

The secret things belong unto the Lord our God, but the things which are revealed belong to us and to our children forever, that we may do all of the words of this law.

Deuteronomy 29:29 AMP-C

DREAM JOURNAL

Learning to discern and steward God's voice

I believe wholeheartedly that God still speaks through His Word, through conviction, through visions, and through dreams.

During our prayer and fasting days and throughout the six-month journey, you are strongly encouraged to keep a Dream Journal.

God may speak to you through:

- Dreams
- Impressions
- Inner convictions
- Repeated thoughts or themes
- Scriptures that come alive

When God speaks, it is our responsibility to record, steward, and seek understanding.

Write down:

- The date
- What you dreamt or saw or heard from God
- How what you dreamt or saw or heard from God made you feel
- Any scriptures that come to mind

We will create space within our sessions to:

- Discern what is from God
- Separate emotion from instruction
- Learn when to act, wait, or pray further

Ignoring what God reveals leads to confusion and stagnation. Stewarding these revelations leads to clarity, obedience, and growth.

This journey is about moving forward with wisdom, not ignorance or recklessness.

The word that came to Jeremiah from the Lord, saying, "Thus speaks the Lord God of Israel, saying: 'Write in a book for yourself all the words that I have spoken to you.

Jeremiah 30:1-2 AMP-C



MONTHLY STRATEGY COACHING CALLS

These monthly strategy coaching calls ensure that you are supported not only spiritually but practically so that what God reveals in prayer can be translated into wise decisions, sustainable income, and faithful stewardship of the gifts He has entrusted to you.

04 MONTHLY COACHING CALLS

*Buy the truth, and do not sell it, also wisdom and instruction and understanding. Proverbs 23:23
NKJV*

*Hear counsel, receive instruction, and accept correction, that you may be wise in the time to come.
Proverbs 19:20 AMP-C*

MONTHLY GROUP COACHING CALLS

Community and personalised support

Throughout the 12-month 100-fold transformation journey, you will have 12 monthly group coaching calls designed to provide you with personalised support tailored to your season. Each call focuses on accountability, clarity, strategy, and implementation, so insight turns into action, and action turns into results.

During our monthly group calls, we will:

- Review your goals, intentions, and progress
- Identify what is keeping you stuck or causing resistance
- Address mindset blocks, fear, and limiting beliefs, especially around identity, self-image and worth, purpose, and calling
- Clarify the next steps that are aligned with God's direction for you
- Create simple, realistic action plans you can actually implement

These sessions are not about overwhelm or pressure. They are about right-paced growth, obedience, and building confidence as you move forward. Whether you are retired and discerning your next chapter, or working while building additional income, your coaching will be customised to honour your capacity, responsibilities, and energy.

You will leave each session with:

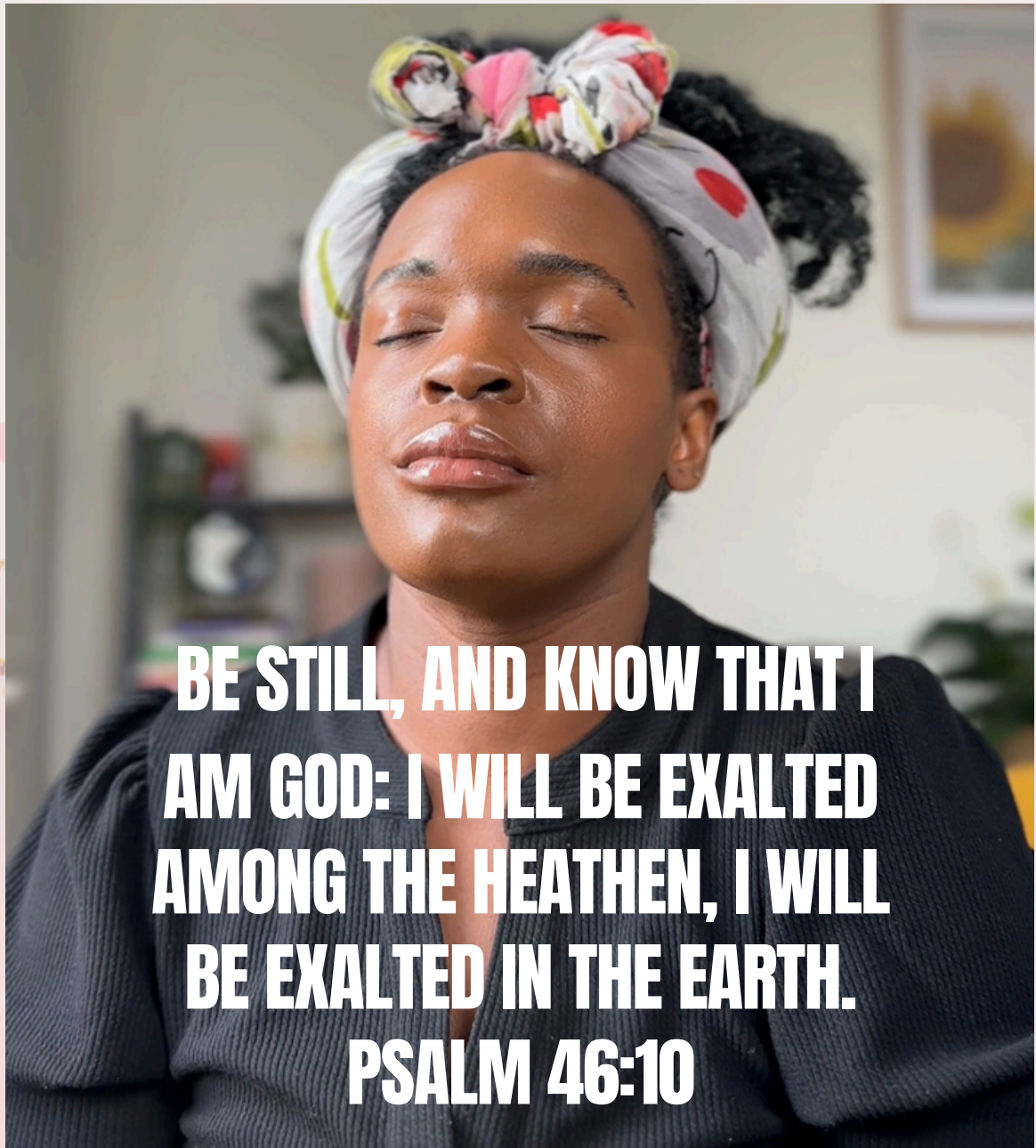
- Clear next steps
- Greater confidence and peace
- Renewed focus and direction
- Accountability to follow through

These monthly group coaching calls are a cornerstone of the 100-fold transformation mentorship experience, providing you with the guidance and encouragement you need to move from intention to transformation.

SPIRIT-LED OFFICE HOUR

Stillness, Shared Prayer & Spirit-Led Work Sessions

A vital part of this journey is learning not just to work for God, but to work with God. These group sessions, which we will call “Meetings with the Holy Spirit,” are intentionally designed as sacred, unhurried spaces where we come together to pray, listen, reflect, and work in the presence of God.



05 SPIRIT-LED OFFICE HOUR

For all who are led by the Spirit of God are sons of God. Romans 8:14 AMP-C

And Moses said to the Israelites, See, the Lord called by name Bezalel son of Uri, the son of Hur, of the tribe of Judah; and He has filled him with the Spirit of God, with ability and wisdom, with intelligence and understanding, and with knowledge and all craftsmanship, To devise artistic designs, to work in gold, silver, and bronze, In cutting of stones for setting, and in carving of wood, for work in every skilled craft.

Exodus 35:30-33 AMP-C

MEETING WITH THE HOLY SPIRIT

Stillness, Shared Prayer & Spirit-Led Work Sessions

This is not a typical group call. It is a Spirit-led office hour, where we create room for stillness, focus, and divine guidance with minimal distractions.

During these sessions, we will:

- Begin in prayer and invite the Holy Spirit to lead the time.
- Enter moments of intentional stillness and quiet listening.
- Meditate on selected Scriptures together.
- Work silently or gently brainstorm while remaining attentive to God's presence.
- Allow space for the Holy Spirit to bring clarity, ideas, corrections, or confirmation.

This time models a different way of building, not from pressure or noise, but from peace, presence, and alignment.

At the conclusion of each session, we will come together to share:

- Impressions received
- Convictions stirred
- Scriptures highlighted
- Ideas, prompts, or directions sensed from the Holy Spirit
- There is no forcing, striving, or comparison in these sessions.

What is shared is received with discernment, honour, and grace. This is a safe space to learn how to recognise God's voice, test what is heard, and grow in spiritual maturity and confidence.

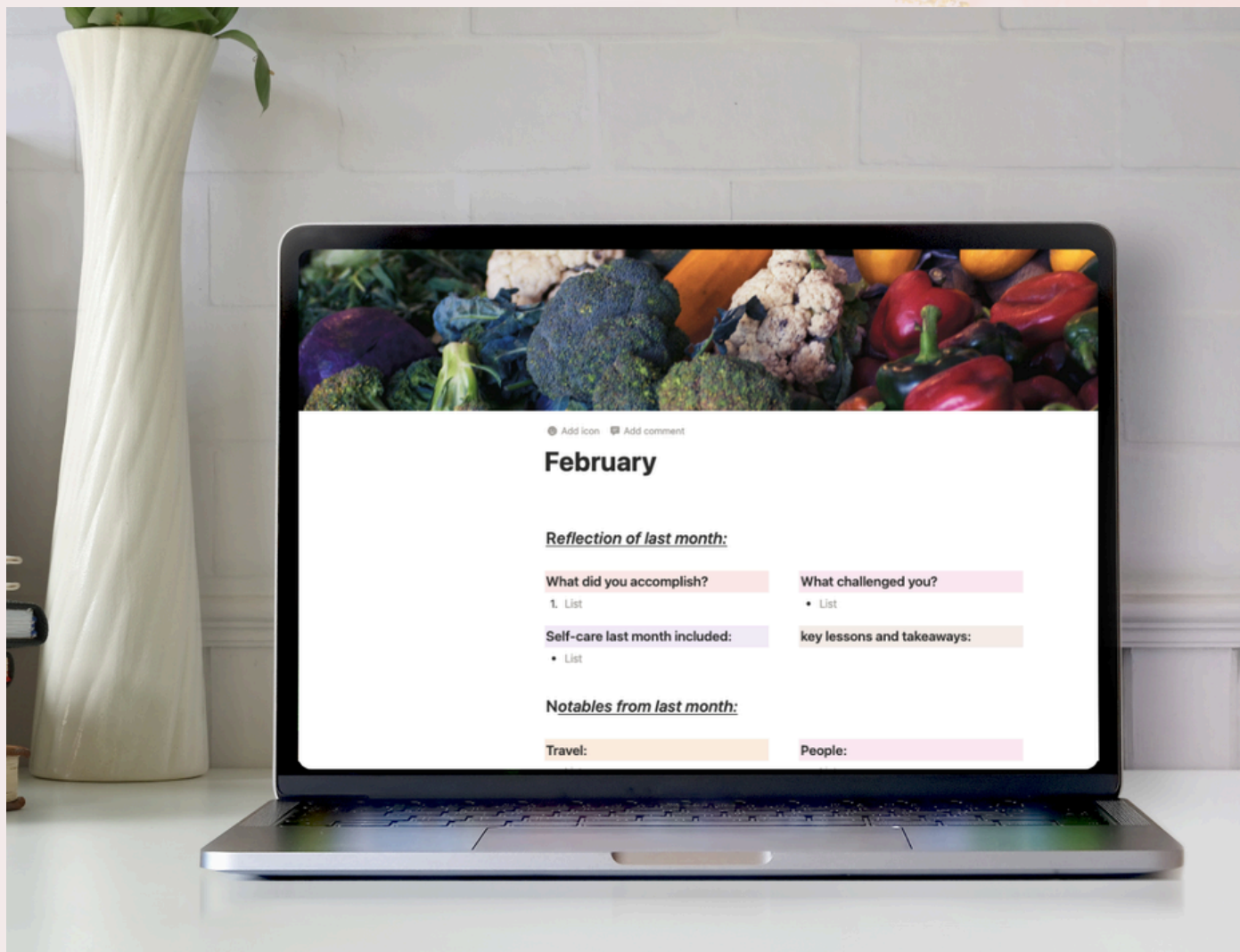
Over time, these Meetings with the Holy Spirit will help you:

- Develop spiritual sensitivity and discernment
- Learn to create with God, not apart from Him
- Build businesses and income streams rooted in obedience and peace
- Replace overwhelm with clarity and divine order

This practice reinforces the truth that our greatest breakthroughs often come not from doing more, but from listening more.

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.

2 Corinthians 13:14



RESET, RETHINK, RESTART

Brilliant thought-through ideas pay off and bring you prosperity, but making hasty, impatient decisions will only lead to financial loss.

“ We underestimate what we can achieve in a month, yet overestimate what we can achieve in a year. Every year is made up of months, months are made up of days, and days are made up of hours, minutes, and seconds. Every small step matters. Every obedient action matters. Every moment of progress counts.”

”

DR FAITH ELIZABETH NANYONGA

*All these will be in your Broke to Blessed Student Vault.
You will need a free Notion Account to access & save a copy of this Notion template*

[DOWNLOAD MONTHLY RESET TEMPLATE](#)

06 MONTHLY RESET ROUTINE

Being excited about something is not enough. You must also know what you are doing. Don't rush into something, or you might do it wrong.

Proverbs 19:2 ERV

The simple believes everything, but the prudent gives thought to his steps.

Proverbs 14:16 NLT

MONTHLY RESET ROUTINES & CELEBRATIONS

Pause, Reflect, Realign & Honour Progress

Growth does not happen by accident; it happens through intention, reflection, and alignment.

In the first month, we will come together for a Monthly Reset Routine, a dedicated time to pause, think and evaluate the progress we have made over the previous month. This session is designed to help you recognise growth, recalibrate where needed, and move forward with clarity and purpose. After which, you will implement what I teach on your own so you learn to evaluate your progress and plan for each subsequent month.

Without reflection and tracking, it is easy to work aimlessly, busy, yet unfulfilled and unsure of whether we are truly moving forward. These monthly resets prevent that drift.

They bring awareness, intention, and stewardship to your time, energy, and efforts.

During this Monthly Reset session, we will:

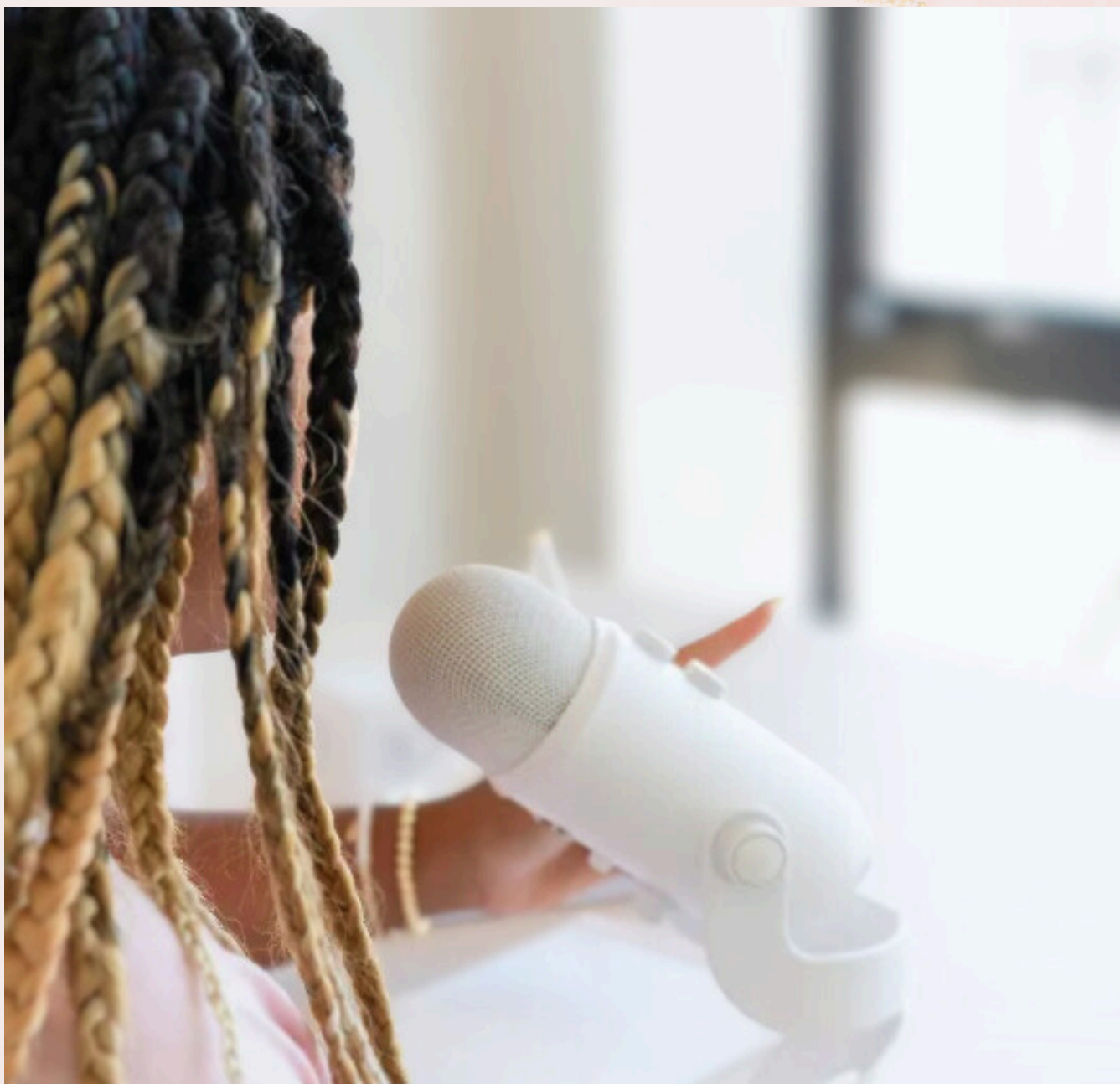
- Review what was planned versus what was completed
- Acknowledge progress made; both seen and unseen
- Identify lessons, resistance, and breakthroughs
- Release what no longer serves the next season
- Re-align goals with God's direction and current capacity
- Strategise and plan for the month ahead

Monthly reset routines are not about criticism or pressure. They are about honest reflection, grace-filled evaluation, and wise adjustment.

Just as importantly, you will celebrate wins, big and small. Celebration builds momentum, reinforces confidence, and shifts our focus from what is lacking to what is growing. Gratitude fuels faith, and faith sustains progress.

By pausing before we press play on the next month, you ensure that our actions remain aligned, intentional, and purposeful.

This rhythm of reset and celebration allows you to move forward not from exhaustion, but from clarity, peace, enthusiasm and renewed vision.



MINDSET MONDAYS

A Renewed Mind, a Transformed Life

Start every new week with a new episode released every Monday. This private podcast is not about hype; it is about renewal, maturity, and alignment. It is for women who are ready to break free from limiting beliefs and step fully into the life God has already made available to them.

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 NLT

07 MINDSET MONDAYS PODCAST

As a man thinketh in his heart, so is he" Proverbs 23:7 KJV

The LORD said, "If as one people speaking the same language they have begun to do this, then nothing they plan to do will be impossible for them. Genesis 11:6

CONFORM YOUR MIND TO GOD'S STANDARD

Renewed mind, a transformed life

The Mindset Mastery Podcast is a private weekly teaching released every Monday inside the Broke to Blessed Group Coaching Vault. Its purpose is to help you identify, confront, and release the "broke" and self-limiting mindsets that keep you stuck by renewing your thinking through the Word of God.

True transformation begins in the mind. Scripture teaches us that "as a man thinketh in his heart, so is he" (Proverbs 23:7), and lasting change happens when we are "transformed by the renewing of our mind" (Romans 12:2). This podcast provides practical, Scripture-based instruction to help you think in alignment with truth rather than fear, lack, or past conditioning.

Through each episode, you will learn how to cultivate the mind of Christ, as instructed in Philippians 2:5, adopting His perspective, humility, faith, and obedience. This renewed mindset empowers you to make decisions from wisdom rather than survival, and from faith rather than fear and limitation.

You will also be guided into a deeper understanding of your God-given identity as a daughter of the Most High. When identity is settled, insecurity loses its power. You will begin to live, think, and lead from sonship rather than striving, recognising that you are not lacking; you are already chosen, equipped, and authorised by God.

The Mindset Mastery Podcast is also designed to equip you to occupy until Christ comes (Luke 19:13). This means stewarding your time, gifts, finances, and calling with intentionality and responsibility; building, growing, and multiplying what God has entrusted to you rather than remaining passive or stagnant.

Finally, these teachings help you build a strong and formidable spirit, because "the spirit of a man will sustain him in infirmity, but a weak spirit who can bear?" (Proverbs 18:14). Strength of spirit is essential for endurance, resilience, and consistency. As your spirit is strengthened through The Truth, discipline, and understanding, you become capable of carrying greater responsibility, greater blessing, and greater impact.

OPEN MY EYES, THAT I MAY BEHOLD WONDROUS THINGS OUT OF YOUR LAW PSALM 119:18

HOLY
HOLY
HOLY

08 WEEKLY DEVOTION

But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'" Luke 4:4 NKJV

Your word is a lamp to my feet, and a light to my path. Psalm 119:105

Your words were found, and I ate them, and Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O Lord God of hosts. Jeremiah 15:16

MEDITATE ON THE WORD OF GOD

Renewed mind, a transformed life

Each week, you will receive a devotional with The Word of God about the topic and module of the week delivered straight to your email inbox, inviting you to pause, reflect, and encounter God through His Word.

These devotionals are designed to nourish your spirit and bring joy, strength, and renewal as you meditate on Scripture. As you engage with the Word, light and clarity are released. God's Word becomes a lamp to your feet and a light to your path, bringing understanding, direction, and wisdom where there was once confusion or uncertainty.

Through consistent meditation and application, you will build spiritual discipline and alignment, positioning yourself for the kind of success that flows from obedience to God's instruction.

Over time, the Word becomes written on your heart and woven into your daily life, forming a strong foundation for sustainable growth as you move from broke to blessed.

I will invite you to pause, think and reflect on God's truth. Let God be true, but every man a liar.

These devotionals are designed to ignite your spirit, strengthen your faith, and transform your mindset to reflect your true identity in God. True and sustainable victory comes from rooting your identity in who God says you are.

So buckle up for an exhilarating but beautiful time as you transform from the inside out.

From broke to blessed
From pain to purpose
From Shame to Glory

SUMMARY OF THE PROGRAM

I want you to know that nothing is impossible. Faith in God, education, and self-leadership have enabled me to create opportunities for myself, my children, and others. This passion fuels my work as a leader and mentor. I want to see great men and women making great money and a meaningful difference.

Here's a summary of how our time together will look.

PRAYER CIRCLE

*A 3-day fast at the beginning of every month
Days 1-3 of every month*

GROUP COACHING SESSIONS

One Monthly Group call
*For monthly group coaching, replays will be
provided but I strongly advise that you show up
live for each of them.*

CALENDAR

Link to Calendar is embedded here

MONTHLY RESET ROUTINE

At the end of every Month. You will do
your own monthly reset and reach out to
me on email if need be for guidance and
update

28th of every month unless otherwise

MINDSET MONDAY & WEEKLY DEVOTIONALS

Every Monday, a new episode and a new
devotional for the week, unless otherwise

About Me

From a young age, I knew I was called to help people. Everything I have achieved and done up to this stage of my life has been fueled by something bigger than me.

I have always believed in people, empowered people, treated people (medically), researched how to cure diseases that devastate people (biotechnology-wise) and celebrated seeing people break barriers and achieve their goals, purpose and dreams (coaching, podcasting, and now YouTube) which GOD created them to achieve.

I live and breathe empowerment, and it is this life purpose, which has enabled me to live a fulfilled life as GOD intended it for me. I have empowered myself through education, reading, researching, mentorship and seeking GOD's guidance.

But this was not always the case, for a while I thought these were mere interests, topics that intrigued me and kept me digging the rabbit hole of I believe there is more to life than a mere job title, a career and a paycheck.

Right at a point where I was contemplating my existence, GOD unravelled this hidden mystery of purpose and ever since then, everything I have done has been aligned with what GOD created me to be and fulfil His Kingdom's mandate for my life.

Today, I am here to welcome you to tap into that. I want every woman to know that nothing is impossible to her who believes.

Faith in God, education, and self-leadership have enabled me to create opportunities for myself, my family, and others. This passion fuels my work as a leader and mentor. I want to see great women making great money and a meaningful difference in this world.



Dr Faith Liz

