

31-DAY GROWTH PLAN



A 31-DAY PATH TO RENEWED
FAITH, HEALTH, AND
THANKFULNESS

TE RAUMOA BAKER

KIA ORA, I'M TE RAUMOA

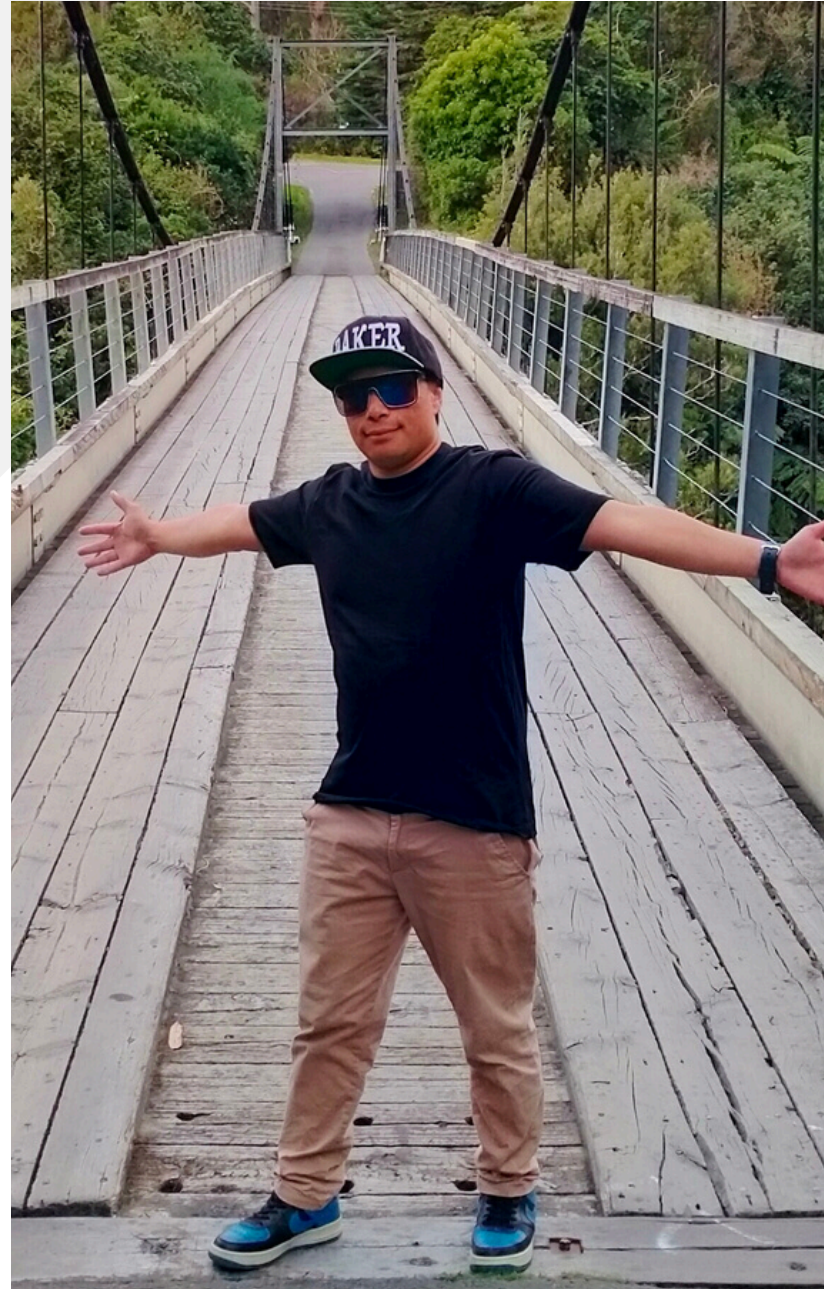
I am a Husband, a Father, and a follower of Jesus!

My mission is simple: to encourage and empower people of all ages to be the best they can be, in both their personal and professional lives. To unlock their full potential, guiding them toward personal growth and success through honest, authentic, and compassionate support. I strive to inspire transformation, one heart and one mind at a time, by sharing life experiences and fostering trust, respect, kindness, and resilience. No matter where you are in life, it's never too late to grow, lead, and inspire others.

Let's start this journey together!

Te Raumoa Baker

AUTHOR



WHAT'S WITH THE BAMBOO TREES?

STORY TIME!

Once upon a time, in a small village in China, there lived a farmer who decided to grow a Chinese Bamboo Tree. He planted the seed with great care in the fertile soil near his home. The seed was special, but it was also known for testing the patience of those who planted it.

Every day, without fail, the farmer tended to the seed. He watered it carefully and ensured that the soil was nourished with the right fertilizers. He protected the ground from weeds and pests and gave the seed his unwavering attention.

Months went by, and nothing happened. Not even a small sprout broke through the soil. His neighbors began to notice.

Why do you waste your time on that seed?" they asked. "There's nothing there. You could grow so many other crops in that spot!"

But the farmer smiled and said, "I believe in the bamboo's potential. It will grow in its own time."

A year passed. Then two. Then three. Still, there was no sign of growth. The farmer's patience was mocked by others in the village. "You're foolish," they said. "Nothing is going to happen. Just dig it up and plant something useful."

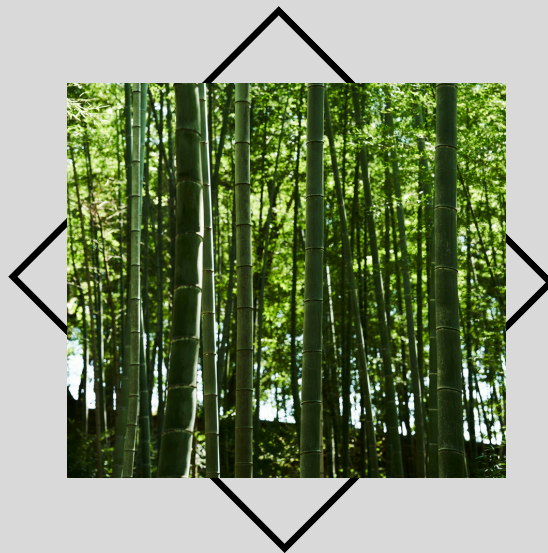
But the farmer ignored their words. He continued to water the seed and tend to the soil every single day.

Finally, in the fifth year, something miraculous happened. A small sprout pushed its way through the ground. The villagers were amazed, but what came next was even more astonishing.

In just five weeks, that tiny sprout grew and grew until it was a towering bamboo, stretching nearly 90 feet into the sky. The farmer stood proudly beside the mighty tree, its swaying leaves a testament to his faith and perseverance.

One of the villagers asked, “Did the bamboo really grow 90 feet in five weeks?”

The farmer smiled and replied, “No, it grew 90 feet in five years. Every day that it was hidden beneath the ground, it was growing its roots- strong and deep enough to support its height. Without those years of preparation, it would never have been able to reach such heights.”



THE LESSON:

Like the bamboo tree, great achievements and dreams often require unseen preparation. The work you put in today might not yield immediate results, but with patience, persistence, and faith, your efforts can lead to extraordinary outcomes. Allow this journey to be the start of a lifetime of growth, that starts right now by planting the seed.

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PRIORITIZE YOUR GROWTH!



**“GOD FIRST,
STRENGTH SECOND,
GRATITUDE ALWAYS”**

WELCOME!

Welcome to the **31-Day Growth Plan**, a journey designed to nurture holistic personal development through what we call the "Three G's of Growth": **God, Gains, and Gratitude**. This plan integrates spiritual, physical, and mental well-being to help you grow stronger in your faith, healthier in your body, and more grateful in your heart.

THE THREE G'S OF GROWTH

- **God:** A spiritual foundation is essential for enduring growth. Each day includes a Scripture, a short devotion, and a prayer focus to deepen your relationship with God and find guidance for your journey. These reflections are meant to inspire and ground you in faith, no matter what challenges or opportunities arise.
- **Gains:** Physical health is a vital part of your overall well-being. This section provides a simple yet effective daily workout plan designed to strengthen your body, increase your energy, and support a healthy lifestyle. Whether you're a beginner or looking to refresh your routine, these exercises are tailored to meet you where you are.
- **Gratitude:** Gratitude is a transformative practice that shifts your mindset and invites joy into your life. Each day, you'll reflect on something you're thankful for, fostering a habit of positivity and mindfulness. This simple practice can unlock a greater sense of contentment and appreciation for the present moment.

THE VISION

By dedicating a little time each day to this plan, you'll experience meaningful growth across these three areas. Each day builds on the last, creating a rhythm of intentional living and balanced development. Whether you're starting a new chapter in life or looking to deepen your current path, this plan is here to guide and support you.

Let this 31-day journey be a stepping stone to a better you—spiritually, physically, and emotionally. Commit to the process, trust in the growth, and celebrate your progress along the way.

LET'S GET STARTED!

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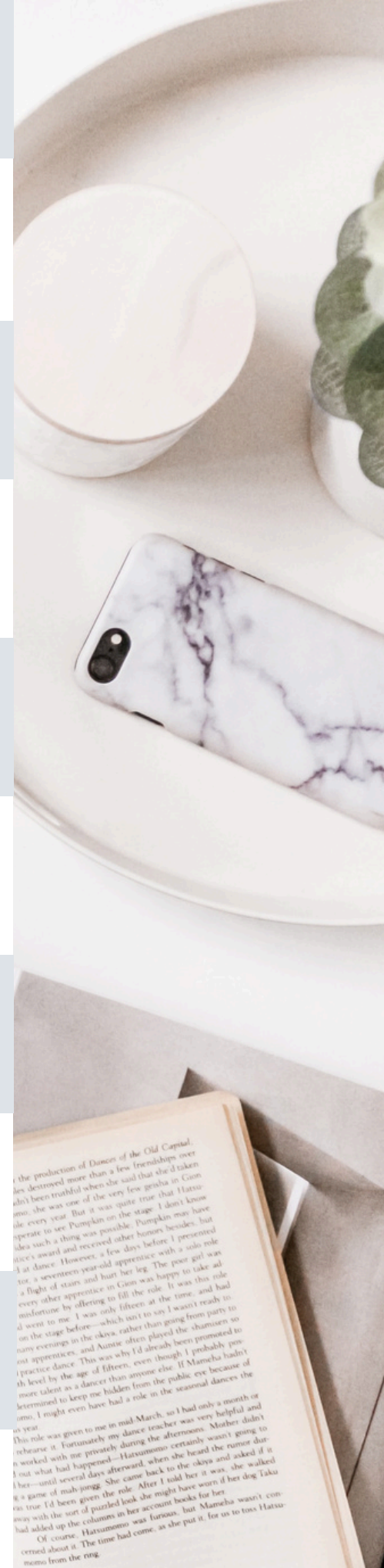
Week 1: Foundations

Week 2: Building Momentum

Week 3: Refining Habits

Week 4: Flourishing

Week 5: Celebration



GOD

SCRIPTURE:

JEREMIAH 29:11

"FOR I KNOW THE PLANS I HAVE FOR YOU,"
DECLARES THE LORD, "PLANS TO PROSPER YOU
AND NOT TO HARM YOU, PLANS TO GIVE YOU
HOPE AND A FUTURE."

DEVOTION: TRUST THAT GOD HAS A
PURPOSEFUL PLAN FOR YOUR GROWTH.
EMBRACE THE JOURNEY WITH FAITH, KNOWING
THAT EACH STEP IS GUIDED.

PRAYER: ASK FOR CLARITY AND GUIDANCE AS
YOU BEGIN THIS JOURNEY TOWARD PERSONAL
DEVELOPMENT.

GAINS

EXERCISE:

- 15-MINUTE BRISK WALK OR LIGHT JOG.
- 3 SETS OF 10 BODYWEIGHT SQUATS

FOCUS:

KICKSTART YOUR PHYSICAL ACTIVITY
BY ENGAGING YOUR LOWER BODY AND
INCREASING YOUR HEART RATE.

GRATITUDE:

REFLECT ON SOMEONE WHO HAS POSITIVELY INFLUENCED YOUR LIFE. CONSIDER
REACHING OUT TO THANK THEM.

NOTES

GOD

SCRIPTURE:

PSALM 23:1

"THE LORD IS MY SHEPHERD; I LACK NOTHING."

DEVOTION: GOD'S GUIDANCE RESTORES AND REFRESHES US. LEAN ON HIM FOR COMFORT AND PROVISION.

PRAYER: PRAY FOR REST AND REJUVENATION, BOTH PHYSICALLY AND SPIRITUALLY.

GAINS

EXERCISE:

- 3 SETS OF 12 PUSH-UPS.
- 10-MINUTE FULL-BODY STRETCHING ROUTINE.

FOCUS:

BUILD UPPER BODY STRENGTH AND IMPROVE FLEXIBILITY.

GRATITUDE:

WRITE ABOUT A BEAUTIFUL MEMORY THAT BRINGS YOU PEACE. RELIVE THE EMOTIONS AND BE THANKFUL FOR THAT EXPERIENCE.

NOTES

GOD

SCRIPTURE:

PHILIPPIANS 4:13

"I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME."

DEVOTION: RECOGNIZE THAT YOUR STRENGTH COMES FROM FAITH. YOU ARE CAPABLE OF MORE THAN YOU REALIZE.

PRAYER: PRAY FOR COURAGE TO FACE ANY CHALLENGES THAT COME YOUR WAY.

GAINS

EXERCISE:

- 20-MINUTE STRETCH OR PILATES SESSION FOCUSING ON CORE STRENGTH.

FOCUS:

ENHANCE FLEXIBILITY AND STRENGTHEN YOUR CORE MUSCLES.

GRATITUDE:

IDENTIFY ONE ASPECT OF YOUR CURRENT ENVIRONMENT YOU'RE THANKFUL FOR, SUCH AS A COMFORTABLE HOME OR SUPPORTIVE COMMUNITY.

NOTES

GOD

SCRIPTURE:
ROMANS 8:28

'AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE.'

DEVOTION: TRUST THAT GOD IS WORKING IN ALL AREAS OF YOUR LIFE FOR YOUR BENEFIT.

PRAYER: PRAY FOR CONFIDENCE IN GOD'S PLAN AND THE ABILITY TO SEE HIS WORK IN YOUR LIFE.

GAINS

EXERCISE:

- 15-MINUTE BRISK WALK OR LIGHT JOG.
- 3 SETS OF 10 JUMPING JACKS.

FOCUS:

BOOST YOUR CARDIOVASCULAR HEALTH AND ENERGIZE YOUR BODY.

GRATITUDE:

REFLECT ON A CHALLENGE THAT TAUGHT YOU RESILIENCE. APPRECIATE THE GROWTH IT BROUGHT.

NOTES

GOD

SCRIPTURE:

PROVERBS 3:5-6

"TRUST IN THE LORD WITH ALL YOUR HEART
AND LEAN NOT ON YOUR OWN
UNDERSTANDING."

DEVOTION: SURRENDER CONTROL AND TRUST IN
GOD'S GUIDANCE FOR YOUR PATH.

PRAYER: PRAY FOR WISDOM AND DISCERNMENT
IN YOUR DECISIONS.

GAINS

EXERCISE:

- **CIRCUIT:** 10 PUSH-UPS, 10 SQUATS,
10 BURPEES OR MOUNTAIN CLIMBS
(REPEAT 3 TIMES).

FOCUS:

COMBINE STRENGTH AND CARDIO FOR A
FULL-BODY WORKOUT.

GRATITUDE:

WRITE ABOUT SOMETHING IN NATURE THAT BRINGS YOU PEACE, LIKE A SUNSET
OR A GENTLE BREEZE

NOTES

GOD

SCRIPTURE:

MATTHEW 6:34

"DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF."

DEVOTION: FOCUS ON THE PRESENT MOMENT AND TRUST GOD WITH YOUR FUTURE CONCERNS.

PRAYER: PRAY FOR A PEACEFUL HEART AND FREEDOM FROM ANXIETY.

GAINS

EXERCISE:

- 20-MINUTE RUN OR BRISK WALK.

FOCUS:

IMPROVE ENDURANCE AND CLEAR YOUR MIND.

GRATITUDE:

SHARE SOMETHING ABOUT TODAY THAT MADE YOU SMILE OR LAUGH

NOTES

GOD

SCRIPTURE:
PSALM 46:1

"GOD IS OUR REFUGE AND STRENGTH, AN EVER-
PRESENT HELP IN TROUBLE."

DEVOTION: FIND SOLACE IN GOD'S
UNWAVERING SUPPORT DURING TOUGH TIMES.

PRAYER: PRAY FOR PERSEVERANCE AND THE
COURAGE TO OVERCOME OBSTACLES.

GAINS

EXERCISE:

- REST DAY OR ENGAGE IN LIGHT
STRETCHING.

FOCUS:

ALLOW YOUR BODY TO RECOVER AND
REJUVENATE.

GRATITUDE:

REFLECT ON SOMEONE WHO SUPPORTED YOU THIS WEEK. CONSIDER EXPRESSING
YOUR APPRECIATION TO THEM

NOTES

GOD

SCRIPTURE:

ISAIAH 40:31

"THOSE WHO HOPE IN THE LORD WILL RENEW
THEIR STRENGTH."

DEVOTION: RENEW YOUR STRENGTH THROUGH
PATIENCE AND TRUST IN GOD.

PRAYER: SEEK ENDURANCE TO CONTINUE YOUR
GROWTH JOURNEY.

GAINS

EXERCISE:

- 20-MINUTE RUN OR BRISK WALK.
- 3 SETS OF 15 BODYWEIGHT LUNGES.

FOCUS:

BUILD LOWER BODY STRENGTH AND
CARDIOVASCULAR HEALTH.

GRATITUDE:

SHARE ABOUT SOMEONE WHO HAS SUPPORTED YOUR GROWTH AND WHY YOU'RE
THANKFUL FOR THEM

NOTES

GOD

SCRIPTURE:

MATTHEW 11:28

“COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST”

DEVOTION: FIND REST AND PEACE IN THE PRESENCE OF CHRIST.

PRAYER: PRAY FOR RELAXATION AND REST FOR YOUR SOUL.

GAINS

EXERCISE:

- 5 SETS OF 10 SIT-UPS.
- 3 SETS OF 30-SECOND PLANKS.

FOCUS:

STRENGTHEN YOUR CORE MUSCLES.

GRATITUDE:

REFLECT ON A RECENT CHALLENGE THAT HELPED YOU GROW AND WHAT YOU LEARNED FROM IT

NOTES

GOD

SCRIPTURE:

PHILIPPIANS 1:6

"HE WHO BEGAN A GOOD WORK IN YOU WILL
CARRY IT ON TO COMPLETION."

DEVOTION: TRUST THAT GOD IS CONTINUALLY
WORKING WITHIN YOU.

PRAYER: PRAY FOR PATIENCE WITH YOURSELF
AS YOU GROW.

GAINS

EXERCISE:

- 15-MINUTE HIIT (HIGH-INTENSITY
INTERVAL TRAINING) SESSION.

FOCUS:

BOOST METABOLISM AND IMPROVE
CARDIOVASCULAR FITNESS.

GRATITUDE:

IDENTIFY A PERSONAL QUALITY YOU'RE GRATEFUL FOR AND HOW IT BENEFITS
YOUR LIFE

NOTES

GOD

SCRIPTURE:

PSALM 119:105

"YOUR WORD IS A LAMP FOR MY FEET, A LIGHT
ON MY PATH."

DEVOTION: LET GOD'S WORD GUIDE YOUR
DECISIONS AND DIRECTION.

PRAYER: PRAY FOR GUIDANCE AND
UNDERSTANDING IN YOUR DAILY WALK.

GAINS

EXERCISE:

- 3 SETS OF 15 TRICEP DIPS.
- 3 SETS OF 12 SHOULDER PRESSES
(WITH WEIGHTS OR RESISTANCE
BANDS).

FOCUS:

STRENGTHEN YOUR UPPER BODY.

GRATITUDE:

THINK OF A TEACHER OR MENTOR WHO HAS IMPACTED YOU POSITIVELY

NOTES

GOD

SCRIPTURE:

JOSHUA 1:9

"BE STRONG AND COURAGEOUS. DO NOT BE AFRAID; DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO."

DEVOTION: EMBRACE COURAGE KNOWING GOD IS WITH YOU IN ALL ENDEAVOURS.

PRAYER: PRAY FOR BOLDNESS TO PURSUE YOUR GOALS.

GAINS

EXERCISE:

- 20-MINUTE CYCLING OR STATIONARY BIKE SESSION.

FOCUS:

ENHANCE LEG STRENGTH AND ENDURANCE.

GRATITUDE:

WRITE ABOUT A RECENT SUCCESS, NO MATTER HOW SMALL, AND BE THANKFUL FOR IT

NOTES

GOD

SCRIPTURE:

1 PETER 5:7

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU."

DEVOTION: RELEASE YOUR WORRIES TO GOD, KNOWING HE CARES DEEPLY FOR YOU.

PRAYER: PRAY FOR RELIEF FROM STRESS AND ANXIETY.

GAINS

EXERCISE:

- 30-MINUTE WALK IN NATURE.

FOCUS:

COMBINE PHYSICAL ACTIVITY WITH MENTAL RELAXATION.

GRATITUDE:

APPRECIATE A TECHNOLOGICAL TOOL OR DEVICE THAT MAKES YOUR LIFE EASIER

NOTES

GOD

SCRIPTURE:

PSALM 37:4

"TAKE DELIGHT IN THE LORD, AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART."

DEVOTION: ALIGN YOUR DESIRES WITH GOD'S WILL AND FIND TRUE FULFILMENT.

PRAYER: PRAY FOR ALIGNMENT BETWEEN YOUR GOALS AND GOD'S PLAN.

GAINS

EXERCISE:

- REST DAY OR GENTLE STRETCHING, FOCUSING ON DEEP BREATHING.

FOCUS:

RESTORE YOUR BODY AND MIND.

GRATITUDE:

REFLECT ON YOUR FAVOURITE HOBBY AND WHY IT BRINGS YOU JOY

NOTES

GOD

SCRIPTURE:
ROMANS 12:2

"BE TRANSFORMED BY THE RENEWING OF YOUR MIND."

DEVOTION: FOCUS ON RENEWING YOUR MIND TO TRANSFORM YOUR LIFE.

PRAYER: ASK FOR WISDOM TO CHANGE UNHELPFUL THOUGHT PATTERNS.

GAINS

EXERCISE:

FULL-BODY WORKOUT:

- 3 SETS OF 10 SQUATS.
- 3 SETS OF 10 PUSH-UPS.
- 3 SETS OF 10 BURPEES.

FOCUS:

ENHANCE OVERALL STRENGTH AND ENDURANCE.

GRATITUDE:

WRITE ABOUT AN OPPORTUNITY OR EXPERIENCE YOU'RE GRATEFUL FOR AND HOW IT HAS SHAPED YOU

NOTES

GOD

SCRIPTURE:
PSALM 46:10

"BE STILL, AND KNOW THAT I AM GOD."

DEVOTION: EMBRACE THE POWER OF STILLNESS
IN FOSTERING GROWTH.

PRAYER: PRAY FOR PATIENCE AND THE ABILITY
TO FIND PEACE IN QUIET MOMENTS.

GAINS

EXERCISE:

- 15-MINUTE HIIT SESSION FOCUSING
ON CARDIO.

FOCUS:

IMPROVE CARDIOVASCULAR HEALTH
AND STAMINA.

GRATITUDE:

THINK OF A SKILL OR TALENT YOU'RE GRATEFUL TO POSSESS AND HOW YOU CAN
USE IT TO HELP OTHERS

NOTES

GOD

SCRIPTURE:

EPHESIANS 2:10

"FOR WE ARE GOD'S HANDIWORK, CREATED IN CHRIST JESUS TO DO GOOD WORKS."

DEVOTION: RECOGNIZE THAT YOU ARE UNIQUELY MADE WITH PURPOSE.

PRAYER: PRAY FOR OPPORTUNITIES TO USE YOUR GIFTS.

GAINS

EXERCISE:

- 3 SETS OF 12 BICEP CURLS.
- 3 SETS OF 12 LATERAL RAISES.

FOCUS:

STRENGTHEN YOUR ARMS AND SHOULDERS.

GRATITUDE:

REFLECT ON YOUR HOME AND WHAT YOU APPRECIATE MOST ABOUT IT

NOTES

GOD

SCRIPTURE:

COLOSSIANS 3:23

"WHATEVER YOU DO, WORK AT IT WITH ALL
YOUR HEART."

DEVOTION: COMMIT FULLY TO YOUR TASKS AS A
FORM OF WORSHIP.

PRAYER: PRAY FOR DILIGENCE AND
ENTHUSIASM IN YOUR WORK.

GAINS

EXERCISE:

- 25-MINUTE CARDIO WORKOUT OF
YOUR CHOICE.

FOCUS:

KEEP YOUR HEART HEALTHY AND ENJOY
PHYSICAL ACTIVITY.

GRATITUDE:

WRITE ABOUT A BOOK OR SONG THAT HAS INSPIRED YOU

NOTES

GOD

SCRIPTURE:

JAMES 1:5

“IF ANY OF YOU LACKS WISDOM, YOU SHOULD ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO YOU.”

DEVOTION: SEEK WISDOM FROM GOD IN ALL SITUATIONS.

PRAYER: PRAY FOR INSIGHT AND UNDERSTANDING.

GAINS

EXERCISE:

- 3 SETS OF 15 CALF RAISES.
- 3 SETS OF 10 LEG PRESSES (USING RESISTANCE BANDS IF NEEDED).

FOCUS:

STRENGTHEN YOUR LOWER LEGS AND IMPROVE STABILITY.

GRATITUDE:

APPRECIATE A MENTOR OR LEADER WHO HAS GUIDED YOU

NOTES

GOD

SCRIPTURE:

1 THESSALONIANS 5:16-18

“REJOICE ALWAYS, PRAY CONTINUALLY, GIVE THANKS IN ALL CIRCUMSTANCES”

DEVOTION: CULTIVATE A HEART OF JOY AND CONSTANT GRATITUDE.

PRAYER: PRAY FOR A JOYFUL SPIRIT REGARDLESS OF CIRCUMSTANCES.

GAINS

EXERCISE:

- 20-MINUTE DANCE SESSION TO YOUR FAVOURITE MUSIC.

FOCUS:

HAVE FUN WHILE STAYING ACTIVE.

GRATITUDE:

REFLECT ON A LESSON LEARNED FROM A PAST MISTAKE AND BE GRATEFUL FOR THE GROWTH

NOTES

GOD

SCRIPTURE:
PSALM 51:10

CREATE IN ME A PURE HEART, O GOD, AND
RENEW A STEADFAST SPIRIT WITHIN ME.

DEVOTION: SEEK INNER RENEWAL AND PURITY
OF HEART.

PRAYER: PRAY FOR CLEANSING AND RENEWAL
IN YOUR THOUGHTS AND INTENTIONS.

GAINS

EXERCISE:

- REST DAY OR TAKE A LEISURELY
WALK.

FOCUS:

ALLOW TIME FOR RECOVERY AND
REFLECTION.

GRATITUDE:

THINK ABOUT A FAMILY TRADITION YOU CHERISH AND WHY IT'S MEANINGFUL

NOTES

GOD

SCRIPTURE:

JOHN 15:5

“I AM THE VINE; YOU ARE THE BRANCHES. IF YOU REMAIN IN ME AND I IN YOU, YOU WILL BEAR MUCH FRUIT; APART FROM ME YOU CAN DO NOTHING.”

DEVOTION: UNDERSTAND THAT CONNECTION WITH GOD ENABLES FRUITFULNESS.

PRAYER: PRAY FOR GROWTH AND PRODUCTIVITY IN ALL AREAS OF YOUR LIFE.

GAINS

EXERCISE:

- 30-MINUTE MODERATE CARDIO SESSION (E.G., CYCLING, SWIMMING).
- 3 SETS OF 10 STEP-UPS (USE STAIRS OR A STURDY PLATFORM).

FOCUS:

IMPROVE CARDIOVASCULAR HEALTH AND LEG STRENGTH.

GRATITUDE:

REFLECT ON A FRIENDSHIP OR RELATIONSHIP THAT BRINGS YOU JOY AND CONSIDER EXPRESSING YOUR APPRECIATION

NOTES

GOD

SCRIPTURE:

PROVERBS 3:5-6

“TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS SUBMIT TO HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT.”

DEVOTION: LEAN ON GOD FOR GUIDANCE RATHER THAN SOLELY ON YOUR UNDERSTANDING.

PRAYER: PRAY FOR FAITH TO TRUST THE JOURNEY EVEN WHEN IT'S UNCLEAR.

GAINS

EXERCISE:

- 20-MINUTE STRENGTH TRAINING WITH LIGHT WEIGHTS OR RESISTANCE BANDS.

FOCUS:

BUILD MUSCLE STRENGTH AND TONE.

GRATITUDE:

IDENTIFY A LIFE LESSON YOU'RE GRATEFUL TO HAVE LEARNED AND HOW IT HAS IMPACTED YOU

NOTES

GOD

SCRIPTURE:

GALATIANS 5:22-23

"BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE..." 'BUT THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, FORBEARANCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF-CONTROL. AGAINST SUCH THINGS THERE IS NO LAW."

DEVOTION: REFLECT ON CULTIVATING THE FRUITS OF THE SPIRIT IN YOUR LIFE.

PRAYER: PRAY FOR GROWTH IN AREAS LIKE PATIENCE, KINDNESS, AND SELF-CONTROL.

GAINS

EXERCISE:

- 3 SETS OF 12 LUNGES (EACH LEG).
- 3 SETS OF 15-SECOND SIDE PLANKS (EACH SIDE).

FOCUS:

STRENGTHEN LEGS AND CORE STABILITY.

GRATITUDE:

BE THANKFUL FOR A MENTOR OR ROLE MODEL WHO INSPIRES YOU

NOTES

GOD

SCRIPTURE:

MATTHEW 5:16

“IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.”

DEVOTION: SHINE YOUR LIGHT THROUGH ACTS OF KINDNESS AND INTEGRITY.

PRAYER: PRAY FOR OPPORTUNITIES TO POSITIVELY IMPACT OTHERS.

GAINS

EXERCISE:

- 25-MINUTE INTERVAL TRAINING (ALTERNATE BETWEEN FAST AND MODERATE PACE).

FOCUS:

IMPROVE SPEED AND ENDURANCE.

GRATITUDE:

REFLECT ON A COMMUNITY OR GROUP YOU'RE GRATEFUL TO BE PART OF

NOTES

GOD

SCRIPTURE:

HEBREWS 12:1

"LET US RUN WITH PERSEVERANCE THE RACE
MARKED OUT FOR US."

DEVOTION: STAY COMMITTED TO YOUR
PERSONAL RACE WITHOUT COMPARING TO
OTHERS.

PRAYER: PRAY FOR PERSEVERANCE AND FOCUS
ON YOUR UNIQUE PATH.

GAINS

EXERCISE:

- 3 SETS OF 15 KETTLEBELL SWINGS
OR ALTERNATIVE WITH A
HOUSEHOLD ITEM.

FOCUS:

ENHANCE STRENGTH AND POWER.

GRATITUDE:

WRITE ABOUT A RECENT EXPERIENCE THAT MADE YOU FEEL CONNECTED TO
OTHERS.

NOTES

GOD

SCRIPTURE:

ISAIAH 26:3 "YOU WILL KEEP IN PERFECT PEACE
THOSE WHOSE MINDS ARE STEADFAST, BECAUSE
THEY TRUST IN YOU."

DEVOTION: KEEP YOUR MIND FOCUSED ON GOD
TO EXPERIENCE TRUE PEACE.

PRAYER: PRAY FOR PEACE THAT TRANSCENDS
UNDERSTANDING

GAINS

EXERCISE:

- 20-MINUTE PILATES SESSION
FOCUSING ON FLEXIBILITY AND
CORE STRENGTH.

FOCUS:

IMPROVE POSTURE AND MUSCLE
CONTROL.

GRATITUDE:

BE THANKFUL FOR YOUR HEALTH AND THE ABILITIES YOUR BODY HAS.

NOTES

GOD

SCRIPTURE:

PSALM 19:14

“MAY THESE WORDS OF MY MOUTH AND THIS MEDITATION OF MY HEART BE PLEASING IN YOUR SIGHT, LORD, MY ROCK AND MY REDEEMER.”

DEVOTION: AIM FOR YOUR THOUGHTS AND WORDS TO REFLECT YOUR VALUES.

PRAYER: PRAY FOR MINDFULNESS IN SPEECH AND THOUGHT.

GAINS

EXERCISE:

- 3 SETS OF 10 PULL-UPS OR ASSISTED PULL-UPS.
- 3 SETS OF 15-MINUTE STAIR CLIMBING.

FOCUS:

BUILD UPPER BODY AND CARDIOVASCULAR STRENGTH.

GRATITUDE:

REFLECT ON A FREEDOM YOU ENJOY AND WHY IT'S IMPORTANT TO YOU

NOTES

GOD

SCRIPTURE:
1 CORINTHIANS 16:14
"DO EVERYTHING IN LOVE."

DEVOTION: LET LOVE BE THE DRIVING FORCE
BEHIND YOUR ACTIONS.

PRAYER: PRAY TO ACT WITH LOVE IN ALL
SITUATIONS.

GAINS

- EXERCISE:**
- 30-MINUTE MIXED CARDIO (E.G.,
JUMP ROPE, JOGGING, CYCLING).

FOCUS:
MAINTAIN HEART HEALTH AND ENJOY
MOVEMENT.

GRATITUDE:

THINK OF A TECHNOLOGICAL ADVANCEMENT YOU'RE GRATEFUL FOR AND HOW IT
IMPROVES YOUR LIFE

NOTES

GOD

SCRIPTURE:

2 CORINTHIANS 12:9

"MY GRACE IS SUFFICIENT FOR YOU, FOR MY
POWER IS MADE PERFECT IN WEAKNESS."

DEVOTION: GOD'S GRACE EMPOWERS YOU IN
YOUR WEAKNESSES.

PRAYER: PRAY FOR THE STRENGTH TO EMBRACE
IMPERFECTION AND GROW FROM IT.

GAINS

EXERCISE:

- 30-MINUTE RUN OR LONG WALK.
- 3 SETS OF 15 MOUNTAIN CLIMBERS.

FOCUS:

BUILD ENDURANCE AND CORE
STRENGTH.

GRATITUDE:

REFLECT ON ONE SIGNIFICANT THING THIS MONTH THAT HAS BROUGHT YOU
CLOSER TO YOUR GOALS

NOTES

GOD

SCRIPTURE:
PSALM 100:4

"ENTER HIS GATES WITH THANKSGIVING AND
HIS COURTS WITH PRAISE."

DEVOTION: GRATITUDE OPENS THE DOOR TO JOY
AND DEEPER CONNECTION WITH GOD

PRAYER: OFFER A PRAYER OF THANKSGIVING FOR
THE GROWTH YOU'VE EXPERIENCED

GAINS

EXERCISE:
• LIGHT STRETCHING SESSION
FOCUSING ON RELAXATION.

FOCUS:
ALLOW YOUR BODY TO REST AND
RECOVER.

GRATITUDE:

WRITE A LETTER TO YOURSELF CELEBRATING YOUR GROWTH THIS MONTH.
ACKNOWLEDGE YOUR ACHIEVEMENTS AND SET INTENTIONS FOR THE FUTURE.

NOTES

DAILY TRACKER

**KEEPING A DAILY TRACKER HELPS YOU TO STAY
MOTIVATED, STAY CONSISTANT, STAY FOCUSED AND STAY
ON TRACK**

TRACK YOUR WAY TO A BETTER YOU!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



EMBRACE THE JOURNEY OF CONTINUED GROWTH

Congratulations on completing the 31-Day Growth Plan! This is a significant milestone in your journey of personal development, and you should be proud of the time and effort you've invested in yourself. By focusing on God, Gains, and Gratitude, you've laid a strong foundation for holistic growth- spiritually, physically, and emotionally.

But this is not the end; it's just the beginning.

- **GOD:** Continue to nurture your spiritual connection. Dive deeper into Scripture, spend more time in prayer, and seek to understand God's purpose for your life. Remember that spiritual growth is a lifelong process, and the more you connect with God, the more you'll experience peace, guidance, and purpose.
- **GAINS:** Physical well-being is a continuous journey. As you build upon the exercises and habits developed in this plan, challenge yourself to explore new workouts, improve your nutrition, and maintain a consistent routine. Your body is a gift- treat it with care and respect.

- **GRATITUDE:** Make gratitude a daily practice, even beyond this plan. Start or continue a gratitude journal, take time to appreciate the little moments, and share your thankfulness with others. Gratitude has the power to shift your perspective and unlock lasting joy.

Growth is a journey, not a destination. Some days will feel easy and others will challenge you, but the key is to remain consistent and resilient. Keep setting goals, seeking inspiration, and reflecting on how far you've come. Share your growth with others, and invite them to join you on this path.

As you move forward, remember: every small step matters. Whether it's a quiet moment of prayer, a single workout, or a heartfelt "thank you," these daily practices compound into profound transformation over time.

Thank you for allowing this plan to be a part of your journey. May your days ahead be filled with faith, strength, and gratitude as you continue to grow into the person God has created you to be. Keep growing, keep moving, and keep giving thanks- you are capable of so much more than you realize!

Blessings, shalom!

Te Raumoa Baker

CONTINUE YOUR GROWTH JOURNEY

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