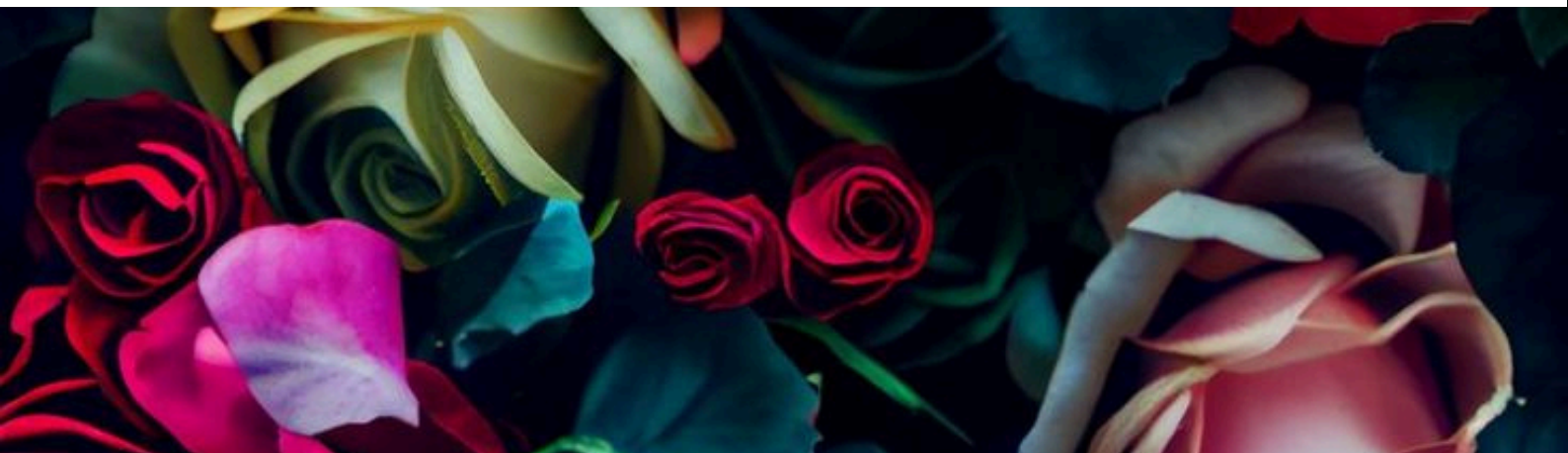




The *Empower* HER Reset

21 DAY INTENTIONAL
EMPOWERMENT GUIDE & JOURNAL



Release What's Holding You Back
& Rise into Who God Called You to Be

JENNIPHA "JAE" RICKS
THE EMPOWERHER MENTOR



Hi there!

Welcome to the **EmpowerHER Reset**

I'm so incredibly proud of you. Choosing to be intentional with your faith isn't always easy, but you just made a decision that will shift everything. You've stepped into a sacred journey of reflection, release, and radical becoming. And as **The EmpowerHER Mentor**, it's my honor to walk this path with you.

This guide isn't just a journal, it's a spiritual invitation. A space where heaven meets your healing. Where your femininity is honored, your identity is affirmed, and your purpose is reignited. Through Scripture, soul-deep journaling, heartfelt prayers, and bold action steps, you'll begin to remember who you've always been in Christ.

Each section is designed to help you:

- Embrace your God-given femininity with confidence and grace
- Release every stronghold, lie, and distraction that's kept you stuck
- Walk boldly in your calling, on purpose, with purpose

You are not doing this alone. I'm praying with you, standing in faith for you, and cheering you on like a sister who knows what you're capable of, because God already called it out in you.

You are **becoming her, through Him**. And now, together... let's rise.

With love & bold faith,

Jae L. Ricks



OVERVIEW

A 21-day printable guide and journal that helps women reset mentally, spiritually, and emotionally, perfect for women seeking growth, healing, and clarity. This guide and journal includes:

- Renew Your Mind – Replace limiting beliefs with God's truth
- Heal What's Hidden – Release emotional weight, guilt, and shame
- Ignite Your Purpose – Identify your gifts and boldly step into your God-given calling.
- Embrace Your Becoming – Align your life with who God says you are



Use **The EmpowerHER Reset** as your daily space to pause, reflect, and realign with God. Set aside quiet time each day to read the devotional, meditate on the scripture, and journal honestly.

Let the prompts guide your healing, the prayers shape your perspective, and the action steps push you gently toward growth. Don't rush, this is intentional and much needed work.

Show up with grace, be present with God, and trust that with every page, you're becoming her, through Him.

WHAT IS INSIDE

01

Faith- Fueled Foundations

Begin by anchoring your identity in Christ. This section lays the groundwork through intentional reflection, truth-filled scripture, and identity-building prompts that remind you: you were never broken, just buried.

Includes:

- Daily Devotional Nuggets
- Journal Prompts
- Scripture to Renew the Mind
- Affirmations to Reset Your Belief System

03

Bold Becoming & Purpose Activation

Now that you've cleared the clutter, it's time to activate the calling. You'll dig into what God placed inside of you and take steps toward becoming the version of you that's fully aligned and fully lit.

Includes:

- Purpose Discovery Prompts
- Obedience + Faith Reflections
- Next-Level Faith Declarations

02

Healing & Release Work

This is the heart work. You'll be invited to release guilt, perfectionism, fear, and shame so you can make room for grace, growth, and God's voice.

Includes:

- Inner Healing Checkpoints
- Stronghold-Breaking Scriptures
- Surrender Reflections
- Letting Go Action Steps

04

EmpowerHER Extras & Reflections

This journey is designed to stay with you long after Day 21. Use these sacred pages to celebrate wins, track growth, and reset whenever life starts feeling heavy again.

Includes:

- Weekly Reflection & Reset Pages
- 21-Day Final Reflection
- Completion Certificate
- EmpowerHER Final Prayer & Next Steps

The Unlearning Begins

Welcome to **Week One**! This is your sacred permission to slow down, reflect, and begin unlearning everything that made you feel like you had to shrink, strive, or settle. You don't have to prove your worth. You don't have to carry what broke you. You are allowed to be in process and still be powerful.

This is the week you begin to:

- Rediscover your identity in Christ
- Release lies that never belonged to you
- Reconnect with your voice, your worth, and your why

You are not behind. You are becoming. Every journal entry, every prayer, and every pause is part of your transformation. The goal isn't perfection, it's presence. The power isn't in rushing, it's in receiving. Let grace walk with you. Let truth lead you. Let God remind you who you've always been underneath the noise.

Affirm This:

"I give myself grace to begin again. I'm not just letting go, I'm rising. I am safe to heal, free to grow, and bold enough to believe God is doing a new thing in me."

Day 1: Who Told You That?

Scripture: "Then the Lord God called to the man, 'Where are you?'" – Genesis 3:9 (NIV)

Devotional Nugget:

Sometimes the first step toward becoming her is confronting what we've agreed with. The enemy has whispered lies for years, "You're not enough," "You'll always be broken," "It's too late", but who told you that? God asks Adam this question not because He didn't know the answer, but to invite a deeper truth: You don't have to hide anymore. This is your invitation to come out of hiding and reject every lie that's been dictating your worth.

Mindset Shift:

If it didn't come from God, I don't have to carry it.

Journal Prompt:

What are 2–3 lies I've believed about myself, my worth, or my future?
What truth does God say instead?

EmpowerHER Affirmation:

I silence the lies and embrace the truth: I am chosen, covered, and becoming.

Action Step:

Write down one lie, tear it up or burn it, then write a truth over your mirror or phone wallpaper.

Day 2: Worth Was Never Earned

Scripture: "You are precious to me. You are honored, and I love you."
– Isaiah 43:4 (NLT)

Devotional Nugget:

Your worth isn't tied to performance. It's not measured by productivity or perfection. You are worthy simply because God said you are. The world may try to make you prove your value, but grace says you already have it. You don't need to hustle for your healing or beg for belonging. Let God's voice be louder than the pressure.

Mindset Shift:

My worth is not a reward, it's my reality in Christ.

Journal Prompt:

Where have I been trying to prove my value? How would my life shift if I rested in the truth that I'm already enough?

EmpowerHER Affirmation:

I don't perform for love, I live from it.

Action Step:

Write a letter to your younger self affirming her worth, even when she felt overlooked.

Day 3: This Is Not the End

Scripture: "Being confident of this, that He who began a good work in you will carry it on to completion..." – Philippians 1:6 (NIV)

Devotional Nugget:

The chapter you're in is not your final story. It may feel dark, uncertain, or delayed, but God is not finished. You are not stuck, you're being prepared. Sometimes the silence is where the shift begins. Don't despise small steps or hidden seasons. God is still writing. And the next part? Oh, it's going to be beautiful.

Mindset Shift:

Delay is not denial. Hidden does not mean forgotten.

Journal Prompt:

Where in my life do I feel like I've been "on pause"? What truth can I cling to while I wait?

EmpowerHER Affirmation:

I trust the process and the Promise Keeper.

Action Step:

Choose a new "faith word" for this season (e.g., restore, rise, rebuild, trust) and write it somewhere visible.

Day 4: Fear Can't Sit Here

Scripture: "For God has not given us a spirit of fear, but of power and of love and of a sound mind." – 2 Timothy 1:7 (NKJV)

Devotional Nugget:

Fear is a thief, it robs confidence, delays purpose, and distorts identity. But here's the truth: fear is not your portion. It's not from God, so it doesn't belong to you. The spirit He gave you? It's full of power, love, and clarity. So today, evict fear from the places it's tried to set up shop in your mind and decisions.

Mindset Shift:

Fear may knock, but I don't have to let it stay.

Journal Prompt:

Where has fear been leading me more than faith? What would it look like to respond to that area with courage?

EmpowerHER Affirmation:

I am bold, loved, and mentally secure in Christ.

Action Step:

Speak out loud: "I reject fear and receive faith." Then take one small action in an area you've been avoiding.

Day 5: Rest Is Still Holy

Scripture: "Come to Me, all you who labor and are heavy laden, and I will give you rest." – Matthew 11:28 (NKJV)

Devotional Nugget:

You don't have to earn rest. You don't have to crash to deserve a break. God modeled rest, commanded it, and invites you into it. In a world that praises hustle, choose holy rest. Real rest restores the soul, clears the mind, and prepares the heart for what's next. You're allowed to pause. You're supposed to pause.

Mindset Shift:

Rest is not weakness. It's worship.

Journal Prompt:

How have I been neglecting rest, physically, emotionally, or spiritually? What would true rest look like for me?

EmpowerHER Affirmation:

I honor God by honoring my need for rest and renewal.

Action Step:

Block out 30–60 minutes today for intentional rest. No guilt. Just grace.

Day 6: Forgive the Version of You That Didn't Know Better

Scripture: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" – 2 Corinthians 5:17 (NIV)

Devotional Nugget:

It's easy to extend grace to others and still be harsh with yourself. But sis, that past version of you? She was doing the best she could with what she had. Forgive her. Let her go. God already has. You are not defined by what broke you—you are defined by the One who is rebuilding you. Every misstep, delay, or detour is now part of your redemption story.

Mindset Shift:

I release the guilt. God already did.

Journal Prompt:

What version of myself do I need to forgive today? What healing truth can I speak over her?

EmpowerHER Affirmation:

I am no longer bound by who I was, I walk boldly as who I'm becoming.

Action Step:

Write a compassionate note to your former self and end it with: "I forgive you. I'm proud of you. And we're moving forward."

Day 7: Progress Over Perfection

Scripture: “Let perseverance finish its work so that you may be mature and complete, not lacking anything.” – James 1:4 (NIV)

Devotional Nugget:

Perfection is a trap, but progress is a testimony. God is not asking for flawless, just faithful. You’re not behind; you’re becoming. Every small step matters. Every stumble is still a step forward when grace is leading. Stop disqualifying yourself because you’re not “there” yet. Sis, what if you already are, just becoming in layers?

Mindset Shift:

Imperfect movement is better than standing still.

Journal Prompt:

Where have I been overly critical of my journey? What progress can I celebrate today?

EmpowerHER Affirmation:

I’m not striving for perfection—I’m growing with purpose.

Action Step:

Write down 3 wins (big or small) from this week. Speak them out loud as proof of your progress.

Reflection & Reset

Week 1: Pause, Reflect, and Breathe in Grace

You've completed the first 7 days of your Reset Journey. Whether you journaled every day or just showed up with an open heart, that matters. This is your sacred space to reflect on what God is unearthing, undoing, and unfolding within you. No pressure, just presence.

Journal Reflection:

1. What did God reveal to me this week about my identity?
2. What lies did I begin to release?
3. Which day or theme impacted me the most, and why?
4. How did I practice grace with myself in moments of doubt, fear, or hesitation?
5. What am I proud of this week: emotionally, spiritually, or mentally?
6. What's one thing I want to take into Week 2?

Declare This Over Your Life:

"I am no longer agreeing with lies that shrink me. I am being renewed, restored, and repositioned in truth. I'm proud of who I'm becoming, and I give myself permission to keep going at God's pace, not mine."

Anchor Verse for the Week:

"You will know the truth, and the truth will set you free." – John 8:32 (NIV)

The Inner Work Begins

Welcome to **Week Two**! This is your sacred reminder that growth doesn't always look like movement, it often begins in the stillness where God does His deepest work.

This is the week you begin to:

- Surrender your need to control
- Trust God's plan over your timeline
- Align your decisions with divine direction

Every time you release your grip, you make room for grace. Every time you pause to pray, you posture your heart toward purpose. This week, we're releasing the illusion that you have to have it all figured out to be faithful. You weren't created to hustle for healing or perform for approval. You were created to abide, to trust, and to follow the One who sees the full picture. So let go of the pressure.

Affirm This:

"I release the need to control and make space for God's will. I trust His timing, His voice, and His plan. I don't have to force what grace has already made room for."

Day 8: Identity Over Image

Scripture: “People look at the outward appearance, but the Lord looks at the heart.” – 1 Samuel 16:7 (NIV)

Devotional Nugget:

Social media will have you thinking image is everything, but God isn't scrolling through filters. He's after the heart. In a world chasing applause, choose alignment. When your identity is rooted in Him, you won't feel pressured to pretend, perform, or post for validation. Who you are in secret still matters. That's the version God anoints.

Mindset Shift:

I don't need to be seen to be significant.

Journal Prompt:

What parts of myself do I show to be accepted? What would change if I led with authenticity?

EmpowerHER Affirmation:

My identity is rooted in Christ, not in comparison or performance.

Action Step:

Log off social media for one day. Journal how you feel without the pressure to “show up” for others.

Day 9: Your "No" is Sacred

Scripture: "Let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything more comes from the evil one." – Matthew 5:37 (NIV)

Devotional Nugget:

God never called you to be everything for everyone. Sis, your "no" is not rebellion, it's wisdom. Every "yes" should be aligned with your purpose, not your people-pleasing. Boundaries are holy. Saying "no" makes space for God's "yes." Protect your peace. Honor your energy. Steward your soul.

Mindset Shift:

I'm allowed to protect my peace and prioritize my purpose.

Journal Prompt:

Where do I feel stretched too thin? What boundaries need to be re-established?

EmpowerHER Affirmation:

I give myself permission to say no without guilt and yes without fear.

Action Step:

Practice saying "no" with grace to one request, commitment, or obligation that doesn't serve your season.

Day 10: Grace Over Guilt

Scripture: "There is now no condemnation for those who are in Christ Jesus." – Romans 8:1 (NIV)

Devotional Nugget:

Guilt loves to whisper what grace has already forgiven. But Jesus didn't die for you to live buried in shame. God's love is not based on performance, it's rooted in redemption. Sis, you are free. You are forgiven. And the same grace that saved you is the grace that sustains you. Let guilt go. You don't have to carry what Christ already covered.

Mindset Shift:

I release guilt and receive grace, daily.

Journal Prompt:

What guilt am I still holding onto that God already forgave? What does grace sound like in this area?

EmpowerHER Affirmation:

I walk in grace, not guilt. I am fully known and still fully loved.

Action Step:

Write a forgiveness declaration to yourself and read it out loud each morning for the next 3 days.

Day 11: When God Says “Wait”

Scripture: “The Lord is good to those who wait for Him, to the soul who seeks Him.” – Lamentations 3:25 (NKJV)

Devotional Nugget:

Waiting isn’t punishment, it’s preparation. But we often confuse God’s silence with His absence. Sis, He’s still working. Delay isn’t denial. And just because it’s not happening now doesn’t mean it won’t happen next. Trust that what’s being built in the background will bless you in ways you couldn’t rush even if you tried.

Mindset Shift:

The wait is not wasted.

Journal Prompt:

What have I been anxiously waiting on God to do? How can I shift from panic to peace?

EmpowerHER Affirmation:

Even when it’s quiet, I trust that God is still speaking and moving.

Action Step:

Create a “waiting list” of things you’re praying for. Next to each one, write a faith-filled declaration of trust.

Day 12: I Am Not Too Late

Scripture: "He has made everything beautiful in its time." – Ecclesiastes 3:11 (NIV)

Devotional Nugget:

Sis, comparison will make you feel behind in a race God never called you to run. But hear this: You are not too late. You are right on time. God isn't in a rush, and He's not pacing according to people. He's aligning your steps with purpose and placing you in rooms He already prepared. Stay steady. Stay faithful. The clock is not your enemy, God is the author of your timeline.

Mindset Shift:

I am not late—I am aligned.

Journal Prompt:

Where have I felt "too late" or like I missed my moment? What truth can I replace that fear with?

EmpowerHER Affirmation:

I don't follow clocks, I follow Christ. My timing is redeemed.

Action Step:

Speak this out loud: "God is not done with me. I am right on time for His divine assignment."

Day 13: Heal Loudly, Not Just Silently

Scripture: “They triumphed over him by the blood of the Lamb and by the word of their testimony...” – Revelation 12:11 (NIV)

Devotional Nugget:

Silent healing has its place, but there's power in speaking your testimony. Sis, you don't have to whisper your healing. Your story has weight, and someone else's freedom might be hiding in your boldness. God never asked you to fake fine. He called you to be a light, even in progress. Let your healing echo so others know hope still lives.

Mindset Shift:

My healing isn't shameful, it's a spotlight on God's faithfulness.

Journal Prompt:

What part of my healing story am I afraid to share? How could sharing it bring glory to God and hope to others?

EmpowerHER Affirmation:

My healing isn't hidden, my story is sacred and strong.

Action Step:

Share one testimony (in person, on paper, or online) of how God brought you through something hard.

Day 14: Unsubscribe from Self-Sabotage

Scripture: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2 (NIV)

Devotional Nugget:

Self-sabotage is sneaky. It shows up as procrastination, perfectionism, “I’m not ready,” or “I don’t deserve this.” But today, sis, we’re unsubscribing. You are not called to build your purpose while tearing yourself down. Every time you choose healing, clarity, and obedience, you are shifting. Speak life over yourself, not limitations.

Mindset Shift:

I am no longer standing in my own way.

Journal Prompt:

What behaviors or beliefs have been sabotaging my growth? What truth will I declare instead?

EmpowerHER Affirmation:

I cancel the subscription to sabotage and sign up for grace and growth.

Action Step:

List 3 new habits or affirmations you’ll commit to that nurture your healing instead of harm it.

Reflection & Reset

Week 2: Release. Rebuild. Realign

Week 2 invited you into the deep work, letting go of guilt, facing the fear, breaking free from self-sabotage, and opening your hands to surrender. And sis, you showed up. That matters. Even the tears, the silence, the tension, it's all part of the healing. Let this page hold your truth as God continues to make you whole.

Journal Reflection:

1. Where did I feel the biggest shift in my mindset this week?
2. What stronghold did I begin to lay down, even if just a little?
3. How did God meet me in the moments I didn't feel "enough"?
4. What did I learn about the beauty of surrender?
5. Where do I still feel resistance, and what would it look like to offer that to God?
6. What is something I'm celebrating from this week's journey?

Declare This Over Your Life:

"I am no longer led by fear, guilt, or perfectionism. I am rising with faith, rooted in truth, and open to God's best. My surrender is sacred, and my progress is powerful."

Anchor Verse for the Week:

"Cast all your anxiety on Him because He cares for you." - 1 Peter 5:7 (NIV)

From Surviving to Surrendering

Welcome to **Week Three!** This is your invitation to breathe deeper, release the pressure, and step fully into the sacred shift: from *surviving* to *surrendering*. You don't have to carry what was never yours to hold. You don't have to hustle to hold it all together. The weight of fixing, controlling, and figuring it all out, it's not your assignment.

This is the week you begin to:

- Shift from striving to surrender
- Let go of the need to manage what only God can move
- Trust that rest is not weakness, it's wisdom

God is not calling you to perfection, He's calling you to partnership. As you let go, He lifts. As you release, He rebuilds. This is the divine exchange where burnout turns into boldness, fear is traded for faith, and control gives way to Christ-centered confidence. So loosen your grip.

Affirm This:

"I surrender the weight so I can rise in grace. I'm not surviving, I'm surrendering. I trust that God's plan is better than my pressure."

Day 15: God Is Still Writing

Scripture: "The one who calls you is faithful, and He will do it." – 1 Thessalonians 5:24 (NIV)

Devotional Nugget:

You may feel like your story has been paused, redirected, or even rewritten in ways you didn't expect, but God's pen hasn't run dry. He is still writing. The plot twist didn't cancel the promise. Even the messy chapters matter. You're not just surviving, you're becoming. Keep turning the page.

Mindset Shift:

What feels unfinished is still unfolding.

Journal Prompt:

What "chapter" of my life have I been tempted to close in defeat?
What is God inviting me to believe about that part of my story?

EmpowerHER Affirmation:

My story is still unfolding, and God is still the author.

Action Step:

Write a letter to your future self, declaring hope over your next chapter.

Day 16: Faith Is My Foundation

Scripture: “Now faith is the substance of things hoped for, the evidence of things not seen.” – Hebrews 11:1 (NKJV)

Devotional Nugget:

Your faith isn't a backup plan, it's the blueprint. Faith is what holds you when your feelings don't. It's what helps you walk when nothing makes sense. Faith is your foundation when life tries to shake everything else. Sis, don't build on fear, assumptions, or what-if's. Build on the Rock. God's promises are solid ground.

Mindset Shift:

I build my life on faith, not fear.

Journal Prompt:

Where have I been relying more on sight than faith? What promise from God do I need to trust again?

EmpowerHER Affirmation:

Faith is not my last resort, it's my first response.

Action Step:

Write down 3 promises from God's Word and speak them over your life each morning this week.

Day 17: Surrender Is Strength

Scripture: "My grace is sufficient for you, for My strength is made perfect in weakness." – 2 Corinthians 12:9 (NKJV)

Devotional Nugget:

Real strength isn't in trying harder, it's in surrendering deeper. In God's Kingdom, giving up control is where breakthrough begins. Sis, you don't have to have it all together to be held together. Your vulnerability is not a liability. It's the space where grace can breathe. Lay it down. God can do more with your "I can't" than you ever could with your "I got this."

Mindset Shift:

My surrender is not weakness, it's wisdom.

Journal Prompt:

What am I still trying to control that I need to surrender to God today?

EmpowerHER Affirmation:

God meets me in surrender, and strengthens me there.

Action Step:

Write a "release list", 3 things you'll stop controlling and trust God with this week.

Day 18: Obedience Over Emotion

Scripture: “If you are willing and obedient, you shall eat the good of the land.” – Isaiah 1:19 (NKJV)

Devotional Nugget:

Your emotions are valid, but they’re not always accurate. Feelings may be loud, but obedience speaks louder. Obedience is how you unlock overflow, alignment, and favor. Some doors don’t require more hustle, just a humble yes. You don’t have to feel “ready” to obey. You just have to trust the One who’s asking.

Mindset Shift:

I don’t follow feelings, I follow the Father.

Journal Prompt:

What has God asked me to do that I’ve been hesitating on? Why?
What’s one obedient step I can take today?

EmpowerHER Affirmation:

I choose obedience, even when my emotions want control.

Action Step:

Take one action step today that reflects obedience, even if it’s scary, small, or uncomfortable.

Day 19: God's Plans Still Stand

Scripture: "'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.'" – Jeremiah 29:11 (NIV)

Devotional Nugget:

You didn't miss it. You're not disqualified. You're not too broken. Whatever detours you've taken, God's plans for you still stand. His purpose isn't fragile, it's faithful. You may have been delayed, distracted, or discouraged, but you're never dismissed. Your story is still being used, and His promises are still unfolding.

Mindset Shift:

I'm still in God's plan, even if it doesn't look like mine.

Journal Prompt:

What dream or plan have I questioned or given up on? What would it look like to believe again?

EmpowerHER Affirmation:

God's plan for me is unshaken, unmatched, and unfolding.

Action Step:

Write a vision statement that begins with: "God's plan for me includes..."

Day 20: Rise Anyway

Scripture: “Though the righteous fall seven times, they rise again.” – Proverbs 24:16 (NIV)

Devotional Nugget:

You may have stumbled, fallen, or faded—but rise anyway. You’re not disqualified because of a setback. Strength isn’t in how perfect you’ve been, it’s in how many times you’ve chosen to get back up. Dust off the guilt, silence the shame, and stand again. There’s power in your rise.

Mindset Shift:

Falling doesn’t disqualify me, quitting does.

Journal Prompt:

Where have I been afraid to try again? What’s one step I can take to rise with grace?

EmpowerHER Affirmation:

Falling didn’t end me, faith is raising me.

Action Step:

Name one area where you’ll choose to rise again, then declare: “I’m getting back up.”

Day 21: Becoming Her, Through Him

Scripture: “Being confident of this, that He who began a good work in you will carry it on to completion...” – Philippians 1:6 (NIV)

Devotional Nugget:

This is not the end, this is your becoming. You’ve unlearned lies, uprooted fear, reclaimed your voice, and re-centered your faith. And the beautiful part? It’s only the beginning. You are becoming her, the healed her, the whole her, the purpose-led her—not through hustle or hype, but through Him. Stay anchored. Stay available. Stay aligned.

Mindset Shift:

I am becoming her, one surrendered step at a time.

Journal Prompt:

Who am I becoming through this journey? What do I want to carry into my next season?

EmpowerHER Affirmation:

I am her, through Him. And I’m still becoming.

Action Step:

Write a prayer of thanksgiving to God for how far you’ve come and who you're becoming.

Reflection & Reset

Week 3: You're Not Just Healing, You're Becoming

This week was the SHIFT. You moved from control to trust... from emotional overwhelm to obedience...from wondering if God still has a plan to boldly declaring that He's still writing your story. This isn't the end of your healing, it's the beginning of a lifestyle rooted in faith, truth, and spiritual alignment. This is your space to acknowledge what's changed and honor what's still unfolding.

Journal Reflection:

1. What did I discover about the power of obedience in my journey?
2. How did surrender shift something in my heart, habits, or relationships?
3. Which lesson or affirmation from this week will I carry with me long after this journal ends?
4. What did "becoming her through Him" mean for me this week?
5. How have I grown emotionally, spiritually, and mentally since Day 1?
6. What will I do intentionally to keep becoming, healing, and walking boldly with God?

Declare This Over Your Life:

"I am not who I was when I started this journey. I am healed in places I once hid, aligned in ways I once avoided, and becoming her—fully, faithfully, and fearlessly, through Christ."

Anchor Verse for the Week:

"He who began a good work in you will carry it on to completion until the day of Christ Jesus." – Philippians 1:6 (NIV)

Reset: 21-Day Reflection + Next Steps

You Did It, Sis. Let That Settle In. You didn't just finish a journal, you walked through a healing journey. You showed up for yourself. You said yes to God again. You made space for truth, stillness, surrender, and boldness. And guess what? You are not going back. The woman you're becoming isn't perfect, but she's present. She's not faking strength, she's being strengthened by God. This final reflection is your sacred pause to honor your growth and look forward with clarity and courage.

Final Journal Reflection:

1. What did this journey awaken, heal, or unlock in me?
2. What patterns or beliefs did I break free from in these 21 days?
3. What truth do I now see about myself that I didn't before?
4. Who is the woman I'm becoming—and how is she showing up now?
5. What is God calling me to walk in more boldly after this?

What's Next?

The EmpowerHER Reset doesn't end here—it extends into your lifestyle. Here's how to stay aligned:

- Stay in the Word. Let scripture continue to anchor your mind and reset your days.
- Create space for stillness. Rest, pray, and reflect without pressure.
- Revisit this journal anytime you feel stuck, overwhelmed, or off-track.
- Surround yourself with faith-filled women who see your becoming.
- Live it out. Share your story. Walk in your assignment. Lead with obedience.

A Verse & Declaration

Life Verse to Carry Forward:

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

– Isaiah 58:11 (NIV)

Final EmpowerHER Declaration:

"I am her, because of Him. I walk in healed identity, holy purpose, and heaven-led confidence. I am not going back. I am not shrinking. I am becoming, boldly, daily, and unapologetically in Christ."



EmpowerHER Reset Certificate of Completion

This certifies that

has faithfully completed

**The EmpowerHER Reset:
21-Day Intentional Empowerment Guide & Journal**

and has shown commitment to healing, growth, and
spiritual alignment in Christ.

You are her, through Him.
Continue to walk boldly in faith, freedom, and
purpose.

Completed On: _____

Jennipha "Jae" Ricks, M. Ed.

The EmpowerHER Mentor

Founder, Jae Elle Consulting, LLC

**"She is clothed with strength and dignity..."
– Proverbs 31:25**



Prayer

Heavenly Father,

Thank You.

Thank You for walking with me through every page, every pause, every tear, and every breakthrough of this journey. Thank You for being patient with me when I resisted, tender with me when I broke down, and faithful even when I doubted. You are the God who sees, who heals, and who still calls me chosen.

Lord, I come to You now, not as who I pretend to be, but as the woman I truly am, learning, healing, growing, and becoming. I lay everything I've released at Your feet: every lie, every stronghold, every fear that tried to silence me. I surrender what once kept me stuck and I receive what You've had waiting for me all along, Your truth, Your love, and Your direction. God, I thank You for revealing my identity in You. I thank You for reminding me that femininity is not weakness, but power under Your authority. I celebrate the strength You've given me to release what no longer serves me. I honor the gifts You've placed inside of me, and I ask You now to stir them up even more.

Teach me to walk boldly in my purpose. Help me obey when I'm unsure. Lead me when I feel lost. Remind me that my timing is still held by You, and that I am never behind when I'm aligned with Your Spirit. Lord, I cover the woman I'm becoming in Your grace. May she rise every day with courage. May she lead with compassion, live with conviction, and love with Christ at the center. May her story shine with Your glory.

Seal this journey in Your presence, Father. Let it be more than a moment, let it be a movement in my life. And when I forget who I am, remind me: **I am her through You, and You're not done with me yet.** In the mighty name of Jesus,

Amen.

You've got this!



I'm standing with you, proudly, prayerfully, and full of expectation. Every step you've taken on this journey, every journaled tear, whispered prayer, surrendered thought, and bold affirmation, has moved you closer to the woman God designed you to be. You're not just shifting...you're becoming. And that becoming is holy.

You're rising with grace. You're walking in truth. You're embracing a faith that transforms, heals, and leads. Even on the days when progress feels invisible, trust that Heaven sees it all. God is still working. Your "yes" still carries weight. And your presence still carries purpose.

So keep showing up. Keep leaning in. Keep believing that who you are becoming is bigger than what you've walked through. You are her, through Him.

I see you. I honor you. And I'm celebrating everything God is doing in you. With all my love and unwavering belief in your becoming...

Jennipha "Jae" Ricks, M. Ed.

The EmpowerHER Mentor

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