

30 DAY DREAM BIG *Challenge*



This 30 Day Dream Big Challenge Guide is a transformative journey designed to inspire you to identify your passions, create meaningful goals, and take bold action toward achieving your big dreams.

By Jennifer Miller

30 DAY DREAM BIG CHALLENGE

Welcome My Friend!

Welcome to the 30 Days Dream Big Challenge Guide! This transformative journey is designed to ignite your passion, clarify your vision, and empower you to take bold steps toward realizing your big dreams. Over the next month, you will engage in daily reflections, actionable exercises, and inspiring devotionals that will help you uncover your true potential and align your goals with your unique purpose. Whether you're looking to make a significant life change, pursue a long-desired goal, or simply reignite your enthusiasm for life, this guide will provide you with the tools and encouragement you need to dream big and turn those dreams into reality. Get ready to embark on an exciting adventure of self-discovery, growth, and empowerment—your dream big journey starts now!

About Jennifer:



Hello! I'm Jennifer, your guide for the 30 Days Dream Big Challenge. As a devoted wife and mom, I am passionate about empowering women to achieve their dreams while also thriving in the other roles they carry. With my experience as a CFO, Certified Clifton Strengths Coach, and Entrepreneur, I love to helping individuals and businesses prosper from the inside out. I believe that nothing is impossible with God and a good cup of coffee. I'm excited to guide you on this journey of self-discovery and growth as we dream big together!

What You Will Learn:

- ✓ Clarify your big dream and vision
- ✓ Break free from limiting beliefs
- ✓ Embrace and enjoy the journey
- ✓ Take action towards your dream

Day 1: Identify Your Big Dream

"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

Reflection:

As you embark on your dream big journey, take a moment to reflect on the dreams that God has placed within you. Your dreams are not random; they are part of His divine purpose for your life. Identifying your big dream is the first step toward fulfilling your God-given potential.

God desires for you to flourish and thrive, and when you align your dreams with His will, you open yourself up to incredible possibilities. Spend time in prayer, asking Him to reveal the dreams that align with His heart and purpose for you.

Activation:

What is your big dream? Take a time to visualize with God and ask Him for clarity and confidence to dream big.

Write down your dream in one sentence. Be specific and bold!

Prayer:

Dear God, thank You for the dreams You have placed in my heart. Help me to identify my biggest dream and to see it clearly. I pray that You guide my thoughts and desires as I seek to align my dreams with Your will. Give me courage to pursue this dream and trust in Your perfect plan. In Jesus' name, Amen.



Day 2: Recognize Limiting Beliefs

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." – 2 Timothy 1:7

Reflection:

Limiting beliefs can be powerful obstacles that hinder us from pursuing our dreams. These beliefs often stem from fear, past experiences, or negative self-talk. Today, take a moment to recognize these limiting beliefs and confront them with God's truth.

God has given you a spirit of power, love, and a sound mind. You have the ability to overcome any fear or doubt that stands in your way. As you write down your limiting beliefs, remember that they do not define you. Replace them with affirmations that reflect your identity in Christ and the truth of His promises.

Activation:

What fears or doubts are holding you back from pursuing your dream?

List at least three limiting beliefs and write a positive affirmation with God to counter each one.

Prayer:

Dear God, I acknowledge the limiting beliefs that have held me back. Help me to recognize these fears and replace them with Your truth. Remind me that I am empowered by Your Spirit and capable of achieving great things. I commit to speaking life and truth over myself as I pursue my dreams. In Jesus' name, Amen.



Day 3: The Power Of Faith

"Now faith is the substance of things hoped for, the evidence of things not seen." – Hebrews 11:1

Reflection:

Faith is the foundation upon which our dreams are built. It allows us to trust in the unseen and believe in future possibilities. As you reflect on your big dreams, consider how your faith can propel you forward.

In moments of doubt or uncertainty, lean into your faith. Trust that God has a plan for you, even when the path seems unclear. Spend time in prayer, asking Him to strengthen your faith and to help you see the potential that lies within you.

Activation:

How does your faith and trust in God play a role in your dreams?

Spend time in prayer, asking God to strengthen your faith in His plans for your life.

Prayer:

Dear God, I thank You for the gift of faith. Help me to trust in Your plan for my life and to believe in the dreams You have placed in my heart. Strengthen my faith as I embark on this journey, and remind me that You are always with me. I choose to walk in faith, knowing that You hold my future. In Jesus' name, Amen.



Day 4: Visualize Your Future

"The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever." – Psalm 138:8

Reflection:

Visualizing your future is a powerful way to connect with your dreams. It allows you to see the possibilities and the impact your dream can have on your life and others. As you create your vision board, remember that God's purpose for you is steadfast and enduring.

Take time to reflect on what achieving your dream would look like. How would it change your life? How would it enable you to serve others? Let this vision inspire you and motivate you to take action, knowing that God is working in and through you.

Activation:

What does your life look like once you've achieved your dream?

Create a vision board using images and words that represent your dream. Display it where you can see it daily.

Prayer:

Dear God, I thank You for the dreams You have placed in my heart. Help me to visualize my future and to see the possibilities that lie ahead. As I create my vision board, may it serve as a reminder of Your purpose for my life. I trust that You will fulfill Your plans for me, and I look forward to the journey ahead. In Jesus' name, Amen.



Day 5: Affirmations For Abundance

"You will also decree a thing, and it will be established for you; and light will shine on your ways." – Job 22:28

Reflection:

The words we speak have power. Affirmations are a way to declare truth over our lives and align our thoughts with God's promises. By speaking affirmations of abundance, we shift our mindset and open ourselves up to the blessings God has in store for us.

As you write down your affirmations, focus on the abundance that God has promised. Declare His goodness, provision, and love in your life. Let these affirmations become a daily practice that shapes your reality and reinforces your faith.

Activation:

How do your thoughts shape your reality?

Write down five affirmations that reflect abundance and speak them out loud each morning.

Prayer:

Dear God, thank You for the abundance You provide. Help me to speak life and truth over myself through affirmations. I declare Your promises and acknowledge the blessings in my life. May my words reflect the abundance You have for me, and may they inspire others as well. In Jesus' name, Amen.



Day 6: Overcome Doubt

"I can do all things through Christ who strengthens me." – Philippians 4:13

Reflection:

Doubt can be a significant barrier to pursuing our dreams. It often whispers lies about our abilities and worthiness, causing us to hesitate. Today, take a moment to confront those doubts. Remember that you are not alone in this struggle; even the most successful individuals have faced doubt.

God promises to strengthen you in your weaknesses. Lean into His strength as you work to overcome your doubts. Write down a plan to confront one specific doubt this week, and trust that with God's help, you can move past it.

Activation:

What doubts do you struggle with the most?

Identify one doubt and write a plan for how you will overcome it this week.

Prayer:

Dear God, I acknowledge the doubts that have held me back. Help me to recognize these thoughts and confront them with Your truth. Remind me that I can do all things through You who strengthens me. I commit to taking action this week to overcome my doubts and to trust in Your power at work within me. In Jesus' name, Amen.



Day 7: Celebrate Small Wins

*“This is the day that the Lord has made; let us rejoice and be glad in it.”
– Psalm 118:24*

Reflection:

Celebrating small wins is essential for maintaining motivation on your journey. Each step forward, no matter how small, deserves recognition. These victories are a testament to your progress and dedication.

Take time today to reflect on your achievements, no matter how minor they may seem. Share these wins with a friend or loved one, and allow their encouragement to uplift you. Remember, God delights in your progress and celebrates with you.

Activation:

What small victories have you achieved recently?

Write down three small wins and celebrate them! Treat yourself or share your wins with a friend.

Prayer:

Dear God, thank You for the small victories and wins in my life. Help me to recognize and celebrate these moments as steps toward my dreams. I pray that I can share my wins with others and encourage them in their journeys as well. May my heart be filled with gratitude for the progress I've made, and may I continue to move forward with joy. In Jesus' name, Amen.



Day 8: Build A Support System

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift his fellow. But woe to him who is alone when he falls and has not another to lift him!" – Ecclesiastes 4:9-10

Reflection:

Having a support system is vital for pursuing your dreams. Surrounding yourself with people who uplift, encourage, and challenge you can make a significant difference in your journey. Today, reflect on the individuals in your life who inspire you and believe in your potential.

Don't hesitate to reach out to someone today. Share your dreams and aspirations, and invite them to be part of your journey. Together, you can encourage one another and grow in your pursuits.

Activation:

Who are the people in your life that support your dreams?

Reach out to at least one person today and share your dream with them.

Prayer:

Dear God, thank You for the people You have placed in my life. Help me to recognize those who support and encourage me as I pursue my dreams. I pray for the courage to reach out and share my aspirations with them. May our conversations be filled with encouragement and inspiration, and may we sharpen one another as we grow. In Jesus' name, Amen.



Day 9: Step Out Of Your Comfort Zone

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."
– Galatians 5:22-23*

Reflection:

Stepping out of your comfort zone can be daunting, but it is often where growth occurs. God has equipped you with the fruits of the Spirit, which empower you to face challenges with courage and grace.

Today, reflect on what actions make you feel uncomfortable regarding your dreams. Identify one specific action that you can take this week to step outside your comfort zone. Trust that God will be with you as you take this leap of faith.

Activation:

What makes you uncomfortable about pursuing your dream?

Identify one action that pushes you out of your comfort zone and commit to doing it this week.

Prayer:

Dear God, I recognize that stepping out of my comfort zone can be challenging. Help me to embrace discomfort as a sign of growth. I pray for the courage to take that specific action this week, knowing that You are with me. May I rely on Your strength and the fruits of the Spirit as I move forward in faith. In Jesus' name, Amen.



Day 10: Pray for Clarity

"If any of you lacks wisdom, let him ask of God, who gives generously to all without reproach, and it will be given to him." – James 1:5

Reflection:

Prayer is a powerful tool for seeking guidance and clarity. When we bring our dreams before God, we open ourselves to His wisdom and direction. Today is an opportunity to pause and seek His counsel regarding your aspirations.

Set aside intentional time for prayer. Ask God for clarity on your next steps and the wisdom to discern His will for your life. Trust that He hears your prayers and is eager to guide you.

Activation:

How can prayer guide you in your journey?

Set aside time today for focused prayer, asking God for clarity, wisdom, and direction regarding your dreams.

Prayer:

Dear God, thank You for the gift of prayer. I come before You today, seeking clarity and direction for my dreams. I ask for Your wisdom to guide my decisions and actions. Help me to trust in Your plan and to be sensitive to Your leading. I commit my dreams to You, knowing that You will provide the clarity I seek. In Jesus' name, Amen.



Day 11: Embrace Change

"Jesus Christ is the same yesterday and today and forever." – Hebrews 13:8

Reflection:

Change is a natural part of life, yet it can often feel daunting. While the world around us shifts, we can find comfort in the unchanging nature of Christ. Embracing change can lead to growth and new opportunities, bringing us closer to our dreams.

Today, reflect on the changes you may need to make in your life. Whether it's a change in mindset, routine, or environment, consider how this shift can help you move forward. Trust that God is with you in this transition, guiding you toward His perfect plan.

Activation:

How do you feel about change?

Identify one change you need to embrace in your life to move closer to your dream.

Prayer:

Dear God, I recognize that change can be challenging, but I also know it is often necessary for growth. Help me to embrace the changes I need to make in my life to pursue my dreams. Remind me that You are constant and unchanging, providing me with the strength to adapt. I trust in Your guidance as I navigate this journey. In Jesus' name, Amen



Day 12: Set Clear Goals

"Commit your work to the Lord, and your plans will be established." – Proverbs 16:3

Reflection:

Setting clear goals is essential for turning dreams into reality. When we articulate our aspirations with specificity, we create a roadmap for success. God desires for us to be intentional with our plans, and He promises to guide us as we commit our work to Him.

Today, take the time to write down three SMART goals related to your dream. Ensure that each goal is clear and actionable, and invite God into your planning process. Trust that as you commit your goals to Him, He will establish your path.

Activation:

What specific goals do you want to achieve related to your dream?

Write down three SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals that align with your dream.

Prayer:

Dear God, thank You for the dreams You have placed in my heart. Help me to set clear and achievable goals that align with Your purpose for my life. I commit my plans to You, trusting that You will guide me as I work toward my aspirations. May each goal reflect my desire to honor You in all that I do. In Jesus' name, Amen.



Day 13: Overcome Your Fear of Failure

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." – Isaiah 41:10

Reflection:

Fear of failure can paralyze us and prevent us from taking the steps necessary to pursue our dreams. However, God reassures us that we do not need to fear, for He is with us every step of the way.

Today, take a moment to write down your fears regarding failure. Then, counter each fear with a positive affirmation that reflects God's truth and promises. Remember that failure is often a stepping stone to success, and with God's strength, you can rise above any setback.

Activation:

What fears do you have about failing in your pursuits?

Write down your fears and counter them with positive affirmations.

Prayer:

Dear God, I acknowledge the fears that hold me back from pursuing my dreams. Help me to confront these fears with Your truth and to replace them with positive affirmations. Remind me that I do not need to fear failure, for You are with me, strengthening and upholding me. I trust in Your plan and purpose for my life. In Jesus' name, Amen.



Day 14: Cultivate a Positive Mindset

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." – Philippians 4:8

Reflection:

A positive mindset is crucial for pursuing our dreams. Our thoughts shape our reality, and when we focus on what is true and good, we empower ourselves to take action. God invites us to fill our minds with positivity and gratitude, which can transform our outlook on life.

Today, reflect on your current mindset and consider how you can shift it to be more positive and encouraging. Write down three positive thoughts or mantras that resonate with you, and commit to repeating them daily.

Activation:

How can you shift your mindset to be more positive and encouraging?

Write down three positive thoughts or affirmations to repeat daily.

Prayer:

Dear God, please help me to cultivate a positive mindset as I pursue my dreams. I want to focus on what is true, honorable, and commendable. Remind me to fill my thoughts with positivity and gratitude, empowering me to take action. I commit to repeating these affirmations daily, trusting that You will transform my mindset. In Jesus' name, Amen.



Day 15: Take Bold Action

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."
– Joshua 1:9

Reflection:

Taking bold action is essential for bringing our dreams to fruition. God calls us to be active participants in our journey, using our gifts and talents to glorify Him. Each action, no matter how small, contributes to our progress and reflects our commitment to pursuing our dreams.

Today, identify one specific action step that aligns with your dream. It could be making a phone call, researching a topic, or reaching out to someone for guidance. Commit to taking that step today, trusting that God is with you wherever you go.

Activation:

What is one action step you can take today that aligns with your dream?

Commit to taking that courageous step today, no matter how small.

Prayer:

Dear God, I thank You for the dreams You have placed in my heart. Help me to have courage and take bold action today, no matter how small. I commit this action to You, asking for Your guidance and blessing. May my efforts bring glory to You and draw me closer to the fulfillment of my dreams. In Jesus' name, Amen



Day 16: Embrace Patience

"But if we hope for what we do not see, we wait for it with patience." – Romans 8:25

Reflection:

Patience is often a necessary virtue in the pursuit of our dreams. In a world that values immediacy, waiting can feel frustrating and discouraging. However, God calls us to trust in His timing, knowing that His plans are perfect and will unfold in due season.

Today, reflect on the areas of your life where you struggle with patience. Identify one specific situation where you need to practice waiting with faith. Trust that God is working behind the scenes, preparing you for the fulfillment of your dreams.

Activation:

How do you feel about waiting for your dreams to manifest?

Identify one area in your life where you need to practice patience and commit to trusting the process.

Prayer:

Dear God, I acknowledge that waiting can be challenging. Help me to embrace patience as I pursue my dreams. Teach me to trust in Your timing and to believe that You are working all things for my good. May I find peace in the waiting and remain steadfast in my faith. In Jesus' name, Amen.



Day 17: Learn From Setbacks

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” – Romans 8:28

Reflection:

Setbacks are often seen as failures, but they can also serve as valuable learning experiences. God uses our challenges to shape us, teach us, and prepare us for future success. When we face setbacks, it's essential to reflect on what we can learn and how we can grow from the experience.

Today, take time to write down a recent setback you've encountered. Reflect on the lessons learned and how this experience can inform your future actions. Trust that God can turn every setback into a stepping stone toward your dreams.

Activation:

What setbacks have you experienced on your journey?

Write down a recent setback and reflect on what you learned from it.

Prayer:

Dear God, thank You for the lessons that come from setbacks. Help me to view challenges as opportunities for growth and learning. I commit to reflecting on my experiences and using them to inform my future decisions. May I trust that You are working all things together for my good. In Jesus' name, Amen.



Day 18: Seek Wisdom

"The way of a fool is right in his own eyes, but a wise man listens to advice."
– Proverbs 12:15

Reflection:

Seeking wisdom is an essential part of pursuing our dreams. God often provides guidance through the people in our lives, and it's important to be open to their insights and advice. A wise person recognizes the value of learning from others and is willing to listen.

Today, think about someone you can turn to for advice or guidance. Reach out to them and ask for their insights regarding your dream. Trust that God can use their wisdom to help you navigate your journey.

Activation:

Who can you turn to for advice or guidance on your journey?

Reach out to a mentor, coach, or someone you respect and ask for their insights on your dream.

Prayer:

Dear God, thank You for the people You have placed in my life who can offer wisdom and guidance. Help me to be open to their insights and to seek their advice as I pursue my dreams. May I recognize the value of learning from others and be humble in my pursuit of knowledge. In Jesus' name, Amen.



Day 19: Cultivate Gratitude

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." – 1 Thessalonians 5:18

Reflection:

Gratitude is a powerful practice that can shift our perspective and enhance our overall well-being. When we focus on what we are thankful for, we cultivate a positive mindset that encourages us to pursue our dreams with joy and enthusiasm. God calls us to give thanks in all circumstances, recognizing His goodness in our lives.

Today, take a moment to reflect on the blessings in your life. Write down five things you are grateful for, no matter how small. Allow this practice of gratitude to inspire and motivate you as you continue on your journey.

Activation:

What are you grateful for in your life right now?

Write down five things you are thankful for today.

Prayer:

Dear God, I thank You for the many blessings in my life. Help me to cultivate a spirit of gratitude, recognizing Your goodness in every circumstance. May my heart be filled with thankfulness as I pursue my dreams, and may I inspire others to do the same. In Jesus' name, Amen.



Day 20: Reflect On Your Progress

"I will remember the deeds of the Lord; yes, I will remember your wonders of old." – Psalm 77:11

Reflection:

Reflection is an essential part of personal growth. Taking time to look back on your journey allows you to recognize the progress you've made and the lessons you've learned. God encourages us to remember His faithfulness and the wonders He has done in our lives.

Today, set aside time to review your goals and progress since the beginning of this challenge. Celebrate the milestones you've reached and the growth you've experienced. Acknowledge God's hand in your journey and express gratitude for His guidance.

Activation:

How far have you come in your journey?

Take time to review your goals and progress. Celebrate how far you've come since Day 1.

Prayer:

Dear God, thank You for the progress I have made on my journey. Help me to reflect on my goals and celebrate the milestones I have reached. I acknowledge Your faithfulness in my life and the wonders You have done. May I continue to grow and move forward with confidence, trusting in Your plan for my future. In Jesus' name, Amen.



Day 21: Foster Resilience

"Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope." – Romans 5:3-4

Reflection:

Resilience is the ability to bounce back from difficulties and continue moving forward. God uses our challenges to strengthen us and build our character. When we face adversity, we can choose to respond with hope and endurance, knowing that God is with us through every trial.

Today, reflect on a specific challenge you've encountered. Write down how you can respond with resilience and what steps you can take to move forward. Trust that God is using your experiences to shape you into the person He has called you to be.

Activation:

How do you respond to challenges and setbacks?

Identify one challenge you've faced and write down how you can respond with resilience moving forward.

Prayer:

Dear God, thank You for the strength You provide in times of challenge. Help me to foster resilience in my heart and mind as I face difficulties. May I respond to setbacks with hope and endurance, trusting that You are working all things for my good. I commit to learning and growing from each experience. In Jesus' name, Amen.



Day 22: Find Your Passion

"Delight yourself in the Lord, and he will give you the desires of your heart."
– Psalm 37:4

Reflection:

Finding and pursuing your passions is vital for living a fulfilled life. God has placed unique desires in your heart that reflect your purpose and calling. When you engage in activities that ignite your passion, you align yourself with God's design for your life.

Today, take time to reflect on the activities that bring you joy and fulfillment. Identify one passion project you can start or dedicate more time to this week. Trust that as you pursue your passions, you are also honoring God's gifts in your life.

Activation:

What activities make you feel most alive and fulfilled?

Identify one passion project you can start or dedicate more time to this week.

Prayer:

Dear God, thank You for the passions You have placed in my heart. Help me to recognize and pursue these desires, knowing that they are part of Your plan for my life. I commit to dedicating time to my passion project this week and trust that You will guide me as I explore what makes me feel alive. In Jesus' name, Amen.



Day 23: Build More Confidence

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." – Psalm 139:14

Reflection:

Confidence is rooted in recognizing our unique strengths and abilities. God has created each of us with purpose and equipped us with the skills we need to fulfill our calling. When we understand our worth and capabilities, we can approach challenges with greater assurance.

Today, reflect on the areas of your life where you feel uncertain or lack confidence. Write down three strengths or skills you possess that can help you build confidence in those areas. Embrace the truth that you are fearfully and wonderfully made.

Activation:

What areas of your life do you feel uncertain or lack confidence?

Write down three strengths or skills you possess that can help you build confidence in those areas.

Prayer:

Dear God, thank You for creating me with unique strengths and abilities. Help me to recognize and embrace these gifts as I work to build my confidence. I pray that I can approach challenges with assurance, knowing that I am fearfully and wonderfully made in Your image. May I trust in the skills You have given me as I pursue my dreams. In Jesus' name, Amen.



Day 24: The Power Of Community

"And let us consider how to stir up one another to love and good works."
– Hebrews 10:24

Reflection:

Community plays a vital role in our journey toward fulfilling our dreams. God designed us to live in relationship with one another, encouraging and uplifting each other along the way. When we surround ourselves with supportive individuals, we can draw strength and motivation from their presence.

Today, take a moment to reflect on how your community has supported you. Reach out to someone in your community and express your gratitude for their encouragement and support. Recognize the power of connection in your journey.

Activation:

How has your community supported you on your journey?

Reach out to someone in your community and express your gratitude for their support.

Prayer:

Dear God, thank You for the gift of community. I am grateful for the people who support and encourage me on my journey. Help me to express my gratitude to them today and to actively contribute to uplifting others in our community. May we continue to stir one another to love and good works as we pursue our dreams together. In Jesus' name, Amen.



Day 25: Visualize Your Success

"Write the vision and make it plain on tablets, that he may run who reads it." – Habakkuk 2:2

Reflection:

Visualization is a powerful tool that can help clarify our goals and aspirations. God has a unique plan for each of us, and when we take the time to envision our success, we align ourselves with His purpose. Creating a vision for our dreams can inspire motivation and action.

Today, reflect on what success looks like for you. Write down a detailed description of your dream life and the success you envision. Allow this visualization to fuel your determination and guide your actions.

Activation:

What does success look like for you?

Write down a detailed description of your dream life and the success you envision.

Prayer:

Dear God, thank You for the plans You have for my life. Help me to visualize the success You desire for me and to align my actions with that vision. I commit to creating a vision board or writing a detailed description of my dream life, trusting that You will guide me as I pursue these aspirations. May my heart be filled with hope for the future You have planned for me. In Jesus' name, Amen.



Day 26: Choose Joy

"Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the Lord is your strength." – Nehemiah 8:10

Reflection:

Choosing joy is a powerful act that can transform our outlook and strengthen our resolve. In Nehemiah, we are reminded that joy is not dependent on our circumstances but is rooted in our relationship with God. Today, let's embrace the joy that comes from Him and share that joy with others.

Reflect on what brings you joy and how you can intentionally choose it today. Consider how sharing your joy can uplift those around you and create a positive ripple effect in your community.

Activation:

What brings you joy today? How can you choose joy in your circumstances?

Take a moment to identify one joyful activity you can engage in today, whether it's spending time with loved ones, enjoying a favorite hobby, or simply taking a moment to appreciate the beauty of God's creation around you.

Prayer:

Dear God, thank You for the gift of joy and for reminding me that it is my strength. Help me to choose joy in every situation and to share that joy with others. May my heart be filled with gratitude as I celebrate the blessings in my life. Guide me to spread joy to those who may be feeling down, and help me to remember that my joy comes from You. In Jesus' name, Amen.



Day 27: Take Time To Rest

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

Reflection:

In our busy lives, it's easy to overlook the importance of rest. Jesus invites us to come to Him when we are weary and burdened, promising us the rest our souls desperately need. Taking time to rest is not a sign of weakness; it's an essential part of maintaining our well-being and effectiveness in pursuing our dreams.

Today, reflect on the areas in your life where you feel heavy or overwhelmed. Acknowledge the need for rest and intentionally carve out time to recharge. Allow yourself to be refreshed in His presence, knowing that rest is a gift from God.

Activation:

How often do you take time to rest and recharge? What areas of your life feel heavy right now?

Set aside at least 15-30 minutes today to engage in a restful activity that rejuvenates you, whether it's reading, meditating, taking a walk, or simply sitting in silence.

Prayer:

Dear God, thank You for the invitation to come to You for rest. Help me to recognize when I am weary and to prioritize time for rejuvenation. May I find peace and renewal in Your presence, allowing You to lift my burdens. Teach me the importance of resting so that I can continue to pursue my dreams with renewed strength and clarity. In Jesus' name, Amen.



Day 28: Reflect On Your Journey

"I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you." – Psalm 32:8

Reflection:

Reflection is a powerful tool for personal growth and understanding. As we journey toward our dreams, it's essential to take time to evaluate what we've learned about ourselves, our strengths, and our areas for improvement. God promises to guide us and teach us along the way, helping us grow into the individuals He has created us to be.

Today, take a moment to reflect on your journey throughout this challenge. Write down three key lessons you've learned about yourself, your dreams, and your relationship with God. Acknowledge the growth you've experienced and how these lessons will shape your future endeavors.

Activation:

What have you learned about yourself throughout this challenge?

Write down three key lessons you've learned during this journey of dreaming big.

Prayer:

Dear God, thank You for guiding me on this journey. Help me to reflect on the lessons I have learned throughout this challenge. I commit to writing down these insights and allowing them to shape my future actions. May I continue to grow in my understanding of myself and my purpose, trusting in Your guidance every step of the way. In Jesus' name, Amen.



Day 29: Share Your Journey

Declare his glory among the nations, his marvelous works among all the peoples!" – Psalm 96:3

Reflection:

As we come to the end of this challenge, remember that your story is a powerful tool for change. Sharing your journey not only inspires others but also glorifies God. Your experiences—both triumphs and struggles—can resonate with someone who feels alone in their journey. Each testimony has the potential to uplift and encourage others to pursue their God-given dreams.

Take a moment to reflect on the journey you've been on during this challenge. What lessons have you learned? How has your faith grown? As you prepare to share your story, ask God to guide your words and help you connect with those who need to hear your message.

Activation:

How can your story inspire others? Think about the power of vulnerability and authenticity in sharing your journey.

Share your journey on social media or with a group, encouraging others to pursue their dreams. Use a specific hashtag to connect with fellow participants.

Prayer:

Dear God, thank You for the journey You have brought me through. Help me to share my story with authenticity and courage. May my experiences inspire others to trust in You and pursue their dreams. Let my words bring hope and encouragement to those who need it. In Jesus' name, Amen.



Day 30: Launch Your Dream

"Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us." – Ephesians 3:20

Reflection:

As we conclude this 30-day journey, remember that God's power within you is limitless. He has placed dreams in your heart for a reason, and He is more than capable of bringing them to fruition. Today is not merely an ending; it's a powerful new beginning. Embrace the possibilities that lie ahead and trust that as you take action, God will work through you to achieve what you once thought was impossible.

Today, take the first step toward launching your dream. Write down your commitment to this dream and outline one specific action you will take immediately. Celebrate this milestone as a significant moment in your journey. Think about how you will continue to pursue your dreams beyond this challenge, setting goals that keep you moving forward.

Activation:

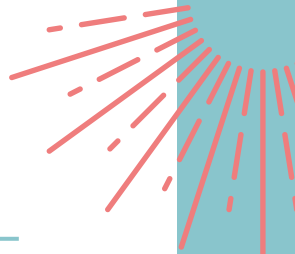
As we reach the final day of this challenge, take a moment to reflect on the dreams you've been nurturing throughout this journey. What are the specific aspirations that excite your heart? Consider how you can now take action to bring these dreams to life, knowing that God is capable of doing far more than you can imagine.

Prayer:

Dear God, thank You for the dreams You have placed in my heart. As I take this first step today, fill me with confidence and courage. Help me to trust in Your power to do exceedingly abundantly beyond what I can imagine. I commit my dreams to You and ask for Your guidance as I move forward. May I always remember that with You, all things are possible. In Jesus' name, Amen.



CONGRATS & NEXT STEPS



Congratulations:

Congratulations on completing the 30 Days Dream Big Challenge! You should be proud of your commitment and dedication throughout this journey. By reflecting on your dreams and setting actionable goals, you've taken significant steps forward. Remember, this is just the beginning—continue to dream big and trust in the incredible plans God has for your life. Celebrate your progress and the growth you've experienced—exciting possibilities await you!

Invitation: Join Our Free Sisterhood Tribe

You've taken incredible steps toward embracing your dreams and empowering your faith. Now, it's time to take your journey further. Join our free online community of women who are committed to dreaming big and supporting each other in their faith journeys.

Scan the QR code below or visit **prosperalways.com/tribe** to sign up.



- ✓ Bi-Weekly Calls, Activations & Prayer
- ✓ Connect With Friends & Have Fun
- ✓ Monthly Zoom Events & Challenges
- ✓ Free Tribe Social App

Want More: Dream Big Coaching

Are you ready to turn your dreams into reality? Join my Dream Big Coaching Program designed specifically for women like you who are ready to embrace their potential and take bold steps toward their goals. In this empowering coaching experience, you'll receive personalized guidance, support, and strategies to help you clarify your vision, conquer your limitations, and take courageous action.

Visit **prosperalways.com/coaching** to learn more or sign up.