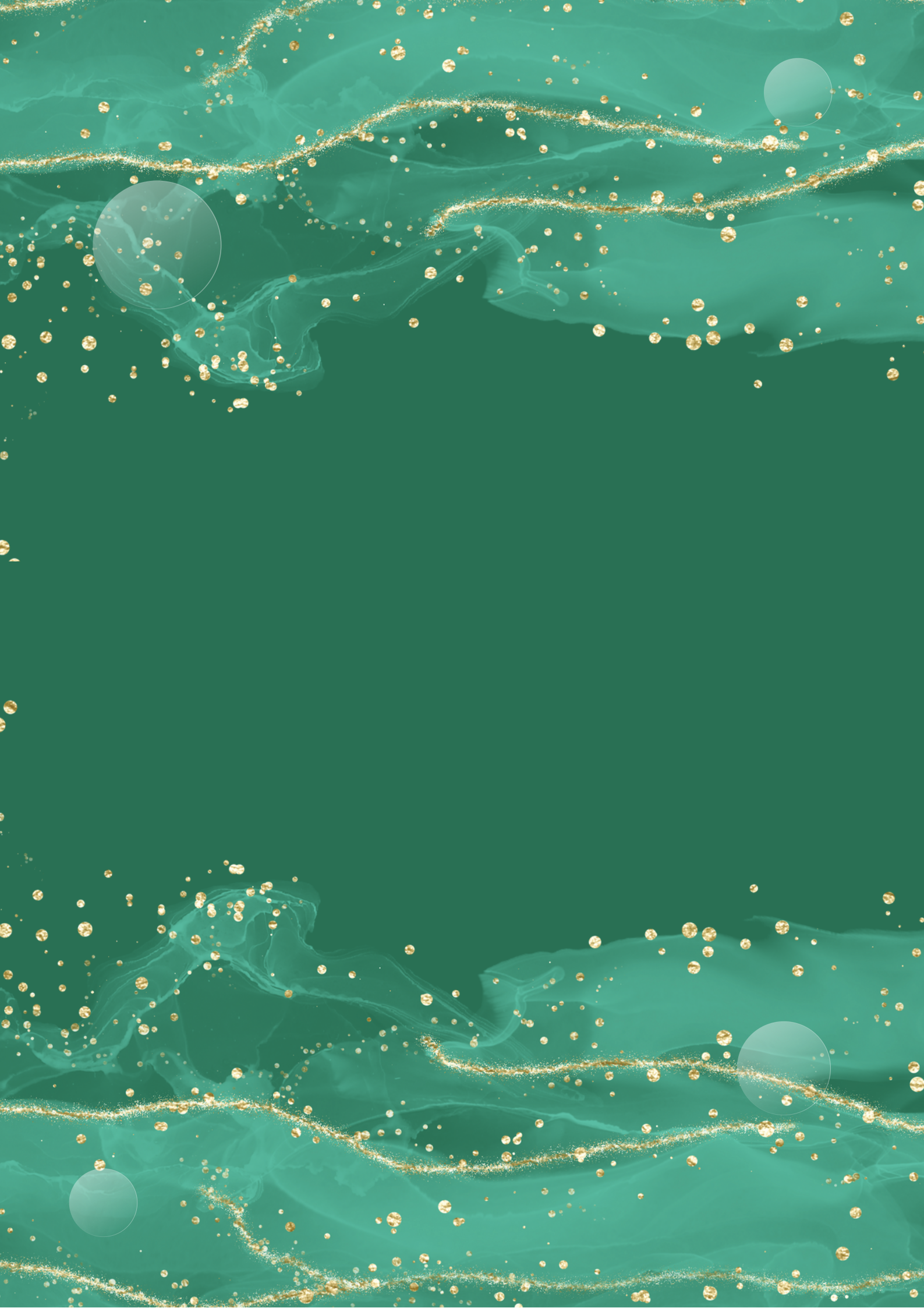


CAPITALMOMS™
CHALLENGE
workbook



2023

CAPITALMOMS™

30-DAY CHALLENGE

NAME

.....

ADDRESS

.....

EMAIL

.....

PHONE

.....

30 DAY CHALLENGE TRACKER

DURING THE NEXT 30 DAYS I WILL DO THE FOLLOWING
DAILY:

1. MEMORIZE SCRIPTURE (PHILIPPIANS 4:6-13)
2. READ 10 MINUTES WITH CHILD/REN OR 10 PAGES OF
NON-FICTION BOOK
3. REPLACE ONE MEAL A DAY WITH A SALAD
4. _____
5. _____
6. _____
7. _____

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

30-DAY SCRIPTURE MEMORIZATION *Challenge*

PHIL 4: 6-7 FOR DAYS 1-10

DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS.

PHIL 4:8 FOR DAYS 11-20

AND NOW, DEAR BROTHERS AND SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS TRUE, AND HONORABLE, AND RIGHT, AND PURE, AND LOVELY, AND ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.

PHIL 11-13 FOR DAYS 21-30

NOT THAT I WAS EVER IN NEED, FOR I HAVE LEARNED HOW TO BE CONTENT WITH WHATEVER I HAVE. I KNOW HOW TO LIVE ON ALMOST NOTHING OR WITH EVERYTHING. I HAVE LEARNED THE SECRET OF LIVING IN EVERY SITUATION, WHETHER IT IS WITH A FULL STOMACH OR EMPTY, WITH PLENTY OR LITTLE. FOR I CAN DO EVERYTHING THROUGH CHRIST, WHO GIVES ME STRENGTH.

CHALLENGE REFLECTION *Journal*

DATE:

TIME:

◆ MONTHLY WINS

◆ HOW DOES IT MAKE ME FEEL?

◆ CHALLENGES

◆ HOW CAN I IMPROVE IT?

ACCOMPLISHED
GOALS

NEW HABITS
DEVELOPED

THREE THINGS THAT I AM MOST GRATEFUL FOR THIS
MONTH:

TWO LIFE LESSONS I LEARNED THIS MONTH:

ONE WORD THAT BEST DESCRIBES THIS MONTH:

HOW WILL YOU RATE THIS MONTH?



CLEANING CHECKLIST

DAILY

- | | |
|---------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> MAKE BED | <input type="checkbox"/> SWEEP KITCHEN FLOORS |
| <input type="checkbox"/> WASH DISHES | <input type="checkbox"/> CLEAN BATHROOM |
| <input type="checkbox"/> WIPE KITCHEN TABLE | <input type="checkbox"/> BRUSH SHOWER WALLS |
| <input type="checkbox"/> DO LAUNDRY | <input type="checkbox"/> SANITIZE KITCHEN & BATHROOM |

WEEKLY

- | | |
|------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> CLEAN MIRRORS | <input type="checkbox"/> DO LAUNDRY |
| <input type="checkbox"/> CLEAN WINDOWS | <input type="checkbox"/> GARBAGE DISPOSAL |
| <input type="checkbox"/> DUST FURNITURES | <input type="checkbox"/> CLEAN OVEN/MICROWAVE |
| <input type="checkbox"/> CHANGE BEDDINGS | <input type="checkbox"/> MOP FLOORS |

MONTHLY

- | | |
|------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> CLEAN STORAGES | <input type="checkbox"/> WIPE KITCHEN CABINETS |
| <input type="checkbox"/> CLEAN FRIDGE | <input type="checkbox"/> SCRUB STOVE & BURNERS |
| <input type="checkbox"/> CLEAN ROOMS | <input type="checkbox"/> DECLUTTER CABINETS |
| <input type="checkbox"/> CHANGE BEDDINGS | <input type="checkbox"/> VACUUM UPHOLSTERY |

YEARLY

- | | |
|---------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> EMPTY PANTRY | <input type="checkbox"/> DEEP CLEAN WINDOWS |
| <input type="checkbox"/> EMPTY SHELVES | <input type="checkbox"/> CLEAR OUT GUTTERS |
| <input type="checkbox"/> DEEP CLEAN CARPETS | <input type="checkbox"/> DEEP CLEAN UPHOLSTERY |
| <input type="checkbox"/> DUST LAMPSHADES | <input type="checkbox"/> AIRCON CLEANING |

GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

2

3

THINGS THAT MADE ME SMILE TODAY







SOMETHING THAT
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL
TO HAVE IN MY LIFE

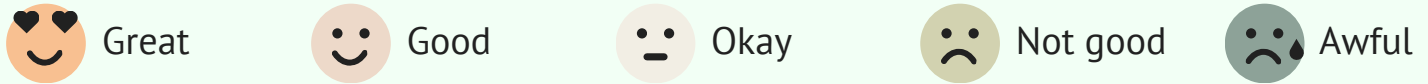
DAILY AFFIRMATION

NOTES & FREE THOUGHTS



MENTAL HEALTH TRACKER

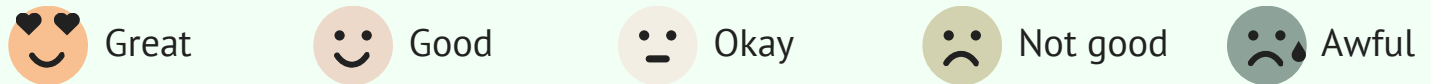
HOW AM I FEELING THIS MORNING?



MY SLEEP LAST NIGHT WAS:



HOW AM I FEELING THIS EVENING?



I AM GRATEFUL TODAY FOR

WHAT I LIKE ABOUT MYSELF TODAY

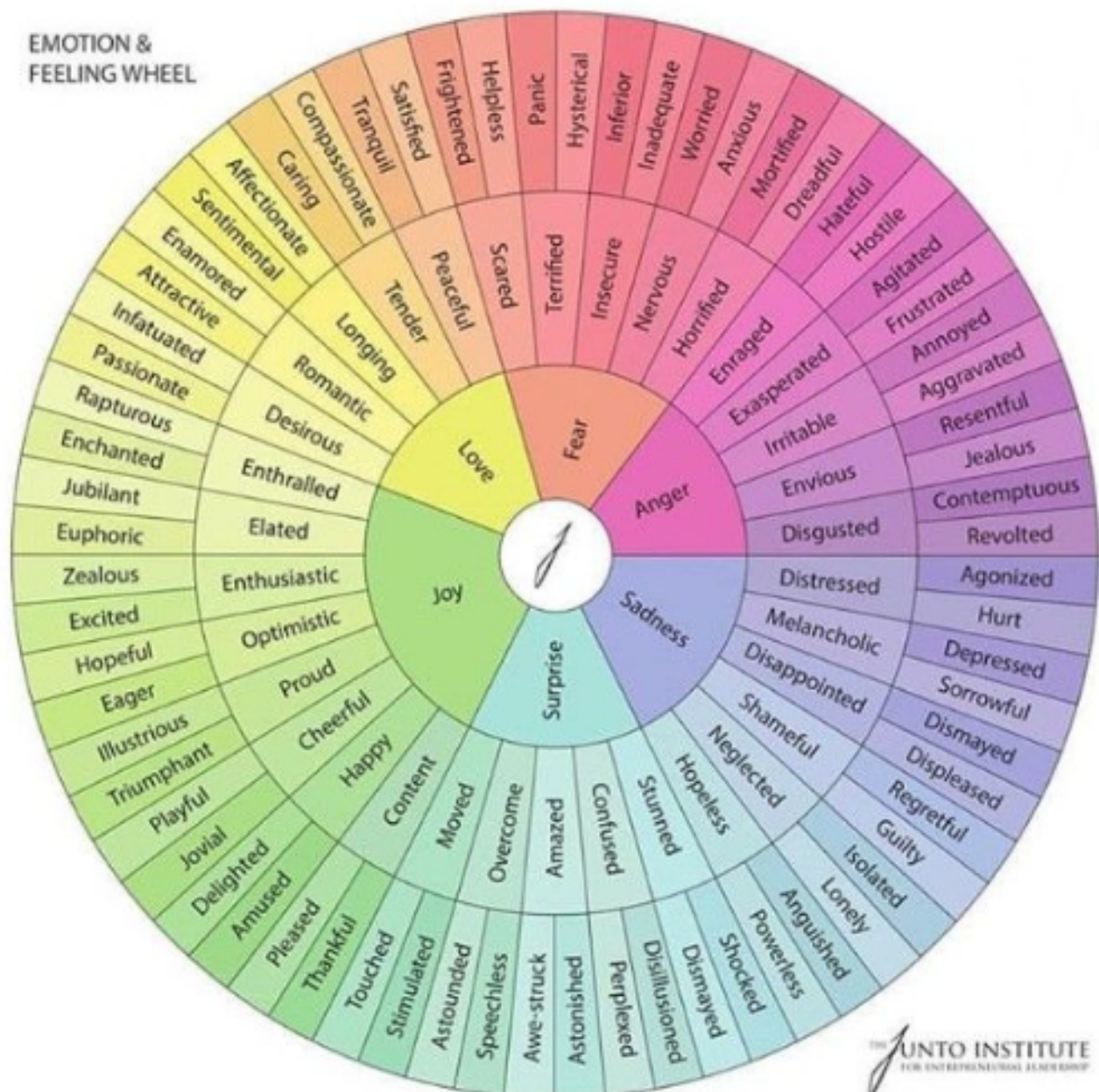
AM I SATISFIED WITH THIS DAY?



WHAT I WOULD LIKE TO TELL MYSELF FOR TOMORROW

EMOTION WHEEL

WHEN USED AS A WAY TO CHECK IN WITH YOURSELF, EMOTION WHEELS ARE USEFUL TOOLS FOR BUILDING SELF-AWARENESS AND DEVELOPING EMOTIONAL LITERACY.



30 JOURNALING PROMPTS:

1. HOW DO I DEFINE SUCCESS? AS A BUSINESS OWNER/ENTREPRENEUR? AS A WIFE/SPOUSE? AS A MOTHER?
2. WHAT MAKES ME EXCITED?
3. HOW WOULD I LIKE TO BE REMEMBERED? WHAT LEGACY DO I WANT TO LEAVE BEHIND?
4. WHERE DO I FIND MY CONFIDENCE?
5. HOW WOULD I RATE THE CURRENT STRENGTH OF MY FAITH?
6. WHAT IS ONE THING I LOVE ABOUT EACH OF MY CHILDREN?
7. IN WHAT AREAS OF MY LIFE DO I FEEL SATISFIED?
8. WHAT ARE THREE THINGS I AM GRATEFUL FOR? WHAT ARE THREE THINGS I TAKE FOR GRANTED?
9. WHO IS THE PERSON THAT KNOWS ME THE BEST?
10. HOW HAVE RECENT WORLD EVENTS IMPACTED MY VIEW OF AND HOPE FOR THE FUTURE?
11. WHAT ARE SOME PHRASES THAT OTHERS HAVE USED TO LABEL ME THAT WEIGH ME DOWN? (I.E. "YOU'RE SO STRONG", "YOU'RE DOING TOO MUCH", "YOU'RE TOO SENSITIVE")?
12. WHAT ARE THREE TRAITS ABOUT MYSELF THAT I'M REALLY PROUD OF?
13. WHAT IS MY FAVORITE SCRIPTURE AND WHY?
14. CAN I CLEARLY IDENTIFY MY CALLING (WHAT I AM CALLED TO DO IN THIS SPECIFIC SEASON) AND MY PURPOSE (GOD'S OVERALL DESIGN FOR MY LIFE)? IF SO, AM I FULLY WALKING IN BOTH?
15. WHAT IS ONE GOAL THAT I SET THIS YEAR THAT I ACCOMPLISHED? HOW DOES THAT MAKE ME FEEL?
16. HOW CAPABLE DO I FEEL WHEN IT COMES TO TRYING SOMETHING NEW?
17. AM I ABLE TO WORK WELL AND PARTNER WITH OTHERS? WHY OR WHY NOT?
18. WHAT DOES A DREAM VACATION LOOK LIKE FOR ME?
19. WHAT IS SOMETHING THAT I'M AFRAID OF AND WHERE DID THAT FEAR ORIGINATE?
20. IF EVERYTHING WENT TO PLAN IN 2024, WHO AM I? WHERE AM I? WHAT AM I DOING?
21. WHEN I'M NOT IN THE ROOM, WHAT IS MISSING?
22. WHERE DO YOU FIND JOY?
23. AM I TEACHABLE? IF SO, HOW SO? IF NOT, WHY NOT?
24. WHAT ARE THREE BOOKS THAT I'VE READ THAT GREATLY IMPACTED HOW I SEE MYSELF, OTHERS, OR GOD?
25. WHAT SEEDS AM I PLANTING TODAY IN ORDER TO REAP A HARVEST TOMORROW?
26. AM I AT PEACE WITH GOD AND HAVE I FULLY ACCEPTED HIS UNCONDITIONAL LOVE FOR ME?
27. WHAT MAKES ME STAY IN OR RETREAT INTO MY COMFORT ZONE?
28. WHAT IS THE BRAVEST THING I'VE EVER DONE?
29. WHAT IS SOMETHING ABOUT MYSELF THAT I WISH MORE PEOPLE UNDERSTOOD?
30. HOW EQUIPPED DO I FEEL TO IDENTIFY AND EXPRESS MY EMOTIONS?

MONTHLY *budget*

MONTH/YEAR: _____

BUDGET GOAL: _____

INCOME

DATE	DESCRIPTION	AMOUNT

FIXED EXPENSES

DATE	DESCRIPTION	AMOUNT
TOTAL		

OTHER EXPENSES

DATE	DESCRIPTION	AMOUNT
TOTAL		

TOTAL EXPENSE	
TOTAL INCOME	
TOTAL SAVINGS	

NOTES:

HABIT TRACKER

WEEK OF

GOAL

M T W T F S S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT WORKED

TO IMPROVE ON

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

GROCERY SHOPPING LIST

THE GATEKEEPER

challenging negative thoughts

WHAT IS THE NEGATIVE THOUGHT?

WHAT EVIDENCE DO YOU HAVE TO SUPPORT THE THOUGHT?

WHAT EVIDENCE DO YOU HAVE AGAINST THE THOUGHT?

WHAT MIGHT YOU SAY TO A FRIEND WHO EXPRESSED THIS THOUGHT?

HOW DOES THIS THOUGHT MAKE YOU FEEL?

IF THIS THOUGHT IS TRUE, WHAT IS THE WORST CASE SCENARIO AS A RESULT?

IMAGINE A FUTURE FREE FROM THIS THOUGHT. WHAT WOULD YOU DO?

30 SCRIPTURES:

1. WE KNOW THAT ALL THINGS WORK TOGETHER FOR GOOD TO THOSE WHO LOVE GOD, TO THOSE WHO ARE CALLED ACCORDING TO HIS PURPOSE. ROMANS 8:28 NKJV
2. JESUS SAID, " I LEAVE YOU PEACE; MY PEACE I GIVE YOU. I DO NOT GIVE IT TO YOU AS THE WORLD DOES. SO DON'T LET YOUR HEARTS BE TROUBLED OR AFRAID." JOHN 14:27 NCV
3. WHAT WE HAVE IS ONE BODY WITH MANY PARTS, EACH ITS PROPER SIZE AND IN ITS PROPER PLACE. NO PART IS IMPORTANT ON ITS OWN. 1 CORINTHIANS 12:20 MSG
4. I'M EAGER TO ENCOURAGE YOU IN YOUR FAITH, BUT I ALSO WANT TO BE ENCOURAGED BY YOURS. IN THIS WAY, EACH OF US WILL BE A BLESSING TO THE OTHER. ROMANS 1:12 NLT
5. GOD IS OUR REFUGE AND STRENGTH, A VERY PRESENT HELP IN TROUBLE. THEREFORE WE WILL NOT FEAR, EVEN THOUGH THE EARTH BE REMOVED, AND THOUGH THE MOUNTAINS BE CARRIED INTO THE MIDST OF THE SEA..."BE STILL, AND KNOW THAT I AM GOD." PSALM 46 1-2, 10 NKJV
6. IN ALL THE WORK YOU ARE DOING, WORK THE BEST YOU CAN. WORK AS IF YOU ARE DOING IT FOR THE LORD, NOT FOR PEOPLE. COLOSSIANS 3:23 NCV
7. IT IS NOT FANCY HAIR, GOLD JEWELRY, OR FINE CLOTHES THAT SHOULD MAKE YOU BEAUTIFUL. NO, YOUR BEAUTY SHOULD COME FROM WITHIN YOU – THE BEAUTY OF A GENTLE AND QUIET SPIRIT THAT WILL NEVER BE DESTROYED AND IS VERY PRECIOUS TO GOD. 1 PETER 3:3-4 NCV
8. DO NOT WORRY ABOUT ANYTHING, BUT PRAY AND ASK GOD FOR EVERYTHING YOU NEED, ALWAYS GIVING THANKS. AND GOD'S PEACE, WHICH IS SO GREAT WE CANNOT UNDERSTAND IT, WILL KEEP YOUR HEARTS AND MINDS IN CHRIST JESUS. PHILIPPIANS 4:6-7 NCV
9. GOD BE MERCIFUL TO US AND BLESS US, AND CAUSE HIS FACE TO SHINE UPON US, THAT YOUR WAY MAY BE KNOWN ON EARTH, YOUR SALVATION AMONG ALL NATIONS. PSALM 67:1-2 NKJV
10. THOSE WHO LOVE MONEY WILL NEVER HAVE ENOUGH. HOW ABSURD TO THINK THAT WEALTH BRINGS TRUE HAPPINESS! THE MORE YOU HAVE, THE MORE PEOPLE COME TO HELP YOU SPEND IT. SO WHAT IS THE ADVANTAGE OF WEALTH – EXCEPT PERHAPS TO WATCH IT RUN THROUGH YOUR FINGERS! ECCLESIASTES 5:10-11 NLT

11. TRUST IN THE LORD WITH ALL YOUR HEART, AND LEAN NOT ON YOUR OWN UNDERSTANDING. PROVERBS 3:5 NKJV

12. ONE THING I ALWAYS DO. FORGETTING THE PAST AND STRAINING TOWARD WHAT IS AHEAD, I KEEP TRYING TO REACH THE GOAL AND GET THE PRIZE FOR WHICH GOD CALLED ME THROUGH CHRIST TO THE LIFE ABOVE. PHILIPPIANS 3:13-14 NCV

13. DELIGHT YOURSELF ALSO IN THE LORD, AND HE SHALL GIVE YOU THE DESIRES OF YOUR HEART. PSALM 37:4 NKJV

14. JESUS SAID, "YOUR FATHER KNOWS THE THINGS YOU NEED BEFORE YOU ASK HIM." MATTHEW 6:8 NCV

15. [GOD] SAID TO ME, "MY GRACE IS SUFFICIENT FOR YOU. FOR MY POWER IS MADE PERFECT IN WEAKNESS." 2 CORINTHIANS 12:9 NIV

16. WE...HAVE JOY WITH OUR TROUBLES, BECAUSE WE KNOW THAT TROUBLES PRODUCE PATIENCE. AND PATIENCE PRODUCES CHARACTER, AND CHARACTER PRODUCES HOPE. ROMANS 5:3-4 NCV

17. PUT ON THE WHOLE ARMOR OF GOD, THAT YOU MAY BE ABLE TO STAND AGAINST THE WILES OF THE DEVIL. FOR WE DO NOT WRESTLE AGAINST FLESH AND BLOOD, BUT AGAINST PRINCIPALITIES, AGAINST POWERS, AGAINST THE RULERS OF THE DARKNESS OF THIS AGE. EPHESIANS 6:11-12 NKJV

18. FAITH MEANS BEING SURE OF THE THINGS WE HOPE FOR AND KNOWING THAT SOMETHING IS REAL EVEN IF WE DO NOT SEE IT. FAITH IS THE REASON WE REMEMBER GREAT PEOPLE WHO LIVED IN THE PAST. HEBREWS 11:1-2 NCV

19. SAMUEL ANSWERED, "WHAT PLEASURES THE LORD MORE; BURNT OFFERINGS AND SACRIFICES OR OBEDIENCE TO HIS VOICE? IT IS BETTER TO OBEY THAN TO SACRIFICE. IT IS BETTER TO LISTEN TO GOD THAN TO OFFER THE FAT OF SHEEP." 1 SAMUEL 15:22 NCV

20. THOUGH I WALK THROUGH THE VALLEY OF THE SHADOW OF DEATH, I WILL FEAR NO EVIL; FOR YOU ARE WITH ME; YOUR ROD AND YOUR STAFF, THEY COMFORT ME. PSALM 23:4 NKJV

21. WE ARE HIS WORKMANSHIP, CREATED IN CHRIST JESUS FOR GOOD WORKS, WHICH GOD PREPARED BEFOREHAND THAT WE SHOULD WALK IN THEM. EPHESIANS 2:10 NKJV

22. LET BROTHERLY LOVE CONTINUE. DO NOT FORGET TO ENTERTAIN STRANGERS. FOR BY DOING SOME HAVE UNWITTINGLY ENTERTAINED ANGELS. HEBREWS 13:1-2 NKJV

23. LOVE MUST BE SINCERE. ROMANS 12:9 NIV

24. JESUS SAID, "THE THING YOU SHOULD WANT MOST IS GOD'S KINGDOM AND DOING WHAT GOD WANTS. THEN ALL THESE OTHER THINGS YOU NEED WILL BE GIVEN TO YOU. SO DON'T WORRY ABOUT TOMORROW." MATTHEW 6:33-34 NCV

25. EVERY GOOD GIFT AND EVERY PERFECT GIFT IS FROM ABOVE, AND COMES DOWN FROM THE FATHER OF LIGHTS, WITH WHOM THERE IS NO VARIATION OR SHADOW OF TURNING. JAMES 1:17 NKJV

26. REJOICE ALWAYS, PRAY WITHOUT CEASING, IN EVERYTHING GIVE THANKS; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU. 1 THESSALONIANS 5: 16-18 NKJV

27. IF YOU NEED WISDOM – IF YOU WANT TO KNOW WHAT GOD WANTS YOU TO DO – ASK HIM, AND HE WILL GLADLY TELL YOU. JAMES 1: 5 NLT

28. BEHOLD, I AM DOING A NEW THING; NOW IT SPRINGS FORTH, DO YOU NOT PERCEIVE IT? I WILL MAKE A WAY IN THE WILDERNESS AND RIVERS IN THE DESERT. ISAIAH 43:19

29. THEREFORE...LET US STRIP OFF EVERY WEIGHT THAT SLOWS US DOWN, ESPECIALLY THE SIN THAT SO EASILY HINDERS OUR PROGRESS. HEBREWS 12:1

30. IN ALL THESE THINGS WE ARE MORE THAN CONQUERORS THROUGH HIM WHO LOVED US. FOR I AM PERSUADED THAT NEITHER DEATH NOR LIFE, NOR ANGELS OR PRINCIPALITIES NOR POWERS, NOR THINGS PRESENT NOR THINGS TO COME, NOR HEIGHT NOR DEPTH, NOR ANY OTHER CREATED THING, SHALL BE ABLE TO SEPARATE US FROM THE LOVE OF GOD WHICH IS IN CHRIST JESUS OUR LORD. ROMANS 8: 37-39 NKJV

