

7-Day Faith Challenge

Stop Waiting & Start Moving

Queen Bee Transformation

By Cherie Rickard

Friend... this is your reminder that your life is not going to change by accident.

The dreams in your heart, the healing you've been praying for, and the next chapter God keeps nudging you toward all begin with movement.

Over the next 7 days, you are going to stop overthinking and start showing up. Small obedience creates momentum. Tiny shifts create transformation.

DAY 1: GET HONEST & GET CLEAR

Today's Truth: You cannot change what you refuse to confront.

Action Step: Write down ONE dream, goal, or area of healing you've been avoiding. Then ask yourself: What is one small action I can take this week?

Scripture: Habakkuk 2:2 — Write the vision and make it plain.

Cherie's Reminder: Clarity removes excuses. When you get honest, you get free.

DAY 2: FIX YOUR THOUGHT LIFE

Today's Truth: Your thoughts are shaping your future more than you realize.

Action Step: Catch negative thoughts and replace them with truth. Example: "I'm not enough" becomes "I am equipped for what I'm called to do."

Scripture: Romans 12:2 — Be transformed by the renewing of your mind.

Cherie's Reminder: Your life will not outgrow the thoughts you refuse to change.

DAY 3: DO SOMETHING THAT MOVES THE NEEDLE

Today's Truth: Faith requires movement.

Action Step: Send the email. Make the call. Record the video. Do ONE thing that pushes the dream forward today.

Scripture: James 2:17 — Faith without works is dead.

Cherie's Reminder: Done is better than perfect.

DAY 4: CUT THE DISTRACTIONS

Today's Truth: Distraction is draining your purpose.

Action Step: Identify one thing consuming your focus and cut it back today.

Scripture: Hebrews 12:1 — Lay aside every weight.

Cherie's Reminder: Protect your peace and your focus.

DAY 5: OPEN YOUR MOUTH

Today's Truth: Your words carry power.

Action Step: Spend 10 minutes speaking life over yourself and your future.

Scripture: Proverbs 18:21 — Life and death are in the power of the tongue.

Cherie's Reminder: You cannot constantly speak defeat and expect victory.

DAY 6: SHOW UP LIKE IT MATTERS

Today's Truth: Consistency creates transformation.

Action Step: Encourage someone. Serve someone. Show up intentionally today.

Scripture: Colossians 3:23 — Work as unto the Lord.

Cherie's Reminder: Faithfulness in small things creates strength for big things.

DAY 7: LOOK BACK & DECIDE AGAIN

Today's Truth: Growth happens when you refuse to quit.

Action Step: Reflect on your week and decide you're not stopping here.

Scripture: Psalm 90:12 — Teach us to number our days.

Cherie's Reminder: A different life is built through daily decisions.

FINAL ENCOURAGEMENT

Friend... keep taking the next faithful step.

You do not need to have your whole future figured out today. God rejoices when you begin.

With love,

Cherie Rickard

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