

A 5-Week Reset for the Strong Woman

By Cherie Rickard

Queen Bee Transformation

If you are holding this workbook, it's not by accident.
You have likely been:

Strong for everyone else.

Emotionally stretched.

Mentally overstimulated.

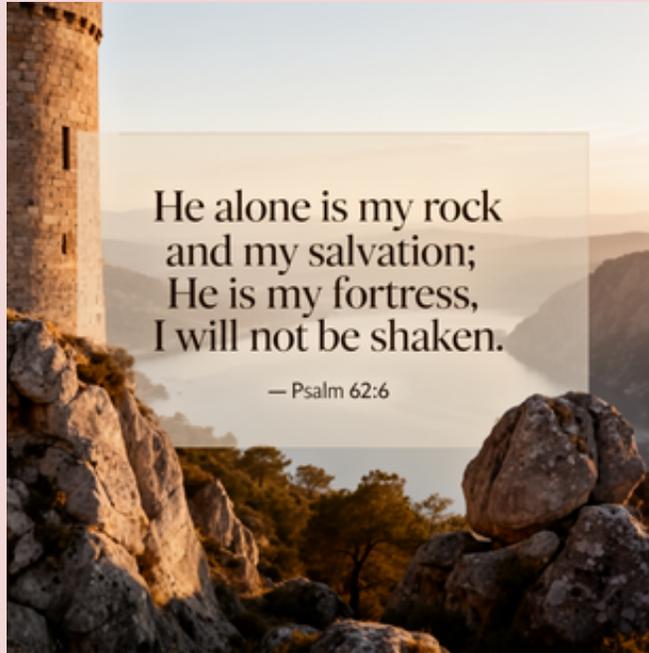
Spiritually disciplined – but tired.

This is not a dramatic reset.

This is a steady one.

Over the next five weeks, you will not just reflect.

You will rebuild. Slowly. Intentionally. Faithfully.



How to Use This Workbook

Each week includes:

- A Teaching Reflection
- Scripture Anchors
- Deep Journal Prompts
- Practical Action Steps
- A Weekly Alignment Check

Set aside 30–45 minutes weekly.

Do not rush this.

Transformation requires participation.

WEEK 1

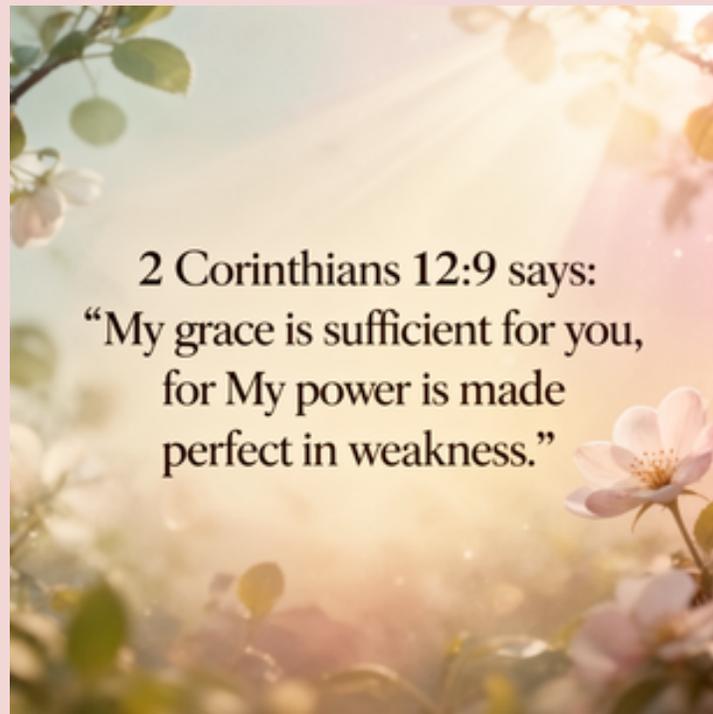
When You're Tired of Being Strong Teaching Reflection

Strong women rarely collapse publicly. They leak quietly.

Strength becomes identity.

- Responsibility becomes habit.
- Rest begins to feel irresponsible.

But God never asked you to be the savior.



Weakness is not failure. It is invitation.

Scripture Meditation

Matthew 11:28

“Come to Me, all who are weary...”

Psalm 55:22

“Cast your cares on the Lord...”

Journal Prompts

- Where have I become emotionally over-responsible?
- What burdens am I carrying that may not actually be mine?
- When was the last time I admitted I was tired?
- Do I equate rest with weakness?
- If I laid this burden down, what am I afraid would happen?

Activation Exercise

Draw two columns:

- My Responsibility
- God’s Responsibility

Be honest.

Release the second column daily in prayer.

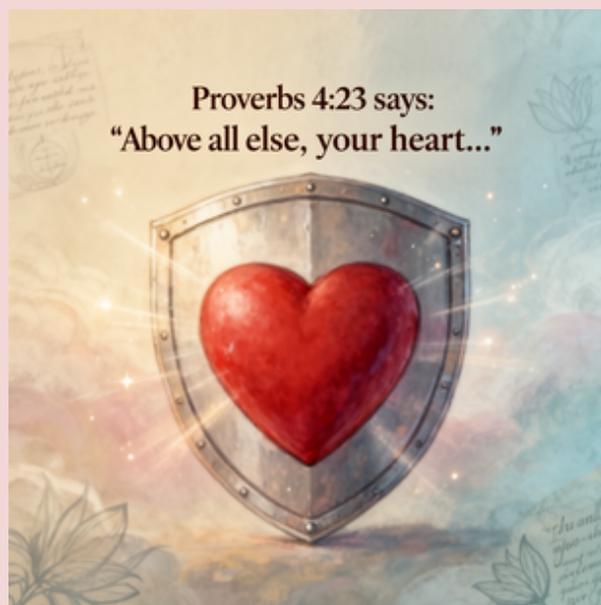
Weekly Alignment Check

Am I holding — or am I anchored?

WEEK 2

Emotionally Overstimulated, Spiritually Underfed Teaching Reflection

Your nervous system was not designed for constant global input.
Noise fragments peace.



Guarding is active.

Not passive.

Scripture Meditation

Philippians 4:8

Isaiah 26:3

Journal Prompts

- What is the first thing I consume every morning?
- What consistently elevates my anxiety?
- How much time do I spend consuming versus communing?
- Do I feel scattered or grounded lately?
- What boundary do I need to create immediately?

Activation Exercise

Implement a 30-minute no-phone morning window for 7 days.
Journal what shifts.

Weekly Alignment Check

Is my input strengthening my faith or stimulating my fear?

WEEK 3

You Can't Heal in Survival Mode

Teaching Reflection

Survival looks productive.

Healing looks slow.



Binding requires exposure.

Have you slowed down enough to let Him bind it?

Scripture Meditation

Lamentations 3:22–23

Psalm 34:18

Journal Prompts

- What pain did I survive but never process?
- What still triggers me emotionally?
- Where do I overfunction to avoid feeling?
- What emotion feels hardest to admit?
- If I allowed myself to heal fully, what would change?

Activation Exercise

Schedule one intentional 20-minute processing session this week.
Journal without editing.

Weekly Alignment Check

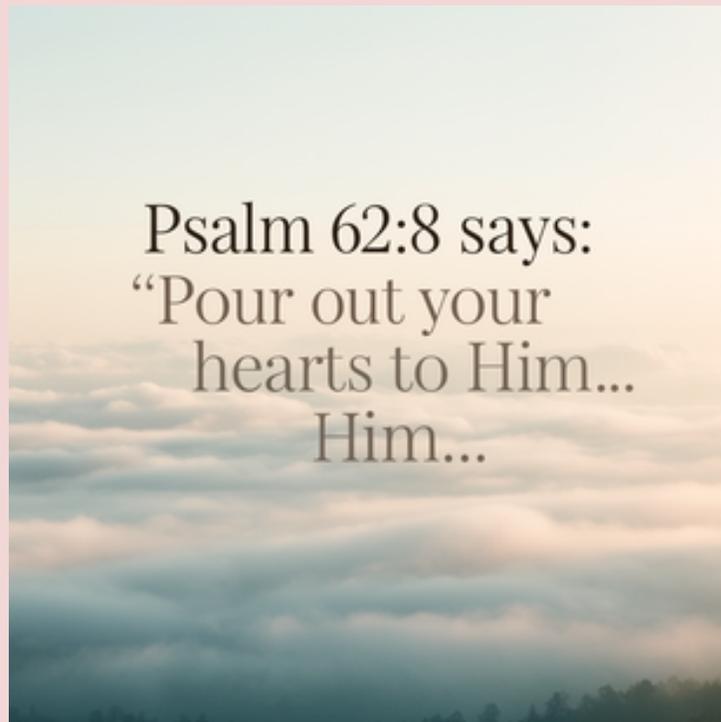
Am I managing pain – or healing it?

WEEK 4

Faith Is Not Denial

Teaching Reflection

Suppression is not surrender.



God invites honesty.

You do not impress Him with performance.

Scripture Meditation

Psalm 13

Hebrews 4:15

Journal Prompts

- What emotion have I labeled “unspiritual”?
- What situation am I minimizing?
- What do I actually feel toward God right now?
- Where have I used faith language to avoid emotional work?
- What would honest intimacy look like?

Activation Exercise

Pray an unedited prayer this week.

Write it down.

Weekly Alignment Check

Am I suppressing — or surrendering?

WEEK 5

This Is Not the Season to Quit

Teaching Reflection

Weariness whispers quitting.



Endurance is built, not automatic.

Scripture Meditation

Hebrews 10:36

Isaiah 40:31

Journal Prompts

- Where am I tempted to quietly withdraw effort?
- What outcome did I expect that hasn't happened yet?
- Am I fatigued – or called to pivot?
- What promise am I still believing for?
- What would perseverance look like this week?

Activation Exercise

Shrink the goal. Do not abandon it.
Choose one small act of consistency.

Weekly Alignment Check

Is quitting coming from discernment – or discouragement?

Final Reflection

Over the past five weeks:

What shifted in me?

Where do I still need structure?

What is my next step?

A Personal Invitation

If this workbook surfaced deeper layers...

If you realized you've been surviving longer than you thought...

If you're ready for intentional, faith-anchored rebuilding...

[Queen Bee Transformation](#) is the next step.

You do not have to do this alone.

Steady women change generations.

