RADIANCE
Revival

A 30-Day Faith-Filled Workbook

Coming back to yourself—one gentle win at a time

YOUR INVITATION You do not have to be caught up, cleaned up, or certain. You only have to come back.

Susan Thrasher

Radiance Revivalist

Welcome, Beautiful

PULL UP A CHAIR Imagine we are sitting together with coffee. There is no stopwatch, no gold star for finishing fast, and no shame if your brain took the scenic route.

I did not create Radiance Revival from a mountaintop where everything was fixed. I created it from real life—from trauma and healing, late-diagnosed ADHD, caregiving, depression, pain, forgotten appointments, brave phone calls, therapy, faith, grief, laughter, and the countless times God helped me come back.

For years, I could see what I had not done faster than I could see how hard I was trying. I could celebrate everyone else and move the finish line on myself. Healing taught me to become a detective instead of a judge. It taught me that noticing a trigger earlier is progress. Choosing nature before a spiral is progress. Taking medication, showering, asking for prayer, apologizing, resting, and returning are all real wins.

This workbook is for the woman who is tired of being treated like a problem to solve. It is for the woman who loves Jesus and still struggles. It is for the caregiver, survivor, late bloomer, dreamer, and beautifully complicated brain who needs hope to feel practical.

You may complete one day each morning. You may take three days on one page. You may disappear for a month and come back on a random Tuesday. Every return counts. I mean that with my whole heart.

With love and ridiculous amounts of hope,
Susan

How to Use This Workbook Gently

THE MOST IMPORTANT RULE This is not a 30-day perfect streak. Missing a day is not failure. Coming back is win number one—every single time.

THE FULL VERSION

Read the lesson and example, answer the prompts, complete the practice, notice the wins, and pray.

THE LOW-ENERGY VERSION

Read the scripture, choose the "Make It Tiny" action, and say the prayer. That is a complete day.

THE COMEBACK VERSION

Write the date, check "I came back," and begin wherever you are. No catching up is required.

Your Revival Rules

- [ ] Be a detective, not a judge.
- [ ] Small counts. Internal counts. Returning counts.
- [ ] Faith is relationship, not performance.
- [ ] Use tools, treatment, people, and professional support without shame.
- [ ] Rest is care, not a prize.
- [ ] You are allowed to protect tender parts of your story.
- [ ] Celebrate before you move the finish line.

A NOTE ABOUT CARE This workbook supports reflection and faith; it does not replace medical or mental-health care. If an exercise feels overwhelming, pause, ground, and contact a trusted person or qualified professional. If you may harm yourself or are in immediate danger, contact emergency services or the 988 Suicide & Crisis Lifeline in the United States.

Your 30-Day Path

Four gentle movements: Notice • Support • Heal • Shine

DAY	THEME	DAY	THEME
1	You Came Back	16	Let Someone Help Carry It
2	Detective, Not Judge	17	Rest Without Earning It
3	What Are You Carrying?	18	Build a Supportive Space
4	Tiny Is Still Transformational	19	One Anchor, Not Ten Rules
5	Listen to Your Body	20	Come Sit With God
6	Use the Tools God Gave You	21	Praise Before the Spiral
7	Name the Resistance	22	Be the Safe Woman You Needed
8	Answer One Brave Thing	23	Speak to Yourself Like Someone God Loves
9	Borrowed Momentum	24	Celebrate the Unseen Wins
10	Care for the Woman in the Mirror	25	Live by Your Own God-Given Standards
11	Choose the Reset	26	Let Desire Speak Louder Than Fear
12	Pause Is Power	27	Courage Is Action with Shaky Hands
13	Repair Is Growth	28	Your Story Is a Testimony
14	Rejection Is Not the Whole Story	29	Build a Revival You Can Return To
15	Make Room for Grief and Joy	30	Shine, Beloved

REMEMBER The order gives you a path, not a prison. If a day meets your heart out of sequence, use it. You can always return to the path later.

Before You Begin

There are no right answers. This page is simply a snapshot of the woman beginning today.

WHAT FEELS HEAVIEST IN MY LIFE RIGHT NOW?

WHAT AM I LONGING TO FEEL MORE OF?

WHAT SUPPORT AM I ALREADY USING?

WHAT IS ONE THING I AM PROUD OF SURVIVING?

WHAT WOULD A GENTLE REVIVAL LOOK LIKE IN THIS SEASON?

My Intention & Opening Prayer

MY HONEST INTENTION FOR THESE 30 DAYS

WHEN I MISS A DAY, I WANT TO REMEMBER

THE KIND OF SUPPORT I MAY NEED

OPENING PRAYER *Papa, meet me in these pages. Help me tell the truth without shaming myself, receive support without apology, and notice the quiet work You are doing in me. Give me courage to return as many times as I need. Amen.*

DAY 01

You Came Back

Showing up again is not a small thing. It is the beginning of revival.

LAMENTATIONS 3:22-23 (KJV) *It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.*

LET US SIT WITH THIS

Let us begin with the truth this workbook will repeat until your heart believes it: you do not have to arrive polished, caught up, or certain. You only have to come back. A missed day does not erase the days you tried. A hard season does not cancel your growth. Returning is evidence that hope is still alive in you.

Radiance Revival is not a thirty-day test of discipline. It is a place to practice returning to yourself and to God with tenderness. Today is not about fixing your whole life. It is about noticing that you opened this page. That is win number one.

FROM MY STORY

There were days I missed appointments, forgot medication, or looked around at what had not been done and felt behind before I even began. The real change was not that I suddenly became perfect. It was that I answered the next call, rescheduled the appointment, refilled the prescription, or opened the journal again. I learned that coming back deserved celebration, not shame.

NOTICE IT WITHOUT JUDGING IT

What did it take for me to show up today?

What am I tempted to shame myself for?

What changes if I call this return a win?

DAY 01 • PRACTICE

A Gentle Step for Today

1. Put today's date at the top of the page and say aloud, “I came back.”
2. Choose one thing that would help you feel 2% more supported today.
3. Do that one thing before adding anything else to your list.

MAKE IT TINY Open the workbook, take one slow breath, and place a check beside “I came back.” Done.

WITH GOD Thank God for mercies that are new this morning. You do not need a long devotional; one honest sentence counts.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I opened the workbook.

[ ] I told the truth about how I feel.

[ ] I chose one supportive action.

[ ] I spoke kindly to myself.

[ ] I reached toward God.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, thank You for meeting me right here, not where I think I should be. Help me release yesterday and receive the mercy You have for me today. Teach me to see returning as courage. Let this be the beginning of a gentle, honest revival in me. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 02

Detective, Not Judge

Curiosity creates room for healing where criticism creates fear.

ROMANS 8:1 (KJV) *There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

LET US SIT WITH THIS

Judgment asks, “What is wrong with me?” Curiosity asks, “What happened, what am I feeling, and what might help?” Those questions may sound simple, but they change the entire atmosphere inside us. A nervous system that expects criticism protects itself. A heart met with compassion can finally tell the truth.

Today, become a gentle detective. Observe the clues: your energy, body, thoughts, environment, hunger, pain, grief, sleep, and overwhelm. You are gathering information, not building a case against yourself.

FROM MY STORY

At a family graduation gathering, I noticed myself becoming overwhelmed. The old way would have been to judge myself for not being able to “just enjoy it.” Instead, I observed what was happening and chose nature as a reset. That was not weakness. It was awareness, a coping tool, and an intentional response. Therapy was showing up in real life.

NOTICE IT WITHOUT JUDGING IT

What am I noticing in my body, thoughts, and energy?

What facts do I have, without adding a harsh story?

What might this version of me need?

DAY 02 • PRACTICE

A Gentle Step for Today

1. Write one judgment you have made about yourself today.
2. Circle the harsh label and replace it with a neutral observation.
3. Ask, “What would help?” and choose one answer you can actually do.

MAKE IT TINY Change “I am lazy” to “I am having trouble starting.” That is enough information for today.

WITH GOD Imagine Jesus sitting beside you as you examine the clues. Let His presence set the tone: truth without condemnation.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed before reacting.

[ ] I separated fact from story.

[ ] I named a need.

[ ] I used curiosity.

[ ] I released one harsh label.

[ ] I came back today.

MY WIN TODAY

PRAYER *Jesus, quiet the accusing voice in me. Help me look at my life with honesty and mercy. Give me wisdom to notice what is happening without turning every struggle into a character flaw. Lead me toward truth, support, and peace. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 03

What Are You Carrying?

Exhaustion often tells a truer story than the word "lazy."

MATTHEW 11:28 (KJV) *Come unto me, all ye that labour and are heavy laden, and I will give you rest.*

LET US SIT WITH THIS

Sometimes we wake up tired because our minds begin working before our feet touch the floor. We remember yesterday's unfinished tasks, today's responsibilities, last week's forgotten promise, and every person who may need something from us. Then we call ourselves lazy for feeling overwhelmed under a load no one else can see.

Before demanding more from yourself, name what you are carrying. Invisible weight is still weight. Naming it does not make you dramatic. It gives you a chance to set something down, ask for help, or offer yourself appropriate care.

FROM MY STORY

During one of my first conversations with "Sheila"—the name I gave the overwhelmed, self-critical voice in my head—I admitted that everyone else seemed to know how to be a person. They answered phones, remembered things, kept clean houses, and finished projects. But when I described my mornings, the truth appeared: my brain woke up already behind. When I asked what I would say to a friend carrying that much, the answer was, "Of course you're tired." That compassion belonged to me too.

NOTICE IT WITHOUT JUDGING IT

What invisible responsibilities or emotions am I carrying?

Which burden is mine, and which one have I picked up for someone else?

What can be set down, shared, delayed, or done imperfectly?

DAY 03 • PRACTICE

A Gentle Step for Today

1. Make a “what I am carrying” list with no organizing or fixing.
2. Mark one item: mine, shared, later, or release.
3. Take one compassionate action based on what you discovered.

MAKE IT TINY Finish this sentence: “Of course I am tired; I have been carrying _____.”

WITH GOD Picture placing one burden into Jesus’ hands. You may have to place it there more than once. That is practice, not failure.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I named an invisible burden.

[ ] I stopped calling myself lazy.

[ ] I asked for help.

[ ] I delayed something without guilt.

[ ] I let Jesus carry something with me.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, You see every visible and invisible thing I carry. Show me what is mine to tend and what I can release. Replace shame with compassion, and teach me to receive the rest Jesus offers. I do not have to carry everything alone. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 04

Tiny Is Still Transformational

A small action can interrupt a large spiral.

ZECHARIAH 4:10 (KJV) *For who hath despised the day of small things?*

LET US SIT WITH THIS

An overwhelmed brain often rejects a task because it pictures the entire project at once. “Clean the kitchen” becomes dishes, counters, floors, food, trash, decisions, and proof that we should have done it sooner. No wonder the starting line feels impossible.

The answer is not always more motivation. Sometimes it is a smaller promise. One dish. One email. Shoes on. Medication beside the coffee. Tiny actions build evidence that movement is possible. The goal is not to impress anyone; it is to create a bridge from frozen to moving.

FROM MY STORY

One day, two loads of dishes felt like a major victory because they were. The kitchen was not magically finished, but the pile was smaller and I was no longer completely stuck. When the dishes were nearly caught up later, it was not because I had transformed into a different person overnight. It happened through ordinary, imperfect steps that finally got counted.

NOTICE IT WITHOUT JUDGING IT

What task feels too large because I am seeing all of it at once?

What is the smallest visible piece?

How will I acknowledge the step instead of moving the finish line?

DAY 04 • PRACTICE

A Gentle Step for Today

1. Choose one task and shrink it until it feels almost silly.
2. Set a five-minute timer or complete one physical step.
3. Stop, notice the evidence, and decide freely whether to continue.

MAKE IT TINY Touch the task: carry one cup to the sink, open the document, or put the shoes by the door.

WITH GOD Ask God to bless the small beginning. Faithfulness is not measured only in dramatic outcomes.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I made the task smaller.

[ ] I started for five minutes.

[ ] I stopped before resentment.

[ ] I noticed progress.

[ ] I did not move the finish line.

[ ] I came back today.

MY WIN TODAY

PRAYER *Lord, help me honor small beginnings. When my mind turns one task into a mountain, show me the next foothold. Give me grace to begin, freedom to pause, and eyes that recognize every bit of progress. Amen.*

Tomorrow can wait. Today's return counts.

DAY 05

Listen to Your Body

Your body is not an inconvenience. It is part of the story.

PSALM 139:14 (KJV) *I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

LET US SIT WITH THIS

Many of us learned to override our bodies: keep going, stop crying, ignore the tension, push through the fatigue. Survival may have required disconnection once, but healing invites us to listen again. Tight shoulders, shallow breathing, nausea, restlessness, tears, and exhaustion can be information.

Listening does not mean diagnosing every sensation or becoming afraid of your body. It means pausing long enough to ask what would create safety and support. Persistent, severe, or concerning symptoms deserve professional care; noticing them is a responsible act of self-respect.

FROM MY STORY

I began noticing how much tension and tenderness I carried through my diaphragm, ribs, shoulder blade, and underarm. Instead of deciding I was overreacting, I became curious and prepared better questions for my doctors and surgeon. The win was not having an instant answer. The win was believing my body deserved attention and advocacy.

NOTICE IT WITHOUT JUDGING IT

Where do I feel tension, heaviness, numbness, or ease?

What happened before this sensation increased?

What care or professional support might be appropriate?

DAY 05 • PRACTICE

A Gentle Step for Today

1. Scan from forehead to feet without trying to change anything.
2. Name three sensations using neutral words.
3. Offer one response: water, food, movement, medication, rest, or a call for care.

MAKE IT TINY Unclench your jaw, lower your shoulders, and make your exhale a little longer than your inhale.

WITH GOD Thank God for one thing your body carried you through. Let gratitude and wise care exist together.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed a body signal.

[ ] I responded before pushing harder.

[ ] I rested.

[ ] I documented a symptom.

[ ] I asked a healthcare professional about a concern.

[ ] I came back today.

MY WIN TODAY

PRAYER *Creator God, thank You for this body and all it has carried. Help me listen without fear and respond without shame. Give me discernment about rest, movement, nourishment, and medical care. Teach me to treat my body as worthy of tenderness. Amen.*

Tomorrow can wait. Today's return counts.

DAY 06

Use the Tools God Gave You

Support is not cheating. Tools are not a moral failure.

JAMES 1:17 (KJV) *Every good gift and every perfect gift is from above, and cometh down from the Father of lights.*

LET US SIT WITH THIS

Medication, therapy, calendars, alarms, body doubling, checklists, prayer, movement, and supportive people can all be tools. A tool does not make your effort less real. Glasses do not mean someone failed at seeing; support for an ADHD brain or a hurting nervous system does not mean someone failed at being human.

The right question is not, “Should I be able to do this without help?” It is, “What helps me live with more health, honesty, and peace?” Use tools wisely and with appropriate professional guidance. Then give yourself credit for using them.

FROM MY STORY

After missing several days of a medication prescribed to support my ADHD, I noticed sadness and a mental echo returning. For me, that medication was Strattera, but the specific support will be different for each person. Recognizing the connection mattered. Getting the refill mattered. The medication did not do the brave part for me; it supported my brain so I could do the brave part. That awareness belongs in the evidence file of my growth.

NOTICE IT WITHOUT JUDGING IT

Which tools genuinely help me function or feel safer?

Which tool have I resisted because I thought I “should not need it”?

What reminder or setup would make one tool easier to use?

DAY 06 • PRACTICE

A Gentle Step for Today

1. Choose one proven support you have not been using consistently.
2. Reduce the friction: move it, pair it, schedule it, or ask someone to help.
3. Use the tool once today and record what changed.

MAKE IT TINY Put one helpful item where tomorrow you will see it.

WITH GOD Thank God for help that arrives through people, treatment, wisdom, and ordinary practical things.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I used a prescribed support.
[ ] I asked for guidance.
[ ] I reduced friction.
[ ] I accepted help without apology.
[ ] I noticed what worked.
[ ] I came back today.

MY WIN TODAY

PRAYER *Father of lights, thank You for every good form of support. Release me from shame about needing tools. Give me wisdom to use them safely and consistently, and humility to receive help through the people and resources You provide. Amen.*

Tomorrow can wait. Today's return counts.

DAY 07

Name the Resistance

When avoidance has a name, it stops feeling like your entire identity.

2 TIMOTHY 1:7 (KJV) *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

LET US SIT WITH THIS

Avoidance can feel like a mysterious force that takes over on the exact day we planned to do something meaningful. Giving that pattern a playful name can create distance. “Sheila is loud today” feels different from “I am impossible.” You are not denying responsibility; you are identifying a recurring protective pattern.

Once you name it, ask what it fears. Embarrassment? Exhaustion? Being trapped? Disappointing someone? The goal is not to fight yourself. It is to reassure the protective part and take one grounded step with the adult you leading.

FROM MY STORY

On movie day with my nephew, the day-of resistance showed up. I called that avoiding voice Sheila. Anxiety was present, but I recognized the pattern, prepared, and went anyway. Going anyway became a day-of victory: Sheila was loud, but she did not make the final decision.

NOTICE IT WITHOUT JUDGING IT

What does my day-of resistance usually say?

What is it trying to protect me from?

What would grounded, adult me say back?

DAY 07 • PRACTICE

A Gentle Step for Today

1. Write the resistance message in one sentence.
2. Answer it with reassurance, facts, and one clear next step.
3. Complete the step before reopening the debate.

MAKE IT TINY Say, “Thank you for trying to protect me. I am choosing the next step.”

WITH GOD Ask the Holy Spirit for power, love, and a sound mind—not necessarily the removal of every nervous feeling.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed avoidance earlier.

[ ] I named the fear underneath it.

[ ] I reassured myself.

[ ] I acted while anxious.

[ ] I let adult me lead.

[ ] I came back today.

MY WIN TODAY

PRAYER *Holy Spirit, help me recognize fear without handing it the steering wheel. Give me power for the next step, love for the frightened parts of me, and a sound mind grounded in truth. Lead me gently forward. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 08

Answer One Brave Thing

Courage can sound like answering the phone with a shaky voice.

JOSHUA 1:9 (KJV) *Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.*

LET US SIT WITH THIS

Phone calls, messages, appointments, and forms look ordinary from the outside. Inside a triggered nervous system, they can feel like danger. If the phone ring or the words “I need to talk to you” activate panic, the brave act is not ordinary for you. Count it accurately.

Bravery is not measured by how easy the task is for someone else. It is measured against the resistance you carried while doing it. One returned call can repair a practical problem and, even more importantly, teach your brain that you can move through discomfort.

FROM MY STORY

After missing physical therapy appointments, I answered the call and rescheduled. It would have been easy to focus only on the missed appointments. But answering a triggering phone call, telling the truth, and making a new plan was healing in action. That was the win that deserved to be named.

NOTICE IT WITHOUT JUDGING IT

Which ordinary task feels unusually threatening to me?

What story does my nervous system attach to it?

What support would make one brave response possible?

DAY 08 • PRACTICE

A Gentle Step for Today

1. Choose one call, text, email, or form that needs attention.
2. Write a one-sentence script before you begin.
3. Complete it, then regulate your body and celebrate the courage.

MAKE IT TINY Open the message and read only the first line, or draft the first sentence without sending.

WITH GOD Before responding, whisper, “God is with me in this ordinary brave thing.”

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I opened the message.

[ ] I answered or returned a call.

[ ] I used a script.

[ ] I told the truth.

[ ] I recovered after the task.

[ ] I came back today.

MY WIN TODAY

PRAYER *Lord, be with me in the small tasks that feel large inside my body. Give me courage for one honest response and peace after I complete it. Help me measure bravery by what it cost, not by how ordinary it looked. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 09

Borrowed Momentum

Sometimes another person's quiet presence is the bridge to beginning.

ECCLESIASTES 4:9-10 (KJV) *Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow.*

LET US SIT WITH THIS

Body doubling means doing a task while another person is present, in person or on video. They do not have to coach, remind, or fix you. Their presence can create enough structure and connection for an ADHD brain to begin. This is not dependence; it is a practical way humans regulate and work together.

You are allowed to borrow momentum. You can ask a friend to stay on the phone while you make an appointment, join a quiet work room, or fold laundry while someone else answers email. Connection can be part of the system.

FROM MY STORY

I realized that body doubling could help with the tasks my brain made strangely difficult. The idea became part of Radiance Revival because I knew I was not the only woman who could do more when she did not feel alone. Sometimes the most supportive sentence is simply, "I will sit with you while you start."

NOTICE IT WITHOUT JUDGING IT

Which tasks become easier when someone else is nearby?

Which safe person could I ask to sit quietly with me?

How can I make the request simple and specific?

DAY 09 • PRACTICE

A Gentle Step for Today

1. Choose a task that has been stalled.
2. Invite someone to a 15- or 25-minute body-doubling session.
3. Name the first step, work quietly, and celebrate what moved.

MAKE IT TINY Send: “Could you sit on the phone with me for ten minutes while I start something?”

WITH GOD Remember that God often answers need through human presence. Receiving companionship can be sacred.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I asked for company.

[ ] I joined a work session.

[ ] I started beside someone.

[ ] I offered body doubling to another person.

[ ] I let connection support me.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, thank You for creating us for connection. Help me release the belief that I must do everything alone. Bring safe people near, give me courage to ask clearly, and let shared presence become a place of progress and peace. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 10

Care for the Woman in the Mirror

Basic care is not basic when depression, pain, or ADHD makes it hard.

MARK 12:31 (KJV) *Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.*

LET US SIT WITH THIS

A shower, clean clothes, brushed teeth, skincare, food, water, and medication are sometimes treated as chores too small to celebrate. But when the brain is foggy, the body hurts, or depression is heavy, these acts can require real effort. Care is care, no matter how ordinary it looks.

Instead of using hygiene as evidence against yourself, turn it into an act of friendship. You are caring for a woman God loves. She does not need a lecture before she receives water, nourishment, softness, or clean clothes.

FROM MY STORY

There were times I genuinely forgot when I had last showered. When I finally did, the old voice could have said, “You should have done that sooner.” The healing voice said, “You cared for yourself today.” In Radiance Revival, the shower gets confetti because the effort and the return are both real.

NOTICE IT WITHOUT JUDGING IT

Which form of basic care feels hardest right now?

What shame have I attached to that struggle?

How would I help a beloved friend take the same step?

DAY 10 • PRACTICE

A Gentle Step for Today

1. Choose one body-care action, not the whole routine.
2. Prepare the space or supplies before asking yourself to begin.
3. Afterward, say exactly what you did without adding “finally” or “only.”

MAKE IT TINY Use a washcloth, drink water, brush for thirty seconds, or change one item of clothing.

WITH GOD As you care for your body, say, “I am caring for someone God loves.”

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I drank water.

[ ] I ate something supportive.

[ ] I showered or washed up.

[ ] I took medication as directed.

[ ] I used skincare or changed clothes.

[ ] I came back today.

MY WIN TODAY

PRAYER *Jesus, help me love the woman in the mirror with patience and practical care. Remove shame from ordinary needs. Give me enough energy for one gentle action, and help me celebrate it as evidence that I am learning to value myself. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 11

Choose the Reset

Stepping away can be wisdom, not escape.

PSALM 23:2-3 (KJV) *He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul.*

LET US SIT WITH THIS

A reset is a deliberate pause that helps your body return to a safer, steadier state. It can be a walk, a drive, a few minutes beside water, fresh air with the dog, music, prayer, or sitting in a quiet room. The purpose is not to abandon your life. It is to return to it with more capacity.

Notice the difference between a reset and numbing. A reset leaves you more present. Numbing often leaves you farther away. Both may begin as survival, so meet yourself kindly. Then choose the smallest action that reconnects you.

FROM MY STORY

Nature has repeatedly helped me come back to myself: a run with Brodie, a reservoir drive, mountains, water, woods, sunsets, and the simple act of getting outside. When I began feeling overwhelmed at a family event, choosing nature helped me avoid a spiral. That was not running away. It was using a coping tool on purpose.

NOTICE IT WITHOUT JUDGING IT

What places or activities help my body exhale?

How can I tell when I need a reset earlier?

What is one reset available to me today?

DAY 11 • PRACTICE

A Gentle Step for Today

1. Choose a 5- to 20-minute reset before overwhelm peaks.
2. Notice one thing you see, hear, feel, smell, and appreciate.
3. Return and record whether your capacity changed at all.

MAKE IT TINY Stand at the door or window and look at the sky for sixty seconds.

WITH GOD Let creation remind you that restoration is part of God's rhythm, not a reward for finishing everything.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed I needed a reset.
[ ] I stepped outside.
[ ] I chose nature instead of a spiral.
[ ] I returned more present.
[ ] I thanked God for one beautiful thing.
[ ] I came back today.

MY WIN TODAY

PRAYER *Good Shepherd, lead me beside the still waters available in this day. Help me notice overwhelm early and choose restoration without guilt. Meet me in sky, trees, wind, water, and quiet. Restore my soul and guide me back gently. Amen.*

Tomorrow can wait. Today's return counts.

DAY 12

Pause Is Power

The moment between trigger and response is holy ground.

JAMES 1:19 (KJV) *Let every man be swift to hear, slow to speak, slow to wrath.*

LET US SIT WITH THIS

Healing does not always look like never getting triggered. Often it looks like noticing sooner. You hear the tone, feel the heat in your chest, sense the old story rushing forward—and pause. That pause may be three seconds, a bathroom break, a walk around the block, or the words, “I want to answer well; give me a minute.”

A pause is not avoidance when you use it to return intentionally. It protects the relationship and the nervous system. Every time you choose a response instead of surrendering completely to the first reaction, you are building a new pathway.

FROM MY STORY

I began noticing that rage flares were less frequent and that I could sometimes catch them earlier, especially in family interactions. I did not become someone who never felt activated. I became someone more able to observe, step away, choose a tool, and return. That subtle change is enormous.

NOTICE IT WITHOUT JUDGING IT

What are my earliest signs of activation?

Which sentence could help me request a pause?

What helps me return rather than disappear?

DAY 12 • PRACTICE

A Gentle Step for Today

1. Choose a pause phrase and write it where you can see it.
2. Practice saying it aloud before you need it.
3. If activated today, pause, reset, and set a specific return time.

MAKE IT TINY Put one hand on your chest and wait for one full exhale before replying.

WITH GOD Ask the Holy Spirit to meet you inside the pause and guide the next words.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed activation earlier.

[ ] I asked for a pause.

[ ] I used a coping tool.

[ ] I returned to the conversation.

[ ] I chose an intentional response.

[ ] I came back today.

MY WIN TODAY

PRAYER *Holy Spirit, stand with me in the space between trigger and response. Slow my words, soften my body, and help me hear clearly. Give me courage to pause and integrity to return. Grow peace in the places where reaction once ruled. Amen.*

Tomorrow can wait. Today's return counts.

DAY 13

Repair Is Growth

A hard moment does not have to become the end of the story.

COLOSSIANS 3:13 (KJV) *Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.*

LET US SIT WITH THIS

Sometimes we react in a way we regret. Growth is not pretending it did not happen or drowning in shame afterward. Growth is repair: acknowledging impact, apologizing without excuses, making room for the other person's experience, and choosing a different plan for next time.

Repair also includes returning to yourself with accountability and compassion. Shame says, "I am terrible, so nothing can change." Responsibility says, "That response caused harm, and I can practice something healthier."

FROM MY STORY

I have had moments when emotion came out too sharply. One of the clearest signs of growth has been my ability to recognize it, apologize, and repair instead of defending the reaction or disappearing into shame. The relationship matters, and so does the fact that I am learning.

NOTICE IT WITHOUT JUDGING IT

Is there a recent moment that needs repair?

What impact can I acknowledge without explaining it away?

What specific change would support a different response next time?

DAY 13 • PRACTICE

A Gentle Step for Today

1. Write a simple repair: “I am sorry for ____. I can see it affected you by ____.”
2. Add: “Next time I will try ____.”
3. Offer the repair without demanding immediate reassurance or forgiveness.

MAKE IT TINY Write the apology privately today, even if you need more time before sharing it.

WITH GOD Receive Christ’s forgiveness deeply enough that you can take responsibility without being destroyed by shame.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I acknowledged impact.
[ ] I apologized without excuses.
[ ] I listened.
[ ] I made a new plan.
[ ] I forgave myself while staying accountable.
[ ] I came back today.

MY WIN TODAY

PRAYER *Jesus, give me humility to repair what I can. Help me tell the truth about my impact without turning accountability into self-hatred. Teach me to apologize, listen, change, and receive grace. Make my relationships safer through honest repair. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 14

Rejection Is Not the Whole Story

A triggered feeling is real, but it is not always a complete report.

PSALM 27:10 (KJV) *When my father and my mother forsake me, then the LORD will take me up.*

LET US SIT WITH THIS

Rejection Sensitive Dysphoria (RSD) can make a delayed reply, changed tone, correction, or ambiguous message feel devastating. The body may react before the thinking mind has any facts. You are not making up the pain. But pain can be real while the feared conclusion remains unproven.

Today we practice separating feeling, story, and fact. “I feel rejected” is honest. “They hate me and I ruin everything” is a story the nervous system may add. Give the facts time to arrive.

FROM MY STORY

A phone ring or a message saying, “I need to talk to you,” can trigger the old feeling that I am in trouble. The growth is noticing the younger fear before it controls the whole day. I can ground myself, ask for context, and remind my body that adult Susan can handle a conversation.

NOTICE IT WITHOUT JUDGING IT

What happened, using only observable facts?

What rejection story did my mind create?

What are three other possible explanations?

DAY 14 • PRACTICE

A Gentle Step for Today

1. Write three columns: feeling, story, facts.
2. Add one neutral alternative explanation.
3. Choose whether to wait, ask a clarifying question, or seek support.

MAKE IT TINY Say, “I feel rejected right now, and I do not have the whole story yet.”

WITH GOD Anchor in the truth that God’s welcome is not withdrawn by a tone, delay, mistake, or misunderstanding.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I named the RSD response.
[ ] I waited for facts.
[ ] I asked for context.
[ ] I grounded my body.
[ ] I did not turn one moment into my identity.
[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, hold me when rejection fear feels enormous. Help me honor the feeling without believing every conclusion it produces. Give me patience for facts, courage for clear communication, and deep security in Your love. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 15

Make Room for Grief and Joy

A full heart can hold sorrow and gratitude at the same time.

PSALM 30:5 (KJV) *Weeping may endure for a night, but joy cometh in the morning.*

LET US SIT WITH THIS

Healing does not require choosing between grief and joy. You can miss someone fiercely and laugh later that day. You can feel lonely and deeply blessed. You can enjoy a family trip and still notice the ache of what is absent. Emotional health makes room for more than one truth.

When grief arrives, it does not mean you have gone backward. It may mean love has found a memory. Let the feeling move without making it a verdict on your progress.

FROM MY STORY

Father's Day can carry deep grief for me. I remember my dad's belly laugh, his hugs, the practical things he taught me, and the stranger whose hug once felt like God answering an ache after Dad was gone. I can cry over that loss and still feel joy during a float, a drive, or a day with family. Both belong.

NOTICE IT WITHOUT JUDGING IT

What am I grieving today?

What love or meaning lives underneath that grief?

What small joy is also true, without canceling the sorrow?

DAY 15 • PRACTICE

A Gentle Step for Today

1. Name the grief without rushing to make it positive.
2. Choose one gentle way to honor the love or loss.
3. Notice one present-day goodness and allow it beside the grief.

MAKE IT TINY Place a hand on your heart and say, “This hurts because it mattered.”

WITH GOD Invite God into both rooms: the one where you weep and the one where you laugh.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I let myself grieve.

[ ] I honored a memory.

[ ] I accepted comfort.

[ ] I noticed joy without guilt.

[ ] I let two truths coexist.

[ ] I came back today.

MY WIN TODAY

PRAYER *God of all comfort, sit with me in what I miss. Thank You for the love beneath my grief and the joy that still finds me. Help me stop measuring healing by the absence of tears. Hold every part of my full and tender heart. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 16

Let Someone Help Carry It

Community is not a consolation prize. It is part of God's care.

GALATIANS 6:2 (KJV) *Bear ye one another's burdens, and so fulfil the law of Christ.*

LET US SIT WITH THIS

Survival often teaches us to be the strong one, the caregiver, the person who figures it out. Asking for prayer, practical help, emotional support, or professional care can feel exposed. Yet strength that never receives becomes exhaustion.

You do not have to share everything with everyone. Choose safe people and make specific requests. "Please pray for me today." "Can you drive?" "Will you check in after my appointment?" "I need listening, not solutions." Clear requests help love find a place to land.

FROM MY STORY

One important change in my life was asking several people to pray and telling them why. Saprea, therapy, Canvas Church, family, and honest conversations have all reminded me that God often works through community. Leaning on people did not make my testimony smaller. It helped keep me here to tell it.

NOTICE IT WITHOUT JUDGING IT

Where am I trying to be strong alone?

Who has shown they can be safe, steady, and respectful?

What specific kind of help would reduce the load?

DAY 16 • PRACTICE

A Gentle Step for Today

1. Choose one safe person or professional resource.
2. Make one clear request, including what would and would not help.
3. Receive the response without minimizing your need.

MAKE IT TINY Text: “Could you pray for me today? I do not need fixing; I just do not want to feel alone.”

WITH GOD Notice how God’s answer arrives: as a person, meal, ride, message, appointment, or listening ear.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I told someone the truth.
[ ] I asked for prayer.
[ ] I made a specific request.
[ ] I accepted professional support.
[ ] I let someone show up for me.
[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, loosen my grip on doing everything alone. Give me discernment about safe people and courage to ask clearly. Bless those who help carry my burdens, and teach me to receive their care as one way You love me. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 17

Rest Without Earning It

Rest is a human need, not a prize at the bottom of the list.

MARK 6:31 (KJV) *Come ye yourselves apart into a desert place, and rest a while.*

LET US SIT WITH THIS

If rest is allowed only after everything is finished, many women will never receive it. Caregiving, work, healing, home, family, and an active mind can produce an endless list. Waiting until the list is complete turns rest into a fantasy.

Rest can be preventive care. It may mean sleep, quiet, playful connection, sitting in the sun, canceling something nonessential, or stopping stimulation. You do not have to collapse before your need becomes legitimate.

FROM MY STORY

After a joyful sisters' weekend in Las Vegas and a full travel day, I was exhausted. The weekend was a raving success because I truly relaxed and enjoyed my sisters—something I had not been able to do in a long time. Joyful things still use energy. Rest afterward did not mean the trip was a mistake; it meant my body needed recovery.

NOTICE IT WITHOUT JUDGING IT

What kind of tired am I: physical, emotional, social, sensory, or spiritual?

What would restorative rest look like for this kind of tired?

What belief makes me feel guilty for resting?

DAY 17 • PRACTICE

A Gentle Step for Today

1. Choose a defined rest window before you reach empty.
2. Reduce one source of stimulation or responsibility.
3. When guilt appears, answer: “Rest supports what matters to me.”

MAKE IT TINY Close your eyes or lower stimulation for three minutes without multitasking.

WITH GOD Receive Jesus’ invitation to come apart and rest a while. Notice that the invitation comes before everything is finished.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed fatigue early.
[ ] I rested before collapse.
[ ] I protected recovery time.
[ ] I enjoyed something without earning it.
[ ] I answered rest guilt with truth.
[ ] I came back today.

MY WIN TODAY

PRAYER *Jesus, teach me to receive rest as care, not failure. Help me recognize what kind of tired I am and respond wisely. Quiet the guilt that says I must earn every pause. Restore my body, mind, and spirit. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 18

Build a Supportive Space

Your environment can offer help before your brain has to ask.

1 CORINTHIANS 14:33 (KJV) *For God is not the author of confusion, but of peace.*

LET US SIT WITH THIS

A supportive environment reduces decisions and puts helpful choices within reach. It is not about a perfect home or color-coded life. It is about kindness built into the room: medication near an existing routine, easy food for low-energy days, a basket where things naturally land, a charger where you sit, a visible prayer card.

Design for the person who actually lives there. If a system works only on your best day, it is decoration. A revival-supporting space also works when your brain is being obnoxious.

FROM MY STORY

There was a time when I could pull a protein from the freezer, look through the pantry, and make a delicious meal from what I had on hand. I realized I had not lost that ability; I simply needed to shop and prepare in ways that supported the life and energy I have now. With months of protein already available, the goal was not to become a new cook. It was to rebuild a supportive kitchen with produce, pantry staples, and low-energy options so future me had something to work with.

NOTICE IT WITHOUT JUDGING IT

Where does my environment create repeated friction?

What do I need most on a low-energy day?

What one change would make the helpful choice easier to see or reach?

DAY 18 • PRACTICE

A Gentle Step for Today

1. Choose one zone: medication, food, skincare, prayer, work, or leaving home.
2. Remove one obstacle and add one visible support.
3. Test the setup during real life and adjust without judgment.

MAKE IT TINY Place one frequently needed item where you naturally use it.

WITH GOD Ask God for practical wisdom. Peace can be supported by ordinary preparation.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I reduced one decision.

[ ] I prepared for low energy.

[ ] I made a support visible.

[ ] I changed a system that was not working.

[ ] I designed for my real life.

[ ] I came back today.

MY WIN TODAY

PRAYER *God of peace, give me practical wisdom for the spaces I live in. Help me build support into ordinary routines and release the pressure for perfection. Let my home become kinder to my body, brain, faith, and future self. Amen.*

Tomorrow can wait. Today's return counts.

DAY 19

One Anchor, Not Ten Rules

Consistency grows more easily around one trusted return point.

LUKE 16:10 (KJV) *He that is faithful in that which is least is faithful also in much.*

LET US SIT WITH THIS

When we feel behind, we often create a complete new life: medication, supplements, skincare, walking, prayer, meal prep, cleaning, journaling, and an early bedtime starting tomorrow. The plan feels hopeful at night and impossible by morning.

Choose one anchor—an action already in your day—and attach one meaningful practice to it. After coffee, medication. After brushing teeth, skincare. When the dog goes out, step into the air and thank God. An anchor is a place to return, not a rule to fail.

FROM MY STORY

I wanted daily medication and supplements, skincare, a walk, time with God, and readiness for work. All of those mattered, but trying to carry every habit at once could become another source of stress. Radiance Revival begins with one routine because one practiced return can support everything that comes later.

NOTICE IT WITHOUT JUDGING IT

Which existing moment happens most days without much thought?

Which one practice would make the greatest difference right now?

How can I make the pairing obvious and gentle?

DAY 19 • PRACTICE

A Gentle Step for Today

1. Choose one anchor and one attached action.
2. Write the pairing: “After I ____, I will ____.”
3. Prepare the supplies and practice the pairing once.

MAKE IT TINY Choose the anchor today; begin the attached habit tomorrow.

WITH GOD Let faithfulness in one small thing be worship, not a scorecard.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I chose one anchor.

[ ] I paired one action.

[ ] I prepared the supplies.

[ ] I returned after forgetting.

[ ] I resisted adding ten more rules.

[ ] I came back today.

MY WIN TODAY

PRAYER *Lord, simplify what overwhelm has made complicated. Show me one faithful anchor for this season. Help me build gently, return freely, and resist the urge to prove myself through impossible plans. Bless the little thing I practice today. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 20

Come Sit With God

Time with God is relationship, not another performance review.

PSALM 46:10 (KJV) *Be still, and know that I am God.*

LET US SIT WITH THIS

A quiet time can become one more place to feel behind: not long enough, not focused enough, not daily enough. But God is not surprised by your ADHD, grief, questions, tears, or wandering attention. You are invited into relationship as you are.

One verse, one honest prayer, one worship song, or one minute of stillness can be a doorway. When your mind wanders, return without scolding. The return itself can become the prayer.

FROM MY STORY

I wanted more time with God and began using a daily devotional book called Jesus Calling, along with prayer, praise, church, and ordinary moments in nature. Some days the connection was a full devotional. Some days it was gratitude tears during a run with Brodie. God was not limited to the format; He met me in the return.

NOTICE IT WITHOUT JUDGING IT

What makes time with God feel nourishing to me?

What perfection rule has made it harder to begin?

What simple doorway to God is available today?

DAY 20 • PRACTICE

A Gentle Step for Today

1. Choose one verse, song, prayer, or minute of stillness.
2. Let distractions pass without turning them into failure.
3. End by naming one thing you want God to hold with you.

MAKE IT TINY Whisper, “Papa, I am here.” Then sit for one breath.

WITH GOD The entire practice is faith. There is nothing to prove and no grade to earn.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I turned toward God.

[ ] I read one verse.

[ ] I prayed honestly.

[ ] I returned after distraction.

[ ] I received presence instead of performing.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, I am here. Thank You for wanting relationship, not performance. Meet me in my wandering thoughts and honest heart. Teach me to return without scolding myself and to recognize Your presence in ordinary moments. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 21

Praise Before the Spiral

What you focus on does not erase pain, but it can change where pain takes you.

PHILIPPIANS 4:8 (KJV) *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

LET US SIT WITH THIS

Praise is not pretending everything is good. It is choosing to notice goodness while difficulty is also true. Rumination circles the wound looking for control. Praise turns our face toward God, beauty, truth, and what remains steady.

You may still need to solve a problem, grieve, set a boundary, or seek care. Praise does not replace action. It helps keep one hard moment from swallowing the whole landscape.

FROM MY STORY

During a run with Brodie, gratitude rose so strongly that it became tears. I recognized how different it felt to praise rather than ruminate. The circumstances of my life were not suddenly perfect. My attention shifted toward what God had done, what was beautiful, and the fact that I was still here to notice it.

NOTICE IT WITHOUT JUDGING IT

What thought has been circling without producing new wisdom?

What is also true, lovely, or worthy of praise?

What action is needed, and what can be released for today?

DAY 21 • PRACTICE

A Gentle Step for Today

1. Name the concern in one sentence so you are not denying it.
2. List five specific things that are still good or true.
3. Take one needed action, then redirect the next loop toward praise.

MAKE IT TINY Look around and thank God for one color, sound, person, animal, or breath.

WITH GOD Turn your gratitude into direct praise: "God, I see Your goodness in ____."

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I interrupted a loop.

[ ] I named what was also true.

[ ] I praised without pretending.

[ ] I took one useful action.

[ ] I released what I could not solve today.

[ ] I came back today.

MY WIN TODAY

PRAYER *God, keep my mind rooted in truth. When rumination circles, help me name the concern, take the action that is mine, and turn toward what is lovely and worthy of praise. Open my eyes to Your goodness without asking me to deny my pain. Amen.*

Tomorrow can wait. Today's return counts.

DAY 22

Be the Safe Woman You Needed

Healing grows when the adult you becomes a trustworthy home for the younger you.

ISAIAH 43:4 (KJV) *Since thou wast precious in my sight, thou hast been honourable, and I have loved thee.*

LET US SIT WITH THIS

Many of us learned early that emotions were too much, thoughts were unsafe, or needs should be hidden. The younger part of us may still brace for punishment, rejection, or disbelief. Adult you can become the one who notices, listens, protects, and chooses differently.

This is not about blaming people who lacked the tools to handle emotion. It is about giving yourself now what was missing then: language, gentleness, boundaries, safety, and permission to tell the truth at a pace you can tolerate.

FROM MY STORY

There was a time I was so afraid of my own thoughts that I could not write them down. I needed a gentle example or nudge to begin. My parents came from a strict Depression-era world and did not always know what to do with emotion. Understanding that context can coexist with honoring what younger Susan needed. Today I can become the safe adult who stays.

NOTICE IT WITHOUT JUDGING IT

What does the younger part of me fear will happen?

What did she need to hear or receive?

What can adult me provide today: comfort, protection, truth, or a boundary?

DAY 22 • PRACTICE

A Gentle Step for Today

1. Picture yourself at an age when you needed tenderness.
2. Write three sentences beginning, “I believe you,” “You deserved,” and “I will.”
3. Take one adult action that increases safety now.

MAKE IT TINY Say, “Little one, you are not in trouble. I am here, and I will listen.”

WITH GOD Imagine God’s love surrounding both younger you and adult you. Neither version is too much for Him.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I listened inwardly.

[ ] I believed my experience.

[ ] I offered reassurance.

[ ] I set a protective boundary.

[ ] I stayed with myself.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, hold the younger parts of me with perfect love. Help adult me become steady, truthful, and safe. Give me compassion for what shaped my family without asking me to deny what hurt. Teach me to listen, protect, and stay. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 23

Speak to Yourself Like Someone God Loves

Self-compassion is not letting yourself off the hook; it is making growth safer.

ZEPHANIAH 3:17 (KJV) *The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.*

LET US SIT WITH THIS

Harshness can create short bursts of movement, but it rarely creates sustainable healing. Compassion helps the nervous system stay present long enough to learn. You can be honest about choices, consequences, and needs without using humiliation as fuel.

Try the friend test: if someone you love were carrying exactly what you are carrying, what would you say? Then let some of that language belong to you.

FROM MY STORY

When Sheila described waking up already behind, she would never have called a friend lazy for carrying that much. She would have said, “Of course you’re tired.” The breakthrough was not a new productivity system. It was recognizing that the compassion she offered everyone else was also available to her.

NOTICE IT WITHOUT JUDGING IT

What have I said to myself today that I would not say to a friend?

What is the compassionate truth?

What responsible next step becomes possible when shame softens?

DAY 23 • PRACTICE

A Gentle Step for Today

1. Write one harsh sentence exactly as it appeared.
2. Rewrite it with truth, context, and kindness.
3. Choose one next step that supports rather than punishes you.

MAKE IT TINY Replace “What is wrong with me?” with “What is hard for me right now?”

WITH GOD Let God’s rejoicing love challenge the belief that contempt is the only thing that will make you change.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I caught cruel self-talk.
[ ] I added context.
[ ] I used the friend test.
[ ] I chose support over punishment.
[ ] I let God’s love define the tone.
[ ] I came back today.

MY WIN TODAY

PRAYER *Mighty God, teach me the sound of Your love. Interrupt the cruel voice I have mistaken for motivation. Help me speak with truth and tenderness, take responsible action, and remember that I am someone You love and rejoice over. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 24

Celebrate the Unseen Wins

The heart of healing often happens where no one applauds.

1 SAMUEL 16:7 (KJV) *Man looketh on the outward appearance, but the LORD looketh on the heart.*

LET US SIT WITH THIS

The world notices outcomes: the clean house, completed project, calm conversation, successful event. God sees the interior work that made the outcome possible. He sees when you noticed the trigger sooner, reached for a coping tool, chose not to send the message, interrupted the spiral, told yourself the truth, or tried again.

Those are not consolation prizes. They are the actual building blocks of change. Record them so your brain has evidence that healing is happening.

FROM MY STORY

Some of my most important wins would never fit on a traditional checklist: no weepies after a medication disruption; going to the family gathering and choosing nature before overwhelm became a spiral; answering the phone; noticing rage earlier; apologizing; reaching for faith. Radiance Revival was born to throw confetti for exactly these moments.

NOTICE IT WITHOUT JUDGING IT

What did I notice earlier than I used to?

What choice protected my peace, faith, health, or relationship?

What would have happened before this healing began?

DAY 24 • PRACTICE

A Gentle Step for Today

1. Create an “evidence of growth” list with at least five tiny or internal wins.
2. Add what each win required from you.
3. Celebrate in a way your body can feel: smile, music, a sticker, prayer, or sharing.

MAKE IT TINY Write one sentence: “Today I noticed ____.”

WITH GOD Thank God for seeing the heart-level work no one else can measure.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed a trigger earlier.

[ ] I chose an intentional response.

[ ] I used a coping tool.

[ ] I avoided or shortened a spiral.

[ ] I recognized progress in real life.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, thank You for seeing every unseen act of courage. Train my eyes to notice the quiet evidence of growth. Help me celebrate what is becoming new inside me, even before the outside results are complete. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 25

Live by Your Own God-Given Standards

Comparison asks you to perform someone else's life.

GALATIANS 6:4 (KJV) *But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.*

LET US SIT WITH THIS

Comparison ignores context. It compares your nervous system, history, health, resources, responsibilities, and season to someone else's visible result. Then it calls the difference failure. That is not a fair measurement.

Your standards can still be meaningful. The question is whether they reflect your values and current capacity or whether they were borrowed from fear, culture, family, or an imaginary woman who never gets tired.

FROM MY STORY

A turning point came when I said I wanted to live up to my own standards. Not the internet's house, another woman's schedule, or a version of me who never had ADHD, trauma, caregiving, pain, or grief. My standards include faith, love, repair, courage, joy, and returning—not a flawless performance.

NOTICE IT WITHOUT JUDGING IT

Where am I comparing my full reality to someone else's visible surface?

Which standard feels borrowed or punishing?

What three values do I want my real standards to reflect?

DAY 25 • PRACTICE

A Gentle Step for Today

1. Name one area where comparison is loud.
2. Write a standard based on your values and current season.
3. Choose one action that honors that standard today.

MAKE IT TINY Unfollow, mute, or step away from one comparison trigger for today.

WITH GOD Ask God what faithfulness looks like in your actual life, not an imagined one.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I noticed comparison.

[ ] I named a borrowed rule.

[ ] I chose a value-based standard.

[ ] I honored my capacity.

[ ] I celebrated my own work.

[ ] I came back today.

MY WIN TODAY

PRAYER *Lord, free me from performing someone else's life. Show me the values and standards You are growing in me. Help me honor my real capacity, act with faithfulness, and rejoice in the work You are doing in my own story. Amen.*

Tomorrow can wait. Today's return counts.

DAY 26

Let Desire Speak Louder Than Fear

The thing that scares you may also point toward what matters most.

PSALM 37:4 (KJV) *Delight thyself also in the LORD; and he shall give thee the desires of thine heart.*

LET US SIT WITH THIS

Fear and desire can sit beside each other. You may deeply want to tell your story and deeply fear what will happen when you do. You may want connection and fear rejection, want visibility and fear judgment, want change and fear losing what is familiar.

Do not use fear as automatic proof that the desire is wrong. Examine both with God, wisdom, support, and boundaries. Then choose a step small enough to be safe and real.

FROM MY STORY

One day I said aloud, “My deepest desire is to tell my story. And my deepest fear is to tell my story.” It felt like a shift because both truths finally stood in the same room. I believe my desire to tell what God has done will win—not through reckless exposure, but through guided, intentional practice.

NOTICE IT WITHOUT JUDGING IT

What desire keeps returning to me?

What exactly am I afraid could happen?

What boundary, guidance, or small step would make movement wiser?

DAY 26 • PRACTICE

A Gentle Step for Today

1. Write the desire and fear side by side.
2. Identify one legitimate protection or boundary the fear is asking for.
3. Take one reversible step toward the desire.

MAKE IT TINY Say the desire aloud to God, without making a plan yet.

WITH GOD Ask God to purify the desire, steady the fear, and guide the pace.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I admitted what I want.

[ ] I named the specific fear.

[ ] I honored a wise boundary.

[ ] I asked for guidance.

[ ] I took one safe step.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, You know the desires and fears I have barely said aloud. Purify what is mine to pursue, protect what needs protection, and guide my pace. Let fear become information without becoming my master. Amen.*

Tomorrow can wait. Today's return counts.

DAY 27

Courage Is Action with Shaky Hands

You do not have to feel ready to take a faithful step.

PHILIPPIANS 4:13 (KJV) *I can do all things through Christ which strengtheneth me.*

LET US SIT WITH THIS

Readiness is often a feeling that arrives after movement, not before it. If you wait for complete confidence, the dream may stay protected but unlived. Courage allows fear, tears, uncertainty, and support to come along while values make the decision.

Wise courage is not racing ahead. It has brakes, counsel, boundaries, and room to adjust. You can move and still ask someone trustworthy to help you notice when the pace becomes too fast.

FROM MY STORY

I knew I wanted to honor God with my business and dreams, and I also knew honoring Him required action. Using my VIP group to practice telling my story was a courageous middle step: visible enough to grow, safe enough to cry, and real enough to move the dream forward. Action began before fear disappeared.

NOTICE IT WITHOUT JUDGING IT

What faithful action have I been waiting to feel ready for?

What would a wise, reversible first step look like?

Who can help guide the pace or pump the brakes if needed?

DAY 27 • PRACTICE

A Gentle Step for Today

1. Choose one action that can be completed in 20 minutes or less.
2. Tell a trusted person what you are doing and what support you want.
3. Take the step, then review how your body and spirit responded.

MAKE IT TINY Open the camera, document, application, or conversation and make a private first draft.

WITH GOD Ask Christ for strength for this step—not imaginary strength for the entire future.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I moved before feeling ready.

[ ] I chose a reversible step.

[ ] I asked for guidance.

[ ] I practiced in a safer space.

[ ] I reviewed my pace honestly.

[ ] I came back today.

MY WIN TODAY

PRAYER *Jesus, strengthen me for the step that is mine today. Give me courage that is faithful and wise, not frantic. Surround me with good counsel, help me honor my limits, and teach me that shaky hands can still build something beautiful. Amen.*

Tomorrow can wait. Today's return counts.

DAY 28

Your Story Is a Testimony

What you survived, learned, and received can become light for someone behind you.

PSALM 66:16 (KJV) *Come and hear, all ye that fear God, and I will declare what he hath done for my soul.*

LET US SIT WITH THIS

A testimony is not a polished tale in which every wound is resolved. It is an honest declaration of what God has done and is still doing. You can share from scars while protecting wounds that still need privacy, professional care, and time.

Your story belongs to you. You decide the audience, timing, detail, and purpose. The goal is not exposure for its own sake. It is truth offered with wisdom, hope, and enough grounding to remain present in your own body.

FROM MY STORY

I see my life as a living, breathing testimony of survival, healing, and faith. Trauma, ADHD, caregiving, recovery, Saprea, therapy, and Canvas Church all shaped the mission of Radiance Revival. God did not waste the years I thought disqualified me. He has been turning them into a lighthouse for women who need hope.

NOTICE IT WITHOUT JUDGING IT

What has God carried me through?

What have I learned that might help another woman feel less alone?

Which parts are ready to share, and which parts still need protection?

DAY 28 • PRACTICE

A Gentle Step for Today

1. Write a five-sentence testimony: then, turning point, help, now, hope.
2. Mark any sentence that feels too exposed and revise or protect it.
3. Choose whether this version is for you, God, a safe person, or a wider audience.

MAKE IT TINY Finish: “One thing God has done for my soul is ____.”

WITH GOD Offer your story back to God and ask Him where, when, and how it should become light.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I named what God has done.

[ ] I honored my survival.

[ ] I protected a tender part.

[ ] I wrote hope into the story.

[ ] I shared with wisdom.

[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, thank You for meeting me in every chapter. Show me how to tell the truth with wisdom, boundaries, and hope. Use what I have lived to help someone feel less alone, and protect the parts of me that still need quiet care. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 29

Build a Revival You Can Return To

Sustainable support welcomes you back instead of punishing your absence.

PROVERBS 24:16 (KJV) *For a just man falleth seven times, and riseth up again.*

LET US SIT WITH THIS

Many systems work until life becomes difficult—the exact moment support is needed most. A revival system should have a low-energy version, a missed-day plan, visible tools, celebration, and a clear path back. The measure is not whether you never fall away. It is whether the system helps you rise without shame.

Keep what truly supported you during these days. Release what looked impressive but created pressure. Build around anchors, compassion, faith, environment, people, and tiny wins.

FROM MY STORY

The Radiance Revival app idea began with a greeting: “Hurray, you came back—win #1.” I imagined confetti, balloons, points, reminders, and a home-screen widget because coming back needs to feel rewarding. The streak was never supposed to punish a missed day. The entire system was meant to give hope and peace back to the person using it.

NOTICE IT WITHOUT JUDGING IT

Which practices from this workbook genuinely helped?

What made returning easier?

What is my specific comeback plan after the next missed day?

DAY 29 • PRACTICE

A Gentle Step for Today

1. Choose three supports: one anchor, one person, and one reset.
2. Write a low-energy version of each.
3. Create your comeback sentence and place it somewhere visible.

MAKE IT TINY Write: “When I miss, I will return with ____.”

WITH GOD Ask God to help you build rhythms with grace at the center.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I kept what worked.

[ ] I released a pressure-filled rule.

[ ] I created a low-energy version.

[ ] I wrote a comeback plan.

[ ] I made grace part of the system.

[ ] I came back today.

MY WIN TODAY

PRAYER *God of new beginnings, help me build a life I can return to. Keep grace at the center of my rhythms. When I stumble, remind me that rising again is part of faithfulness. Let my supports give back hope, peace, and light. Amen.*

Tomorrow can wait. Today’s return counts.

DAY 30

Shine, Beloved

Revival is not becoming someone else. It is letting God's light reach more of who you already are.

MATTHEW 5:14, 16 (KJV) *Ye are the light of the world. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.*

LET US SIT WITH THIS

You have reached Day 30, whether it took thirty days, sixty days, a year, or several restarts. The calendar does not get the final word. You returned enough times to arrive here. That matters.

Radiance is not forced positivity or a life without pain. It is the light that becomes visible when truth, healing, faith, courage, joy, and self-compassion are allowed to live together. Revival is ongoing. Today we pause long enough to witness what has changed.

FROM MY STORY

My life is a testimony to the greatness of God. I have survived, healed, stumbled, returned, loved, grieved, learned, and kept reaching for Him. Radiance Revival is my way of turning that light outward—not because I have a perfect life, but because I know what it is to need hope and I know the One who kept finding me.

NOTICE IT WITHOUT JUDGING IT

What do I understand about myself now that I did not honor before?

Which quiet win proves that healing is happening?

Where is God inviting my light to shine next?

DAY 30 • PRACTICE

A Gentle Step for Today

1. Read your evidence of growth from the last 30 days.
2. Write a short letter to the woman who opened Day 1.
3. Choose one next-season intention rooted in faith, support, and joy.

MAKE IT TINY Put your hand on your heart and say, "I am still here. God is still writing."

WITH GOD Offer your next chapter to God. Ask Him to make your life a lighthouse without requiring you to burn yourself out.

EVIDENCE OF GROWTH — CHECK EVERYTHING THAT COUNTS

[ ] I reached Day 30 by returning.
[ ] I recognized my growth.
[ ] I honored my story.
[ ] I chose a next intention.
[ ] I let my light shine.
[ ] I came back today.

MY WIN TODAY

PRAYER *Papa, thank You for every step, pause, tear, laugh, lesson, and return. Let my life glorify You. Make me a lighthouse without asking me to disappear inside the light I give others. Keep reviving hope, peace, joy, courage, and truth in me. Amen.*

Tomorrow can wait. Today's return counts.

Your Evidence of Growth

LOOK BENEATH THE OBVIOUS Do not limit this review to completed tasks. Include awareness, intentional responses, coping tools, self-compassion, faith, repair, rest, asking for help, and spirals that were shorter or avoided.

I NOTICE TRIGGERS EARLIER WHEN...

I AM MORE INTENTIONAL ABOUT...

A COPING TOOL THAT TRULY HELPS IS...

I SPEAK TO MYSELF DIFFERENTLY BY...

I REACH FOR FAITH WHEN...

A SPIRAL I INTERRUPTED OR SHORTENED WAS...

A REAL-LIFE SITUATION THAT PROVES I AM GROWING IS...

My Testimony So Far

Your testimony does not need a finished ending. Write from where you are.

I SURVIVED...

GOD MET ME THROUGH...

I BEGAN TO UNDERSTAND...

NOW I AM LEARNING...

THE HOPE I WANT ANOTHER WOMAN TO HEAR IS...

My Next Gentle Season

ONE ANCHOR I WANT TO KEEP

ONE RESET THAT RESTORES ME

ONE PERSON OR COMMUNITY I WILL LEAN ON

MY LOW-ENERGY VERSION

MY COMEBACK SENTENCE

KEEP THIS CLOSE I do not lose my progress when I need rest, support, treatment, or another beginning. I am allowed to return.

A Closing Blessing

May you recognize your return as courage.

May you treat your needs as information, not indictment.

May you use every good tool without shame.

May you find God in the still waters and the messy kitchen.

May your unseen wins become undeniable evidence of healing.

May your story be protected, honored, and offered with wisdom.

May you shine without burning yourself out.

And may you always remember: you are still here, and God is still writing.

With love,
Susan Thrasher • Radiance Revivalist

Notes, Prayers & Wins

Use this page for anything that does not fit neatly anywhere else. Neither do you have to.