

Message from the Chief Esther Officer



Welcome to the Esther Project Challenge!

I believe that every woman is “pregnant with purpose,” and this personal journey of empowerment will allow you to nourish your inner seeds of purpose. The project’s inspiration, Esther, was a young queen who prepared herself for her role and encountered a deeper purpose once she arrived in her position. As queen, she used her influence to save an entire race from genocide.

Esther reminds and inspires women to prepare themselves, get in position and uncover their purpose. The challenges are included in these materials, along with a companion reading plan, journal questions and affirmations for each project phase. I encourage you to connect with an accountability partner and consider forming an Esther Empowerment Circle. I invite you to embark upon your personal journey of self-empowerment, self-discovery and spiritual advancement towards your purpose by emailing us at jointhemovement@iamesther.org.

We want to stay connected to you! During your journey, feel free to reach out and share your experiences, questions or requests to present the project to a group, with me at info@iamesther.org. To enhance your journey, visit our website at www.iamesther.org and select a resource from our Esther Library. Follow us on Facebook and Twitter and join our weekly Revealing Esther Empowerment Series via teleconference. As you continue your journey, remember to recite the project battle cry, “I am strong and beautiful...I am Esther!”

Rev. Tiffany M. Williams

Project Affirmations

Speaking the truth over your circumstances is transformational and visionary. It takes courage and faith to “act as if” your dream is already a reality. Esther spoke life and truth into her future and her circumstances began to reflect her confession. During the journey, I encourage you to speak forth the truth about yourself, your circumstances and your future. Below, I have developed sample affirmations for each phase in order to keep you motivated and focused on uncovering your purpose.

PROJECT AFFIRMATIONS	
Phase 1	“I am important. God is relying on me to be a good steward and fulfill my purpose.”
Phase 2	“I enjoy life and have a passion to achieve the purpose that God planted inside of me.”
Phase 3	“I am God’s ambassador, willing to go wherever He sends me to represent Him.”
Phase 4	“I have God’s favor and I expect that He will do exceedingly abundantly more than I could ever think or ask.”
Phase 5	“I am strong and beautiful. I can achieve all things through Christ and nothing is impossible to me.”
Phase 6	“I am a virtuous woman created to take my position of purpose and leave a legacy of hope for others. I will lift as I climb.”

Contact Us

Contact us at info@iamesther.org to share your testimony or to request a presentation of the Esther Project to your group or circle of sisters.

www.iamesther.org

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The Esther Project Challenge



Jeremiah 29:11

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

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Project Wisdom Challenges

During the journey, biblical readings and journal questions are assigned in order to offer a biblical foundation for each phase. It is important not to ignore these wisdom challenges because they are crucial to your success in nurturing your seeds of purpose. I encourage you to journal the life application points inspired by the reading daily. Additionally, consider the journal questions below.

Reading Plan		Journal Questions
Pre-Challenge	Esther	What inspires you about Esther's story? Which of Esther's qualities do you possess or desire?
Phase 1	Proverbs Read a chapter daily	How wise do you consider yourself? Why? How can you increase your wisdom in daily decision making?
Phase 2	James (weeks 1-2) Philippians (weeks 3-4)	How can you reflect more joy in your life through your attitude and actions? What are you doing to draw closer to God?
Phase 3	Ecclesiastes (weeks 1-2) Ephesians (weeks 3-4)	How would you describe your present "time and season"? How does the armor of God help you in your daily journey?
Phase 4	Galatians (weeks 1-2) Romans (weeks 3-4)	How do you exhibit the fruit of the spirit in your life? How would you rate your level of faith? How do you walk by faith in your life?
Phase 5	I Corinthians (weeks 1-2) II Corinthians (weeks 3-4)	What does a Godly lifestyle consist of? How does your life reflect God's standards? Are there any negative behaviors that you need to release?
Phase 6	Proverbs 31 (weeks 1-2) Judges 4 (weeks 3-4)	How would you compare yourself to the virtuous woman? How would you describe yourself? What inspires you about Deborah's story?

Project Phase	Project Focus	Project Challenges
Phase 1 Mastering the Fundamentals	Grooming, presentation, self-care	<p><u>Week 1—Pamper your sleep</u></p> <ul style="list-style-type: none"> Commit to 7-8 hours of sleep nightly. Obtain quality, high thread count sheets, feminine pajamas and create a queen's throne bed. <p><u>Week 2—Pamper your teeth</u></p> <ul style="list-style-type: none"> Schedule a 6-month check up with dentist. Change toothbrush, floss 3x's daily, mouthwash, mints, whitening agent. <p><u>Week 3—Pamper your skin</u></p> <ul style="list-style-type: none"> Enjoy a luxurious bath 2-3x's with bath salts, body scrubs, bath oil, bath pillow. Replace worn towels with high quality, fluffy, absorbent, bath sized. Obtain skin care essentials Schedule a facial this month. Schedule a dermatologist appointment. <p><u>Week 4—Back to the basics</u></p> <ul style="list-style-type: none"> Develop a morning and night pampering routine. Develop a weekly/monthly schedule for grooming appointments—hair styling, hair removal, manicures, pedicures, massage.
Phase 2 Living on Purpose	Passion, dreaming, life enjoyment	<p><u>Week 1</u>—Plan a cultural, arts or sports event outing to attend this month. Invite a young woman that you would like to mentor.</p> <p><u>Week 2</u>—Plan a day trip to take next month.</p> <p><u>Week 3</u>—Plan a vacation for next year.</p> <p><u>Week 4</u>—Create a vision board with images of who you want to become, what you want to have, where you want to live, or where you want to vacation.</p>
Phase 3 Expanding Your Territory	Networking, communications, relationship-building	<p><u>Week 1</u>—Meet 3 new people this week and exchange contact information.</p> <p><u>Week 2</u>—Attend an event or outing that is out of your comfort zone and meet at least one new person.</p> <p><u>Week 3</u>—Initiate a group outing or activity with at least 3 others (movie outing, skating, bowling, dinner).</p> <p><u>Week 4</u>—Host a small gathering with at least 4 participants & share the Project. Share your journey & invite them to take the challenge.</p>

Project Phase	Project Focus	Project Challenges
Phase 4 Cocoon in the Wilderness	Character development, faith-walking, transformation	<p>Journal responses to the following questions and select a prayer partner that will be committed to pray with you weekly about the revelations from your journaling</p> <p><u>Week 1</u>—What are your greatest strengths & greatest areas of development? Select a theme scripture for your life.</p> <p><u>Week 2</u>—What is your biggest regret in life? What is a step that you are willing to take to turn this regret into a victory or teachable movement?</p> <p><u>Week 3</u>—Who are people in your life that you need to forgive or whose forgiveness are you seeking? Consider letting go of those who deeply hurt you by making an oral declaration to your prayer partner.</p> <p><u>Week 4</u>—What are 5 small goals that you will achieve in the next 3 months?</p>
Phase 5 Breaking Forth	Developing emotional, mental and physical strength	<p><u>10 days of reflection</u>— Establish 30 minutes of quiet time daily to reflect on your greatest personal/emotional needs. Listen to what God may be saying to you about this area of your life.</p> <p><u>10 day of healthy choices</u>— Commit to consuming foods nourishing to your body. Where can you choose a healthier way of cooking. Get moving by walking or exercising at least 15 min every day. Add 15 min daily if you're already exercising. Journal your fitness goals; take a photo.</p> <p><u>10 days of financial empowerment</u>— Consider turning a skill into a business opportunity or identify a new skill to develop. Develop or revise your monthly budget to reflect your financial priorities. Consider developing a spreadsheet to track your monthly spending and projections for the entire year. Establish at least 3 short term and 3 long term financial goals.</p>
Phase 6 Taking Your Position	Leadership development, empowering others, legacy building	<p><u>Week 1</u>—Find a young girl to share advice and wisdom on becoming a woman. Spend at least 1-2 hours with her monthly.</p> <p><u>Week 2-3</u>—Develop a life plan including your top 3 goals in the next year, 5yrs and 10 yrs, encompassing every area of your life (family, career, health, education, etc.) . Your plan should include your ideal vision of the priority areas of your life, your current state of reality and an action plan of how to achieve your vision for each area.</p> <p><u>Week 4</u>—Draft a 1 page testimonial about your Esther Project journey and forward to</p>