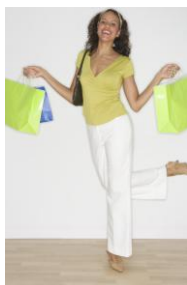


I am Esther!



The Esther Project
Rev. Tiffany M. Williams, Founder
www.iamesther.org

I. Mastering the Fundamentals



Week 1 – Read the story of Esther. Journal: In your own words, who was Esther and how can you relate to Esther?

Week 2 – Feminine Hygiene: What are you doing to take care of your feminine hygiene? Are you brushing your teeth at least twice a day? Flossing? Changing your toothbrush often? Address these or any other personal hygiene you may think is an issue or makes you feel less than your best self.

Week 3 – Clothing/Attire: Consider the type of clothing you wear and assess whether your attire reflects who you are as a young lady. Discuss this with a parent/guardian/adult mentor. Focus on your appearance and make sure your attire reflects the respectful and beautiful woman Esther was. Journal what you assess about your attire and if you need to make changes. If so, what changes did you make and how do you feel?

Week 4 – Etiquette; If possible, talk to a mentor/parent, etc and take an etiquette course. As you mature and attend mature events such as banquet dinners, award dinners, etc, you will need to make sure you know proper etiquette, as this is only one aspect of a cultured, mature young lady. Journal what you learned from this activity. Did you learn anything new you didn't know before?

II. Living on Purpose



Week 1 – Plan a cultural event to attend this month with 2 other of your friends. Journal: What was different about this event vs. other events you normally like to go and what did you learn? If going to cultural events is normal for you, how and what will you do to influence your peers to attend more cultural events and why?

Week 2 – Participate in a community service project of your choice, i.e. soup kitchen, boys and girls club, hospital/nursing home, etc...Journal: What did you learn from this experience and how does this experience influence your outlook on your community?

Week 3 – Create a community service project of your own. Write out an outline of what your project would look like and your goals for this project.

Week 4 – 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. Journal: What steps will you take to help bring these dreams to the

	forefront?
<p>III. <u>Expanding Your Territory</u></p>  	<p>Week 1 – Meet 3 new people at your school and exchange contact information. What do you have in common? What qualities do these people have that may inspire you?</p> <p>Week 2 – Seek out a mentor of your choice, preferably an adult, who inspires you and attend an outing with that mentor (dinner, movie, bowling, etc). Journal: What is it about this person that inspires you? How will you use that inspiration to motivate you and develop as a young lady?</p> <p>Week 3 – Host a gathering at your home and invite friends over to share the Esther Girl's Project Challenge. Try to invite friends that do not know each other. Using your leadership skills, create fun activities for your friends that ties into what you've experienced with the project thus far (creating a vision board, play the name game to get to know one another, etc)</p> <p>Week 4 – Share your experience of the Esther Girl's Project with your parents, guardian etc. Journal: What was your parents/guardian's reaction to your experience with the project thus far? How does their reaction make you feel?</p>
<p>IV. <u>Cocoon in the Wilderness:</u></p> <p>For this phase, choose a friend/participant in the Esther Girl's Project that you and share your journaling experiences with each other. Use each other's journals to advise and encourage each other.</p> 	<p>Week 1 – Journal: what do you desire to be or do when you grow up? What steps do you feel you must take to achieve this dream?</p> <p>Week 2 – Journal: What mistakes have you made in the past that you wish you could change? What did you learn from this experience and how will you use this experience to go forward in life?</p> <p>Week 3 – List 2 people/friends in your life who have hurt your feelings or mistreated you. Write a letter to one of these people expressing your feelings. List 2 people whom you may have hurt or mistreated. Write a letter expressing your feelings and ask for forgiveness. If no one to forgive, then consider letting go of those who have deeply hurt you. Share this with your Esther partner.</p> <p>Week 4 – What are 5 small goals you want to achieve before the end of this school year? All Esther partners should keep each other accountable on this throughout the project challenge.</p>
<p>V. <u>Breaking Forth</u></p>	<p>Week 1 – 10-day Healthy Eating Challenge; for 10 days, eat healthy food such as fruits, vegetables, lean protein and GOOD carbs. Journal what you eat throughout these 10</p>



days. Also journal how it makes you feel.

Week 2 – 10 day Activity Challenge; If you are currently involved in sports related extracurricular activities (soccer, gymnastics, cheerleading, etc) continue to do that and journal how these activities keep you motivated. If these activities don't motivate you, journal how you can turn this around or assess how you can pursue other activities. If you are not currently involved in any sports/physical activities, for the next 10 days, challenge yourself to get involved in physical activities. It can be as simple as riding your bike for 15 min/day, or walking with your friends around the block. Journal how these physical activities make you feel and/or how they motivate you.

Week 3 – 10 day Self Development Challenge; For the next 10 days, journal the things that you may not like about yourself and why? What can you do to change these things going forward? Discuss this with your ADULT mentor for guidance. For each thing you don't like about yourself that you CAN NOT change, write down a POSITIVE affirmation that will encourage yourself to embrace and accept these things. Repeat these affirmations EVERY DAY for at least the next 10 days. Journal the things you DO like about yourself and how you can influence others.

VI. Taking your Position!!!!



Week 1 – From Week 3 of Phase 3, pick one of your friends from that evening who wants to do the Esther Girl's Project challenge and become their mentor and support person for the entire challenge. Draft a commitment that you will spend 1 hour with her on a monthly basis throughout the challenge.

Weeks 2-3 – From Week 4, Phase 4, take the 5 small goals you want to achieve by the end of the school year and start writing out the steps from day to day until you reach your goals.

Week 4 – Write a one page paper about your journey through the Esther Girl's Project. What did you learn and how will you use these tools to go forward? Email this to revealingesther@yahoo.com