

THE FEMININE, RENAISSANCE
REMEMBER • RESTORE • MANIFEST



GIRLS 40 DAYS *of* BECOMING

*A Devotional Journey
for Purpose, Confidence,
Inner Strength and
a Brighter Tomorrow*

*You
Are More
Than You
Know*



UCHE ONUBIYI

THE FEMININE RENAISSANCE

40 DAYS OF BECOMING

*Meditations, Declarations and Prayers for Young
Girls*

REMEMBER · RESTORE · MANIFEST

Uche Onubiyi

Olive Tree Foundation

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40 Days of Becoming: Meditations, Declarations and Prayers for Young Girls

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Scripture quotations are presented for devotional and educational use. This workbook is designed to support formation, reflection, prayer and responsible action. It is not a substitute for appropriate medical, mental-health, legal, safeguarding or other professional support.

A note for parents, guardians and facilitators: frightening dreams, family conflict, trauma responses and strong fears should be handled with care. This book allows girls to pray within their faith while avoiding the assumption that a dream proves spiritual attack or that a family member is spiritually responsible for a girl's distress. Where a girl feels unsafe, is being harmed, or has persistent distress, involve a safe and appropriate adult or professional.

Dear Girl, You Are Becoming

You are growing, and not only in age or appearance. Every day, your thoughts, choices, friendships, habits, questions, experiences and responses are helping to form the woman you are becoming.

This book will not only tell you that you are beautiful or special. You need something deeper: knowledge to recognize what is true, understanding to make sense of what you experience, wisdom to choose responsibly, courage to speak, discipline to practise, and compassion that does not require you to disappear.

You do not have to know everything today. A seed does not become a tree in one afternoon. Growth has stages. You are allowed to learn slowly, ask questions, make mistakes, receive correction and begin again.

Prayer belongs in this journey. Prayer can help you become quiet enough to listen, humble enough to learn, courageous enough to act and wise enough to know when you need help. Prayer is not a replacement for learning, safety, honest conversation or responsible action.

For forty days, use a simple rhythm: Scripture, Meditation, Think About It, Declaration, Prayer and Today I Will. Write honestly. You do not need impressive answers. You need truthful ones.

A Note on the Names Used in This Book

Throughout this book, I use YAHUAH when referring to the Creator and YAHUSHA when referring to the Messiah. Readers may be more familiar with other forms of these names or with titles commonly used in English translations of Scripture. The use of YAHUAH and YAHUSHA here reflects the naming convention adopted throughout my work and is intended to identify the Creator and the Messiah, respectively.

Therefore, when you encounter YAHUAH in a prayer, meditation or teaching, understand that the reference is to the Creator. When

you encounter YAHUSHA, the reference is to the Messiah. The different terminology should not distract from the purpose of this forty-day journey: to grow in truth, wisdom, courage, responsibility and purposeful action.

The Forty-Day Journey

PART ONE — I AM A SEED: KNOWING WHO I AM

Day 1 — I Am Becoming

Day 2 — My Life Has Value

Day 3 — I Am More Than My Appearance

Day 4 — I Do Not Have to Become Someone Else

Day 5 — My Voice Matters

Day 6 — My Body Deserves Respect

Day 7 — I Can Ask Questions

Day 8 — I Am Allowed to Learn Slowly

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Day 9 — Not Every Thought Is True

Day 10 — What Am I Feeding My Mind?

Day 11 — My Feelings Are Messengers

Day 12 — Fear Does Not Have to Lead Me

Day 13 — Peace in the Night

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Day 15 — Breaking Family Patterns Without Blaming My Family

Day 16 — I Can Speak Kindly to Myself

PART THREE — WISDOM FOR MY CHOICES

Day 17 — Every Choice Plants a Seed

Day 18 — I Can Say No

Day 19 — I Can Choose My Friends Wisely

Day 20 — Pressure Is Not Permission

Day 21 — I Do Not Have to Follow the Crowd

Day 22 — Mistakes Can Teach Me

Day 23 — Discipline Protects My Future

Day 24 — What I Practise, I Strengthen

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Day 26 — Knowledge Gives Me Options

Day 27 — I Can Learn a Skill

Day 28 — I Will Not Be Afraid of Difficult Things

Day 29 — My Hands Can Create

Day 30 — Money Requires Wisdom

Day 31 — My Time Is Part of My Life

Day 32 — I Can Begin Before I Feel Ready

PART FIVE — BECOMING A WOMAN WHO GIVES LIFE

Day 33 — Strength and Kindness Can Live Together

Day 34 — I Will Not Use My Strength to Harm Others

Day 35 — I Can Build Healthy Relationships

Day 36 — Another Girl Is Not My Enemy

Day 37 — I Can Learn From Older Women

Day 38 — I Can Help the Girl Coming Behind Me

Day 39 — My Future Needs My Participation

Day 40 — I Am Still Becoming

DAY 1

I AM BECOMING

Scripture: Luke 2:52

Meditation

You are not supposed to know everything yet. Even Yahusha is described as increasing in wisdom and stature. Growth is not a sign that something is wrong with you; growth is the work of this season.

You may be confident in one area and uncertain in another. You may have a dream but not yet know the path. Becoming does not mean doing nothing. Read, ask, practise, listen, correct mistakes and give yourself time to grow.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I am becoming. I do not have to know everything today. I am willing to learn, grow and receive correction. Every day I can become wiser than I was yesterday.

Prayer

Yahuah, give me wisdom as I grow. Help me not to rush myself or compare my beginning with another person's journey. Teach me

to use this season well and to become a woman of wisdom, courage, kindness and responsibility.

Today I Will

What is one thing I will learn or practise today?

DAY 2

MY LIFE HAS VALUE

Scripture: Psalm 139:14

Meditation

Your value does not begin when somebody notices you. It does not increase because you receive attention, and it does not disappear because somebody rejects you. Your life has dignity.

If your life has value, then your mind, body, time, education and future deserve care. Valuing yourself is not pride. It is learning not to treat your life carelessly and learning to extend the same dignity to others.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My life matters. My mind matters. My body matters. My future matters. I will treat myself and others with dignity.

Prayer

Yahuah, help me understand the value of the life I have been given. Protect me from measuring myself only through other people's opinions. Teach me stewardship rather than pride.

Today I Will

What will I do today that shows respect for my life?

DAY 3

I AM MORE THAN MY APPEARANCE

Scripture: 1 Samuel 16:7

Meditation

You may enjoy clothes, hair, photographs and beauty. There is nothing wrong with appreciating appearance. But appearance is not the whole of you.

Ask deeper questions: Am I becoming wise? Can I be trusted? Can I learn? Can I solve problems? Can I manage disappointment? Beauty may attract attention, but character, knowledge, skill and wisdom help you use your life well.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I appreciate my body without making appearance my identity. I am developing my mind, character, abilities and wisdom.

Prayer

Yahuah, thank You for my body. Help me care for it without measuring my worth by appearance. Develop my mind, character and gifts.

Today I Will

What inner quality will I strengthen today?

DAY 4

I DO NOT HAVE TO BECOME SOMEONE ELSE

Scripture: Galatians 6:4

Meditation

There will always be someone who appears to have something you do not. Comparison can make you spend your life studying another person's gifts while neglecting your own.

You can admire without copying. You can learn without losing yourself. Another girl's strength does not prove that you have none. Your responsibility is to discover and develop what is in your own hands.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I do not need another girl's life for mine to matter. I can celebrate her and still develop myself.

Prayer

Yahuah, free my attention from unhealthy comparison. Show me what I need to develop and teach me patience with my own process.

Today I Will

What belongs to my own journey that I will develop today?

DAY 5

MY VOICE MATTERS

Scripture: Proverbs 31:8

Meditation

Having a voice does not mean talking all the time. It means knowing that your questions, observations, ideas and boundaries can be expressed.

You can say: I do not understand. Please stop. I need help. I have an idea. I made a mistake. Respect does not require your disappearance. Use your voice for truth rather than cruelty.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My voice matters. I can ask questions, tell the truth, say no when a boundary is crossed and ask for help.

Prayer

Yahuah, give me wisdom for my voice. Teach me when to speak and when to listen. Give me courage to tell a safe adult when something is wrong.

Today I Will

How will I use my voice responsibly today?

DAY 6

MY BODY DESERVES RESPECT

Scripture: 1 Corinthians 6:19-20

Meditation

Your body is not an object for other people to use, comment on, pressure or control. You deserve appropriate privacy, care and safety.

If touch, conversation, photographs, messages or requests make you uncomfortable, you are allowed to move away, say no and tell a safe adult. A person being older, popular, generous, religious or related to you does not give that person permission to cross your boundaries.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My body deserves care and respect. I can say no. I can leave unsafe situations. I can tell a trustworthy adult.

Prayer

Yahuah, give me wisdom about my body and courage to protect appropriate boundaries. Lead me toward safe people when I need help.

Today I Will

Who are two safe adults I can talk to if I feel unsafe?

I CAN ASK QUESTIONS

Scripture: Proverbs 18:15

Meditation

Questions are part of learning. You do not dishonour truth by wanting to understand it. A confident voice can still be wrong, and a familiar belief can still need examination.

Learn to ask: How do we know? What is the evidence? What does this mean? What am I missing? Good questions do not make you rebellious; they can make you teachable and discerning.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I am allowed to ask thoughtful questions. I do not have to pretend to understand what I do not understand.

Prayer

Yahuah, give me a teachable mind. Protect me from pride and from fear of asking honest questions.

Today I Will

What question have I been afraid to ask?

DAY 8

I AM ALLOWED TO LEARN SLOWLY

Scripture: Proverbs 4:7

Meditation

Some things take time. Reading, mathematics, speaking, relationships, emotional maturity, business, craft and leadership are developed through stages.

Do not turn difficulty into identity. 'I do not understand this yet' is different from 'I am stupid.' Stay with the process, ask for help and practise.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can learn slowly without calling myself incapable. Difficulty is not a verdict on my future.

Prayer

Yahuah, give me patience with the process of learning. Help me ask for help and practise without shame.

Today I Will

What will I give myself permission to learn step by step?

NOT EVERY THOUGHT IS TRUE

Scripture: 2 Corinthians 10:5

Meditation

A thought can feel powerful without being accurate. 'Nobody likes me,' 'I always fail,' or 'I will never be good enough' may be fear, memory or exaggeration rather than fact.

Pause before obeying a thought. Ask whether it is true, complete and useful. Replace distorted thoughts with grounded truth, not empty pretending.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

Not every thought deserves my agreement. I can examine what enters my mind.

Prayer

Yahuah, teach me to recognize thoughts that distort truth. Give me a mind willing to examine and renew.

Today I Will

What repeated thought will I examine today?

WHAT AM I FEEDING MY MIND?

Scripture: Philippians 4:8

Meditation

What you repeatedly watch, hear and read can influence what becomes normal to you. Your mind needs a gate.

This does not mean hiding from the world. It means noticing what leaves you anxious, cruel, obsessed with appearance, sexually pressured, angry or constantly dissatisfied. Choose inputs that help you grow.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will not feed my mind carelessly. I can choose what deserves repeated attention.

Prayer

Yahuah, give me discernment about what I consume. Help me recognize what strengthens life and what weakens me.

Today I Will

What will I reduce, remove or replace this week?

MY FEELINGS ARE MESSENGERS

Scripture: Psalm 42:5

Meditation

Feelings matter, but they are not always instructions. Anger may tell you a boundary was crossed. Sadness may tell you something mattered. Fear may warn you or may reflect uncertainty.

Listen without automatically obeying. Your body, stress, sleep and experiences can also affect emotion. Strong or persistent distress deserves support, not shame.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My feelings can speak without ruling me. I can pause, understand and choose wisely.

Prayer

Yahuah, help me listen to my emotions with wisdom. Show me when I need rest, conversation, protection or help.

Today I Will

What am I feeling, and what might it be telling me?

FEAR DOES NOT HAVE TO LEAD ME

Scripture: 2 Timothy 1:7

Meditation

Fear can protect you from real danger, but it can also make every unfamiliar thing feel dangerous. Wisdom learns the difference.

Ask: Is there evidence of danger? Do I need more information? Is this fear coming from a past experience? What is the smallest safe step I can take? Courage is not ignoring danger; it is responding wisely.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can feel fear without giving fear every decision. I will investigate, seek help and act wisely.

Prayer

Yahuah, give me courage with discernment. Help me recognize real danger and also recognize when fear is keeping me from healthy growth.

Today I Will

What fear needs investigation rather than automatic obedience?

PEACE IN THE NIGHT

Scripture: Psalm 4:8

Meditation

Some dreams are frightening. You may wake with a racing heart or a strong sense that something bad is going to happen. A frightening dream is not automatically a prophecy or proof that someone is attacking you spiritually.

You are allowed to pray. You are also allowed to examine calmly what may be affecting your sleep: worry, memories, stress, frightening media or an unsafe situation. If dreams are recurring or deeply distressing, tell a safe adult.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will not build my identity around a frightening dream. I choose prayer, truth, wise examination and peace.

Prayer

Yahuah, quiet my mind and give me peaceful rest. If something in my waking life needs attention, give me wisdom and safe people to help me. Protect me from panic and accusation.

Today I Will

What can I do tonight to prepare my mind and body for peaceful sleep?

I CAN HONOUR MY MOTHERLINE WITHOUT REPEATING ITS WOUNDS

Scripture: Yachazqal (Ezekiel) 18:20

Meditation

Your mother had a story before you were born. Her mother had a story too. Families can pass down courage, language, skill, faith and care. They can also pass down fear, silence, shame and unhealthy ways of relating.

Recognizing a pattern is not the same as blaming your mother or grandmother. People often transmit what they themselves received. You can honour them and still examine what should continue and what should end.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I receive wisdom from the women before me, but I do not have to repeat every wound. History is not destiny.

Prayer

Yahuah, thank You for every life-giving thing that reached me through the women before me. Give me wisdom to preserve what gives life and interrupt what causes harm.

Today I Will

What do I want to preserve from my motherline, and what do I want to examine?

BREAKING FAMILY PATTERNS WITHOUT BLAMING MY FAMILY

Scripture: Romans 12:2

Meditation

Sometimes a family pattern becomes so normal that nobody questions it: silence around harm, fear of education, unhealthy relationships, uncontrolled anger, financial secrecy or beliefs that diminish girls.

Breaking a pattern begins with seeing it. Then learn, seek support, practise something healthier and refuse to turn family members into enemies. You are responsible for your next step, not for repairing every generation before you.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can understand my family without being imprisoned by its patterns. I choose truth over accusation and wisdom over repetition.

Prayer

Yahuah, show me what needs renewal. Give me compassion for the people before me and courage to build healthier patterns.

Today I Will

What is one healthier pattern I can begin practising?

I CAN SPEAK KINDLY TO MYSELF

Scripture: Proverbs 18:21

Meditation

Notice how you speak to yourself after a mistake. Would you speak that way to someone you love? Harshness is not the same as accountability.

You can say, 'That choice was unwise, and I can correct it,' instead of, 'I am useless.' Truth names the problem without destroying the person.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will correct myself without humiliating myself. My mistakes can be addressed without becoming my identity.

Prayer

Yahuah, teach me truthful and compassionate self-correction. Help me reject both excuses and self-hatred.

Today I Will

What unkind sentence about myself will I replace with a truthful one?

EVERY CHOICE PLANTS A SEED

Scripture: Galatians 6:7

Meditation

Choices have consequences. One choice may seem small, but repeated choices become patterns.

Ask not only, 'What do I want now?' but also, 'What might this produce later?' Wisdom learns to think beyond the moment.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My choices are seeds. I will consider the fruit before I plant.

Prayer

Yahuah, give me wisdom to see beyond immediate pleasure or pressure. Help me choose with my future in mind.

Today I Will

What choice today deserves a second look?

I CAN SAY NO

Scripture: Matthew 5:37

Meditation

No is a complete and important word. You do not need to agree to everything in order to be kind.

You can refuse a request, touch, photograph, secret, outing, relationship or activity that violates your safety, values or boundaries. If someone ignores your no, seek help.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can say no without hatred. My boundaries do not require another person's approval.

Prayer

Yahuah, give me courage to say no when no is wise, and wisdom to seek help when a boundary is ignored.

Today I Will

Where do I need a clearer boundary?

I CAN CHOOSE MY FRIENDS WISELY

Scripture: Proverbs 13:20

Meditation

Friendship shapes you. A friend does not have to be perfect, but healthy friendship should make room for honesty, respect and growth.

Notice whether you are constantly pressured, mocked, used, isolated or asked to hide harmful things. Also examine what kind of friend you are becoming.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will choose friends with wisdom, and I will practise being the kind of friend I hope to have.

Prayer

Yahuah, guide my friendships. Give me courage to step away from harmful influence and humility to become a better friend.

Today I Will

What quality matters most in a healthy friendship?

PRESSURE IS NOT PERMISSION

Scripture: Proverbs 1:10

Meditation

Someone wanting something from you does not automatically make it wise. Pressure can come through friends, romance, gifts, threats, teasing, secrecy or fear of being left out.

Slow down. You are allowed to ask for time. You are allowed to consult a safe adult. A person who respects you should be able to respect a boundary.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I do not owe agreement because someone pressures me. I can pause, think and seek counsel.

Prayer

Yahuah, give me courage under pressure and people I can safely consult.

Today I Will

What phrase can I use when I need time to think?

I DO NOT HAVE TO FOLLOW THE CROWD

Scripture: Exodus 23:2

Meditation

A crowd can make an unwise choice feel normal. Popularity is not evidence of truth.

Before joining in, ask what is actually happening, who may be harmed, what the consequences are and whether you would make the same choice alone.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can stand apart without believing I am better than others. I choose wisdom over crowd pressure.

Prayer

Yahuah, give me courage to make wise choices even when they are unpopular.

Today I Will

Where do I need to think for myself?

MISTAKES CAN TEACH ME

Scripture: Proverbs 24:16

Meditation

A mistake can become a teacher if you examine it. Shame says, 'Hide.' Wisdom says, 'What happened, what did I learn, and what will I do differently?'

Some mistakes require apology, repair or adult help. Learning from a mistake does not erase consequences, but it can stop the same lesson from repeating forever.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I am responsible for my mistakes, but I am not defined by them. I can learn, repair and begin again.

Prayer

Yahuah, give me humility to admit wrong and courage to make repairs where possible.

Today I Will

What mistake has something useful to teach me?

DISCIPLINE PROTECTS MY FUTURE

Scripture: Proverbs 6:6-8

Meditation

Discipline is not punishment. It is structure that protects what matters.

Study time, sleep, saving, practice, chores and keeping promises may not always feel exciting, but repeated structure creates capacity. Rest is part of wise discipline too.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can do important things even when I do not feel excited.
Discipline can protect my future.

Prayer

Yahuah, help me build sustainable habits and return when I lose rhythm.

Today I Will

What simple routine would make tomorrow easier?

WHAT I PRACTISE, I STRENGTHEN

Scripture: Hebrews 5:14

Meditation

What you repeat becomes easier. This is true for skills and for reactions.

If you practise giving up, hiding or exploding, those pathways can strengthen. If you practise asking, studying, pausing, speaking clearly and trying again, those can strengthen too.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will pay attention to what I rehearse. I want my practice to agree with the person I am becoming.

Prayer

Yahuah, help me practise what gives life and correct what does not.

Today I Will

What am I strengthening through repetition?

I HAVE SOMETHING TO DEVELOP

Scripture: 1 Peter 4:10

Meditation

You may not yet know all your gifts. That is normal. Ability is often discovered through trying, learning and serving.

Do not wait for a dramatic revelation before developing yourself. Explore writing, science, art, technology, business, care, leadership, craft, agriculture, music, design or other useful skills.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

There is something in me worth developing. I will explore with humility and curiosity.

Prayer

Yahuah, guide me toward abilities I can develop and use responsibly.

Today I Will

What would I like to explore for the next month?

KNOWLEDGE GIVES ME OPTIONS

Scripture: Proverbs 1:5

Meditation

Knowledge expands what you can see and do. Learning about money, health, technology, history, relationships and work can protect you from avoidable mistakes.

Education is larger than school marks. Learn how the world around you works.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will keep learning. What I do not know today can become something I learn tomorrow.

Prayer

Yahuah, give me curiosity, discernment and access to good teachers and information.

Today I Will

What practical subject do I need to understand better?

I CAN LEARN A SKILL

Scripture: Proverbs 22:29

Meditation

Skill grows through practice. The first attempt may be awkward. That does not mean you cannot learn.

Choose something useful and give it time. Ask for feedback. Correct mistakes. Let repetition form competence.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can become more capable through learning and practice.

Prayer

Yahuah, give me patience with beginnerhood and humility to receive correction.

Today I Will

What skill will I practise this week?

I WILL NOT BE AFRAID OF DIFFICULT THINGS

Scripture: James 1:5

Meditation

Difficult does not always mean wrong for you. Some worthwhile things stretch your present ability.

Break the task into smaller parts. Learn what you need. Ask for help. Rest when needed. Then return.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can approach difficult things step by step. I do not need to solve everything at once.

Prayer

Yahuah, give me courage, patience and wisdom when something feels difficult.

Today I Will

What difficult task can I divide into smaller steps?

MY HANDS CAN CREATE

Scripture: Proverbs 31:13

Meditation

Your hands can do more than consume. They can make, repair, write, plant, cook, design, build, code, sew, draw, organize and serve.

Creation develops confidence differently from constant consumption. Make something useful.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My hands can learn to create. I will develop practical capacity.

Prayer

Yahuah, teach my hands useful work and give me joy in learning to create.

Today I Will

What will I make, repair or build this week?

MONEY REQUIRES WISDOM

Scripture: Proverbs 21:5

Meditation

Money is a tool, not a measure of human value. Learning about it early can protect your future.

Practise distinguishing wants from needs, saving something, recording spending and asking questions before buying. Generosity and planning can live together.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can learn to handle money wisely. I do not need to spend to prove my worth.

Prayer

Yahuah, give me wisdom, patience and honesty in how I handle resources.

Today I Will

What small money habit can I begin now?

MY TIME IS PART OF MY LIFE

Scripture: Psalm 90:12

Meditation

Time is not only what a clock measures. It is part of your life. What repeatedly receives your time receives part of you.

Notice where hours disappear. Rest and play matter, but endless scrolling can quietly consume the time needed for learning, relationships and sleep.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My time has value. I will use it with intention without turning my life into constant productivity.

Prayer

Yahuah, teach me wise rhythm: work, learning, relationships, rest and joy.

Today I Will

What deserves thirty focused minutes today?

I CAN BEGIN BEFORE I FEEL READY

Scripture: Ecclesiastes 11:4

Meditation

Waiting for perfect confidence can become a way of never beginning. Often confidence grows after responsible action, not before it.

Prepare enough for the next safe step. You do not need the whole staircase to take one step.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can begin small. I can learn while moving and correct as I go.

Prayer

Yahuah, give me courage to begin wisely without demanding perfect certainty.

Today I Will

What small beginning can I make today?

STRENGTH AND KINDNESS CAN LIVE TOGETHER

Scripture: Proverbs 31:26

Meditation

Strength does not require hardness. Kindness does not require weakness.

You can be gentle and still have boundaries. You can be courageous and still listen. Mature strength protects life rather than proving superiority.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can be strong without becoming cruel and kind without disappearing.

Prayer

Yahuah, form strength and compassion together in me.

Today I Will

Where can I practise both courage and kindness?

I WILL NOT USE MY STRENGTH TO HARM OTHERS

Scripture: Micah 6:8

Meditation

Influence can be used to protect or to dominate. Popularity, intelligence, beauty, money, age or leadership can become power.

Do not use what you have to humiliate another girl. Strength becomes mature when it can restrain itself.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My strength is not permission to diminish another person.

Prayer

Yahuah, teach me justice, mercy and humility in how I use influence.

Today I Will

Is there anyone I have been treating as smaller than me?

I CAN BUILD HEALTHY RELATIONSHIPS

Scripture: Romans 12:18

Meditation

Healthy relationships need honesty, respect, boundaries, listening and responsibility. Love is not constant agreement, and closeness is not ownership.

You cannot force another person to become healthy. You can communicate, set boundaries, seek help and decide what access is wise.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will practise relationships built on dignity, truth and mutual respect.

Prayer

Yahuah, teach me to love without controlling and to set boundaries without hatred.

Today I Will

What relationship skill do I need to practise?

ANOTHER GIRL IS NOT MY ENEMY

Scripture: Romans 12:10

Meditation

Competition can teach girls to see one another as threats: prettier, smarter, richer, more noticed. But another girl's gift does not steal yours.

Learn to celebrate, collaborate and still keep healthy boundaries. Sisterhood does not mean tolerating harm; it means refusing unnecessary rivalry.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

Another girl's light does not extinguish mine. I can celebrate her and continue becoming.

Prayer

Yahuah, free me from jealousy that turns another girl into an enemy. Teach me healthy sisterhood.

Today I Will

Whom can I sincerely encourage today?

I CAN LEARN FROM OLDER WOMEN

Scripture: Titus 2:3-5

Meditation

Older women carry lived experience. Not every older opinion is automatically correct, but experience can contain lessons that books cannot give.

Ask questions. Listen for both wisdom and wounds. Honour without surrendering your responsibility to think.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I can receive wisdom from older women and still examine what I receive.

Prayer

Yahuah, connect me with trustworthy women who can teach, guide and listen.

Today I Will

What question would I like to ask an older woman?

I CAN HELP THE GIRL COMING BEHIND ME

Scripture: 1 Timothy 4:12

Meditation

You do not have to be old before your life can help someone. A younger girl may be watching how you speak, study, respond to pressure or treat people.

Leadership begins before titles. Be the kind of older girl you once needed.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

My life can make another girl's path safer and wiser.

Prayer

Yahuah, help me use what I am learning to encourage rather than control those younger than me.

Today I Will

How can I help a younger girl this week?

MY FUTURE NEEDS MY PARTICIPATION

Scripture: Matthew 7:24

Meditation

Prayer matters, but your future also needs learning, choices, practice and responsible action. You cannot control everything that will happen, but you can participate in what belongs to your hands.

Ask for wisdom, then study. Pray, then prepare. Hope, then practise. Seek help when needed. Release what you cannot control.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I will not wait passively for a future I can help prepare for. I will participate wisely.

Prayer

Yahuah, show me what belongs to my hands and what I need to release. Give me courage for responsible action.

Today I Will

What is one thing my future needs me to begin now?

I AM STILL BECOMING

Scripture: Philippians 1:6

Meditation

Forty days cannot finish your formation. They can teach you how to continue it.

You have learned to value your life, guard your mind, understand emotion, question fear, examine family patterns, set boundaries, choose friends, practise discipline, develop skill and participate in your future. You will still make mistakes. Return to the process: learn, understand, choose wisely, practise, examine fruit and begin again.

Think About It

What stands out to me today?

What does this reveal about the girl I am becoming?

Declaration

I am still becoming. I will remember what gives life, restore what has been weakened and become with wisdom, courage and responsibility.

Prayer

Yahuah, thank You for these forty days. Keep me teachable. Help me preserve wisdom, interrupt harmful patterns and use my life to

give life to others. Let my future be formed through truth, wisdom, responsible action and grace.

Today I Will

What is the one practice from these forty days I will carry forward?

A Mother or Guardian's Declaration Over a Girl

You are not the continuation of our wounds.

You are part of our continuation, but you are also capable of new formation.

May the wisdom of the women before you strengthen you. May their mistakes instruct rather than imprison you.

May what silenced us not silence you. May what frightened us not automatically become your fear.

May you receive knowledge we did not have access to and develop skills our circumstances did not allow us to develop.

May you become discerning where we were vulnerable, compassionate without becoming easily controlled, and strong without becoming hardened.

May you honour your family without surrendering your responsibility to think.

May you know that you can come to safe adults when you are afraid.

And where we have unknowingly passed our own wounds to you, may we have humility to recognize them and courage to change.

Remember what gives life. Restore what was wounded. Become what we could not yet see.

Prayer After a Frightening Dream

Yahuah, I am awake, and I am afraid. Quiet my mind and help my body settle. Help me remember that a dream is not automatically a prophecy or a verdict over my life. I place the fear I feel before You. If something in my waking life needs attention, give me wisdom to

recognize it when I am calm. If I need to speak with my mother, guardian or another trustworthy adult, give me courage. Protect me from panic and from accusing another person because of fear. Help me separate what I know from what I imagine. Let this night become a place of rest. Amen.

My 40-Day Closing Reflection

The truth I most want to remember is:

A family pattern I want to examine rather than repeat is:

A strength from my motherline I want to preserve is:

A boundary I have learned to respect is:

A skill I want to develop is:

A wise woman I can learn from is:

A younger girl I can encourage is:

The practice I will continue for the next 30 days is:

THE FEMININE RENAISSANCE
REMEMBER · RESTORE · BECOME

GIRLS. ♥ 40 DAYS of BECOMING

A More Confident Girl. A Brighter Tomorrow.



Every girl is a story still unfolding — a beautiful, unique creation with purpose, potential and a bright future. *Girls: 40 Days of Becoming* is a devotional journey designed to help young girls (ages 11–18) build a stronger sense of identity, develop confidence, make wise choices and grow in their faith.

Through 40 days of inspiring reflections, Scriptures, declarations, prayers and practical steps, this book speaks to the real questions and challenges young girls face today — from self-image and friendships to school, family, purpose and dreams. It encourages them to see themselves not just as who they are now, but as who they are becoming.

Whether used personally, with a mentor, in small groups or as a gift, this book will help every girl discover that she is more than she knows — chosen, valued and equipped for a brighter tomorrow.

*You are more than you know.
You are becoming all you were created to be.*



ABOUT THE AUTHOR

Uche Onubiyi is an author, researcher and convener passionate about truth, history, human formation and the transformative power of the feminine. Through the Olive Tree Foundation, she develops resources, teaches and builds communities that help people recover their original design and live with greater purpose, balance and impact. Her work brings together ancient wisdom and contemporary understanding to equip individuals, families and communities for a brighter tomorrow.



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