

# True Girl

LET'S ROLL!



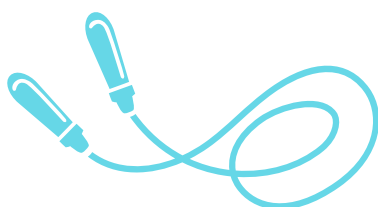
YOU GOT THIS!



HEY TRUE GIRL MOM, THIS IS FOR YOU! IT INCLUDES EVERYTHING YOU'LL NEED TO PLAN THIS MONTH'S DATE.

-Dannah

DANCE!  
JUMP!  
SHIMMY!



JUMP TO IT!





**H**ey there! How are ya?  
 All cooled down from the sprint you did to grab this box off the porch? Well, I'm glad you're excited. You should be. This box is going to be even more amazing than the last.

Here's the deal, these instructions are for your mom or the adult who bought this for you and loves you a whole lot. So, if you're a True Girl, STOP READING HERE! And give this to that person with a ginormous hug. If you're the one who reminds that True Girl to clean her room, it's time for me to introduce you to this month's True Girl Subscription Box...May I? (I couldn't resist).

Here's how to use this month's discipleship tools to strengthen your daughter's faith:

STEP	STEP	STEP	STEP
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><b>Watch the coaching video.</b></p> <p>This month, I'll encourage you to <b>"Give your daughter the gift of body confidence."</b> The Bible teaches that caring for our bodies is important. But we often miss the most important reason. I can't wait to share the most important thing you can teach your daughter about her body.</p>	<p><b>Read the date plan and familiarize yourself with the topic.</b></p> <p>Dive into the Scripture to get a broader understanding and ensure that you'll be ready to answer any questions your daughter may have as you talk about it during your mom+daughter date.</p> <p><b>Fun fact:</b> This month's mom+daughter plan was written by lead teacher, Staci Rudolph. (You have her to thank for the jump roping!)</p>	<p><b>Schedule your date and commence your challenge!</b></p> <p>This month, your date will require commitment! But it's definitely a challenge you can complete. When you follow the instructions for your initial date, you'll set some wellness goals together. Then print the downloadable mom+daughter scorecard—found at your digital dashboard—to track your fitness goals as the month continues.</p>	<p><b>Reveal the box to your daughter and start using the discipleship tools to get her into God's Word.</b></p> <p>But first, pull The Wellness Box charm—a high top sneaker—from the box. You'll always present her special charms AFTER you do your mom+daughter dates. This month, you may choose to give it to her either after your mom+daughter wellness challenge kick-off date OR when you both complete the challenge at the end of the month.</p>

We love hearing from you! Message my team to give us feedback or post a photo and tag True Girl on Facebook or Instagram. Don't use social media? Shoot us an email at [box@mytruegirl.com](mailto:box@mytruegirl.com).

*Last month, Shannon wrote to tell us: "Ivy and I absolutely LOVED the spring box and we had our most fun date yet! I am happy to report we now have sunflowers beginning to sprout! The concept of adding a new charm to the bracelet with every box is a hit. I really think Ivy's bracelet is a tangible reminder of the things we talk about because I often see her fiddling with her bracelet and then bringing topics back up."*



IN HIS GREAT LOVE,  
**Dannah Gresh**

True Girl Founder

That's what we love to hear!

\* MAY 2021 \*

## Give your daughter the gift of body confidence

Watch the May coaching video from Dannah Gresh, then read through this one sheet.

### Summer is well on its way!

The sun is showing its face a bit more, sandals are begging to be released from the bottom of our closets, and the grill is about ready to light itself. As the season changes and we prepare to enjoy the activities we love, there's something that's in desperate need of some movement: our bodies! After a long winter (or challenging year, if we're being honest) resting indoors, our body needs attention.

This isn't just me kicking you into gear. God desires for us to be good stewards of the body He's given to us. And while that desire absolutely includes resting our body as it needs, it also means that we have to be diligent in exercising and strengthening our physical being. Our bodies were made to move!

Being committed to a proper attitude about our body is important. God inspired this thought for us to meditate upon in His Word:

*Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.*

I CORINTHIANS 6:19-20

There are many incentives to care for our bodies, including an improved quality of life! Here are two more to consider as we focus on wellness this month:

- 1. Caring for our bodies is also good stewardship of God's temple.** The Holy Spirit dwells within us as believers. (What a privilege to maintain that space!)
- 2. The way we care for our body is a good indication of what controls us—the flesh or the spirit.** (Self control is included in the fruit of the Spirit and plays a huge role in physical wellness.)



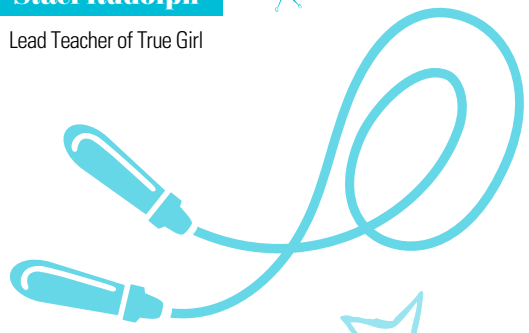
This month, I want to encourage you to join your daughter in racing towards the goal of wellness. Together, the two of you will focus on developing healthy habits such as increasing your daily water intake and exercising a few times each week, and developing a biblical view of body image. After all, we're made in His image and want to reflect it through ours.



PEACE AND JOY,  
Staci Rudolph

Lead Teacher of True Girl

So...what are you waiting for?! Jump to it!





# Preparing for your May Mom+Daughter Date



## RACING TOWARDS PHYSICAL WELLNESS TOGETHER

### SUBJECT:

How To Care For Your Body

### SETTING:

Your backyard, the park, the gym.  
The world is your oyster!

### MATERIALS YOU'LL NEED:

Water Bottle

Your Bibles

Staci's coaching video for tween girls entitled *How To Care for Your Body*

A download of *True Girl Wellness Challenge Scorecard* found on your subscription dashboard

### OPTIONAL:

Jump Rope

To prepare you for this month's experience, read Chapter 1 of *Raising Body Confident Daughters* by *Dannah Gresh*. It's included as a free download in your digital dashboard.



This month's mom+daughter connection experience is all about racing towards physical wellness together.



Subscribe now at [mytruegirl.com/subscription](http://mytruegirl.com/subscription)

We want you to get moving and take on at least one good nutritional challenge—drinking more water—to develop habits of good stewardship as you consider a biblical view of body image. As promised, we've done most of the planning and thinking for you. Though this challenge will go all month long you'll begin with a conversation. Here's how that first conversation will go.

### STEP 1 Review your *True Girl Wellness Challenge Scorecard* together.

We've created a scorecard to help you and your daughter begin your wellness challenge. It includes a calendar to help you plan your activities and track your progress. We even created a fun points system. After all, what's a challenge without a little healthy competition? Take some time to develop your own personal goals. Throughout the month, you'll keep track of your daily points for both water intake and exercise. (Every girl is created uniquely and taking care of our bodies looks different for each individual! That's why our wellness tracker gives you the freedom to set your own movement goal and make adjustments that work for you.) At the end of the challenge, you could go on a special date or outing to celebrate your hard work. No matter who has the most points, you're both winners for finishing!

### STEP 2 As always, use this conversation time to check in on her spiritual wellness.



Help her jump start her time with God for this month. The purpose of her daily devos is not for her to check them off her daily to-do list, but to help her learn to love God's Word and develop the habit of turning to it regularly. Read **1 Corinthians 6:19-20** with your daughter and talk about it. Here are some discussion questions:

1. What does 1 Corinthians 6:19-20 say about our bodies? Do they belong to us? What are some ways we can make sure we take care of them?
2. Why do you think physical wellness is important? Be sure to stress the importance of caring for our bodies because they are God's temple. It's about much more than our outward appearance.
3. Are you thankful for your body? What do you like about it? What does it allow you to do?

### STEP 3 Watch *How To Care For Your Body* featuring lead teacher Staci Rudolph.



It will encourage the two of you as you embark on your wellness journey. Maybe you'll make up the ultimate jump rope routine (this is where the optional jump rope comes into play) or just commit to walking the park a few times each week. Just make sure you encourage your daughter to get moving. The best way to do that is to move with her!

We can't wait to see photos of your scorecards as you track your points each day! Be sure to post them to Instagram or Facebook and tag True Girl or Dannah Gresh.