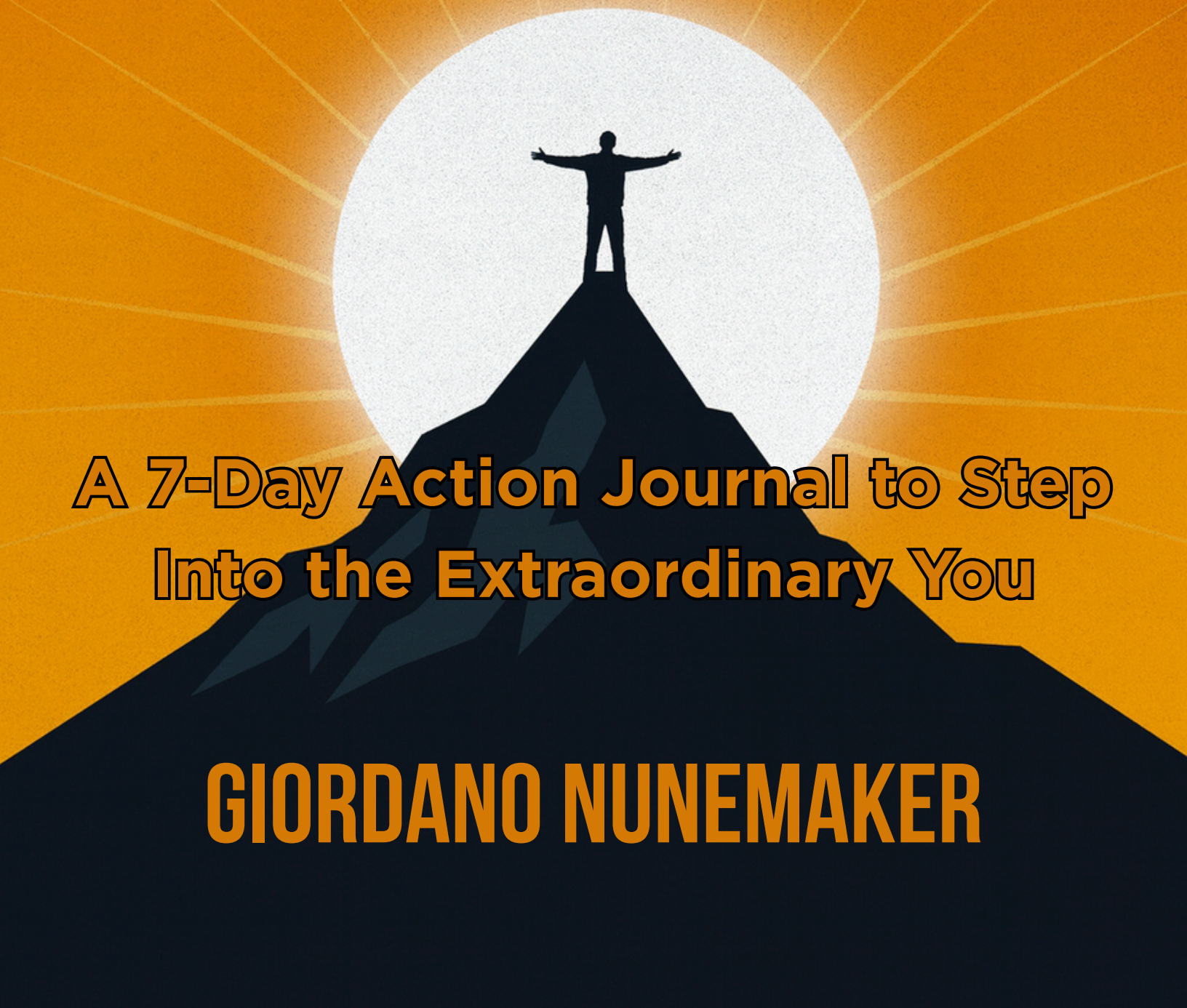
THE EXTRAORDINARY STRENGTH STARTER GUIDE™



A 7-Day Action Journal to Step Into the Extraordinary You

GIORDANO NUNEMAKER

The Extraordinary Strength Starter Guide™

A 7-Day Action Journal to Step Into the Extraordinary You

Welcome

You're here because you know there's more inside you—more strength, more purpose, more faith. To build unshakeable strength in your mind, body, spirit, and purpose.

This guide follows the *Extraordinary Strength Method™*, which focuses on transforming your Mind, Body, Spirit, and Purpose—helping you become who God created you to be.

This starter guide is a taste of the *Extraordinary Strength: Companion Journal*. You'll experience reflective prompts, daily habits, scripture meditation, action steps, and guided insight spaces—just as in the full journal.

This guide is your invitation to start building the extraordinary version of yourself right now. It's not about perfection. It's about progress—one faithful, powerful step at a time.

How to Use This Guide

Each day is designed to help you live out the *Extraordinary Strength Method™* by focusing on one key theme across Mind, Body, Spirit, or Purpose.

Here's how to get the most out of each section:

Focus Topic: This is the theme of the day, based on one of the pillars from the Extraordinary Strength Method™. It sets the tone and direction of your growth.

Reflection Questions: These questions are meant to make you think deeply and honestly. Take a few quiet minutes, journal your responses, and allow them to guide your transformation.

Daily Habits: Practice simple, daily actions that reflect your focus. Use the checkboxes to track your consistency and celebrate each small win.

Action Step ('I will...'): This is where you take personal ownership. Speak it out. Write it down. Then act on it with intention.

Gratitude Prompt: Each day includes a short prompt to focus your heart on what you're thankful for. Gratitude shifts your perspective and builds strength through joy.

Scripture Meditation: Let God's Word center and guide you. Read the verse slowly, reflect on it throughout your day, and ask what He's teaching you. Write down your thoughts.

Extraordinary Insights: This is your space to process, pray, and record what stood out. Use it for insights, affirmations, prayers, or moments where God spoke to your heart.

7-Day Challenge Checklist

Day	**Completed** (✓)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

"Commit to the LORD whatever you do, and He will establish your plans." — Proverbs 16:3

Day 1: Believe You Are Made for More

Extraordinary Strength Method Pillar: *Mind—Belief & Identity*

Reflection Questions:

- What limiting beliefs have held you back from stepping into your God-given potential?

- What truth about your identity in Christ do you need to embrace today?

Daily Habits:

- Affirm my identity in Christ

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Spend 5 minutes in quiet reflection

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Speak life over myself

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:
"I will replace one limiting belief today by declaring God’s truth over my life."

Gratitude Prompt:
What is one gift God has given you that you are grateful for today?

Scripture Meditation:
"I am fearfully and wonderfully made." — Psalm 139:14

Extraordinary Insights:
What did God reveal to you today about who you are and who you are becoming?

Day 2: Honor Your Body

Extraordinary Strength Method Pillar: *Body—Training & Stewardship*

Reflection Questions:

- How do you view your body as a gift and a vessel for your purpose?

- What can you do today to better steward your physical health?

Daily Habits:

- Move with intention

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Hydrate well

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Speak gratitude over my body

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:
"I will honor God today by moving my body with gratitude and strength."

Gratitude Prompt:
What ability of your body are you thankful for today?

Scripture Meditation:
"Do you not know that your body is a temple of the Holy Spirit...?" — 1 Corinthians 6:19

Extraordinary Insights:
How did moving with gratitude shift your mindset and deepen your connection to God today?

Day 3: Embrace Discomfort

Extraordinary Strength Method Pillar: *Mind & Body—Discipline & Growth*

Reflection Questions:

- Where have you been avoiding necessary discomfort that would help you grow?

- How might stepping into discomfort today move you closer to your God-given potential?

Daily Habits:

- Choose a challenging task

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Practice patience in discomfort

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Pray for courage

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:
"I will take one intentional step outside my comfort zone today."

Gratitude Prompt:
What discomfort have you experienced that led to growth in the past?

Scripture Meditation:
"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds..." — James 1:2

Extraordinary Insights:
What new strengths or lessons did you uncover as you leaned into discomfort today?

Day 4: Build Community

Extraordinary Strength Method Pillar: *Spirit—Strength in Unity & Relationships*

Reflection Questions:

- Who in your life uplifts you and points you back to God?

- Who can you encourage today?

Daily Habits:

- Check in with a friend

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Pray for someone

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Express gratitude to someone

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:
"I will intentionally reach out and encourage someone today."

Gratitude Prompt:
Who are you grateful for that God has placed in your life?

Scripture Meditation:
"As iron sharpens iron, so one person sharpens another." — Proverbs 27:17

Extraordinary Insights:
What did you learn about the power of community and connection through today's interactions?

Day 5: Strengthen Your Faith

Extraordinary Strength Method Pillar: *Spirit—Living in the Spirit*

Reflection Questions:

- What area of your life do you need to surrender more fully to God?

- How can you strengthen your daily connection with Him?

Daily Habits:

- Morning prayer

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Scripture reading

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Thank God aloud

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:
"I will set aside focused time today to pray and listen to God."

Gratitude Prompt:
What blessing in your spiritual life are you most thankful for today?

Scripture Meditation:
"Trust in the LORD with all your heart and lean not on your own understanding." — Proverbs 3:5

Extraordinary Insights:
What did God speak to your heart today as you leaned into deeper faith?

Day 6: Define Your Why

Extraordinary Strength Method Pillar: *Purpose—Find Your Why, Live Your Why*

Reflection Questions:

- Why do you want to build extraordinary strength in your life?

- How does your "why" align with God’s purpose for you?

Daily Habits:

- Reflect on my "why"

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Journal about purpose

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Pray for clarity

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:

Write a one-sentence "Why" statement and keep it somewhere you can see daily.

"I will write and display my 'why' statement today."

Gratitude Prompt:
What purpose has God revealed to you that you are thankful for?

Scripture Meditation:
"And let us run with perseverance the race marked out for us." — Hebrews 12:1

Extraordinary Insights:
How did clarifying your “why” bring new motivation and focus to your journey today?

Day 7: Commit to Growth

Extraordinary Strength Method Pillar: *Purpose—The Extraordinary Life in Action*

Reflection Questions:

- What one habit will you commit to that aligns with your purpose?

- How will you stay accountable to living out this habit?

Daily Habits:

- Repeat my "why" statement

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- Take one growth action

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

- End day with gratitude

□ Mon □ Tue □ Wed □ Thu □ Fri □ Sat □ Sun

Action Step:
Write a habit down and share it with someone who can help hold you accountable.

"I will commit to one new growth habit today and share it with someone."

Gratitude Prompt:
What opportunity for growth are you grateful for today?

Scripture Meditation:
"I can do all things through Him who strengthens me." — Philippians 4:13

Extraordinary Insights:
How did today’s commitment shape the vision of who you are becoming?

Your Next Step

Congratulations—you've taken the first steps toward becoming the extraordinary you!

This is just the beginning.

If these pages have inspired and challenged you, imagine the transformation waiting for you in the full *Extraordinary Strength: Companion Journal*, where you'll find deeper reflections, expanded habits, scripture meditations, and daily guided insights to keep you moving forward.

Get the full journal and continue your journey at:
ExtraordinaryStrengthMethod.com

Live Extraordinary

You weren't made to live ordinary. You were created to live strong, bold, purposeful, and fully alive in God's calling.

Now go live it.