



# KINGDOM GRIND

YOU WEREN'T CALLED TO HUSTLE. YOU WERE CALLED TO BUILD.

A free eGuide to help women build with purpose, not pressure 5-minute-a-day strategy guide designed for visionaries who want to grow with grace..



THE KINGDOM STRATEGY STUDIO

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This resource was prayerfully written to encourage, equip, and inspire Kingdom-minded individuals. It is not intended to replace professional advice or individualized strategy. Always seek the Lord for confirmation as you move forward.

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# Welcome!

## Welcome to Kingdom Grind: 5 Minutes to Momentum

Let's keep it real — the hustle-and-grind mindset promoted online might work for some, but it was never designed for Kingdom builders. We're not called to chase—we're called to build, with wisdom, clarity, and consistency.

I created this guide because I was tired of setting big goals and burning out trying to reach them. I wanted something sustainable. Something Spirit-led.

So I asked myself: What if I focused on just five key areas and gave each one five minutes of intentional effort every day? In the Bible, the number five represents *grace*.

The shift was powerful — not because I was doing more, but because I was finally doing what mattered.

This eBook is based on the principle of compounding obedience — small, faith-filled actions that create momentum over time. Whether you're stepping into a new season, trying to rebuild your rhythm, or need a fresh approach to your goals, this is for you.

You don't need more pressure.

You need a God-aligned pace.

So take a deep breath, give yourself grace, and let's begin this journey — five grace-filled minutes at a time.

With expectancy,

*Jessica Clarice*

Founder, The Kingdom Strategy Studio

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# Table of Contents

## 04 Your Top Five

Narrowing down to your top five attainable goals

## 08 There's Levels To This

Defining your goals based on your desired level of effort

## 14 Daily Checklist

Daily checklist to keep you on track

## 17 Wins and Milestones

Celebrating your wins and milestones

# Your Top Five

It's time to narrow your long list of goals to your top five priorities.

This focus allows you to channel your energy into what you must accomplish, making your journey more manageable. Reflect on what you truly want to achieve and make sure you can identify at least one five-minute task for each goal that you can do daily to stay on track.

These small actions will lead to significant progress over the year. Let's make 2025 your year of meaningful accomplishments! Here are my top five goals for the year:

## *Jessica's Top Five Goals for 2025*

- 01 Spend 5 minutes every day reading the Bible.
- 02 Move my body every day to improve overall health.
- 03 Learn to speak, read, and write Mandarin.
- 04 Do something every day to advance my brand and empower women. [www.jessicclarice.com](http://www.jessicclarice.com) (shameless plug)
- 05 Indulge in creativity on a daily basis.

# Your Top Five

In this section, let's narrow down your long list of goals to the top five you **must** accomplish in 2025.

What is your first goal?

01

Be intentional. For example if your goal is to lose weight— Do you want to lose weight or do you want to adopt a healthier lifestyle?

01

What is your second goal?

02

Is it attainable? Can you think of something you can do for 5 minutes each day that will impact your goal?

02

# Your Top Five

In this section, let's narrow down your long list of goals to the top five you **must** accomplish in 2025.

What is your third goal?

03

Have you included a goal that is not based on career or material gain?

03

What is your fourth goal?

04

The 5-Minute Grind is designed for you to take stewardship of your progress, but if you *had* to choose an accountability partner, who would they be?

04



# Your Top Five

In this section, let's narrow down your long list of goals to the top five you **must** accomplish in 2025.

Write down your fifth and final goal!

05

**Focused:** You've officially started your journey with five clear attainable goals. Feels good, huh?

05

Notes



# There's Levels To This

Define your goal by three different levels of effort: **minimum**, **moderate**, and **maximum**. Be sure you can accomplish the goal within the allocated timeframe. Here's how I broke down my goal of **moving my body**.

What is your 5-minute **MINIMUM** daily effort for this goal?

*Write your answer here*

*Deep breathing and stretching.*

What is a 15-minute **MODERATE** daily effort for this goal?

*Write your answer here*

*Planks, push-ups, or ab exercises.*

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

*Write your answer here*

*Complete fitness class or go for a walk around the neighborhood.*

# There's Levels To This

## Goal One

What is your 5-minute **MINIMUM** daily effort for this goal?

*Write your answer here*

What is a 15-minute **MODERATE** daily effort for this goal?

*Write your answer here*

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

*Write your answer here*

# There's Levels To This

## *Goal Two*

What is your 5-minute **MINIMUM** daily effort for this goal?

*Write your answer here*

What is a 15-minute **MODERATE** daily effort for this goal?

*Write your answer here*

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

*Write your answer here*

# There's Levels To This

## Goal Three

What is your 5-minute **MINIMUM** daily effort for this goal?

*Write your answer here*

What is a 15-minute **MODERATE** daily effort for this goal?

*Write your answer here*

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

*Write your answer here*

# There's Levels To This

## Goal Four

What is your 5-minute **MINIMUM** daily effort for this goal?

*Write your answer here*

What is a 15-minute **MODERATE** daily effort for this goal?

*Write your answer here*

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

*Write your answer here*

# There's Levels To This

## *Goal Five*

What is your 5-minute **MINIMUM** daily effort for this goal?

*Write your answer here*

What is a 15-minute **MODERATE** daily effort for this goal?

*Write your answer here*

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

*Write your answer here*

# Daily Checklist

This daily checklist will keep you on track. Write in your goal and check the box next to the level of effort you put in today. Fill in what you accomplished in the boxes as shown in the example below:

Goal 1: *Move my body.*



Minimum



Moderate



Maximum

*Stretched for 5 minutes and  
focused on my breathing.*

Goal 2: *Advance 5Fold.*



Minimum



Moderate



Maximum

*Posted an Instagram reel for  
the new SS25 collection.*

Goal 3: *Indulge my creativity.*



Minimum



Moderate



Maximum

*Practiced sewing for 15  
minutes.*

Reminder: You've only committed to 5 minutes per goal. If you want to go longer, fine. If not, no pressure!

Date: 01/01/2025



# Daily Checklist

This daily checklist will keep you on track. Write in your goal and check the box next to the level of effort you put in today. Fill in what you accomplished in the boxes below:

Goal 1:

☐

Minimum

☐

Moderate

☐

Maximum

Goal 2:

☐

Minimum

☐

Moderate

☐

Maximum

Goal 3:

☐

Minimum

☐

Moderate

☐

Maximum

Reminder: You've only committed to 5 minutes per goal. If you want to go longer, fine. If not, no pressure!

Date:

# Daily Checklist

This daily checklist will keep you on track. Write in your goal and check the box next to the level of effort you put in today. Fill in what you accomplished in the boxes below:

Goal 4:

☐

Minimum

☐

Moderate

☐

Maximum

Goal 5:

☐

Minimum

☐

Moderate

☐

Maximum

Notes

**TARGET | ACTUAL**

25

**MINUTES**

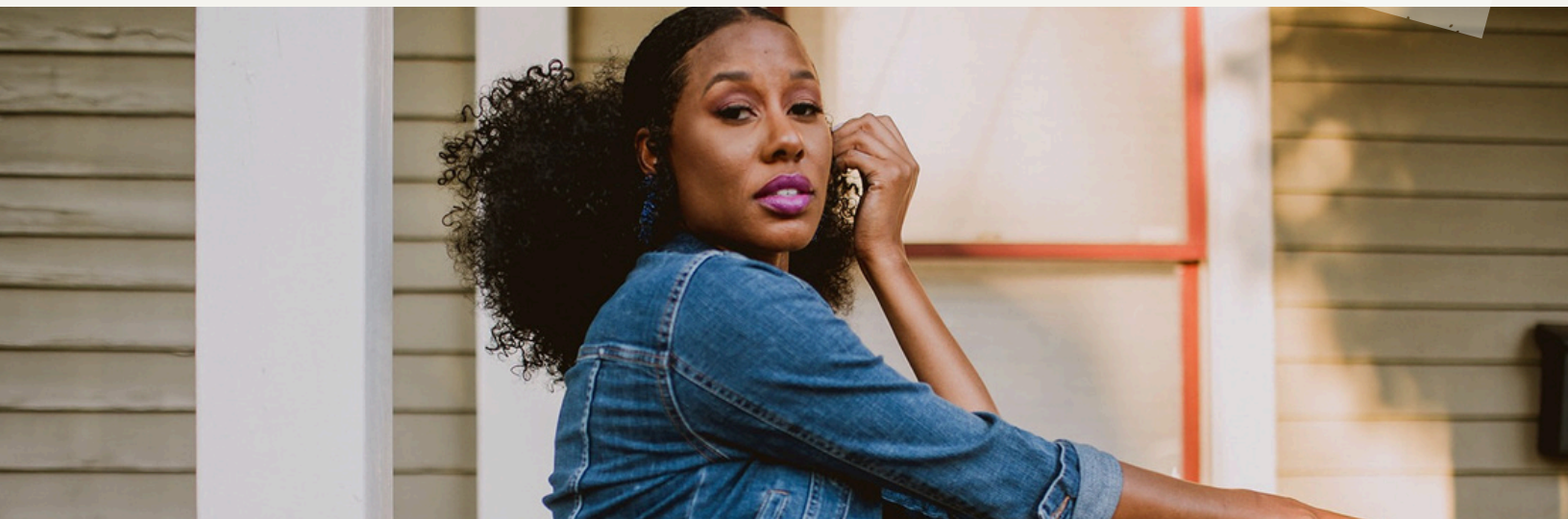
Reminder: You've only committed to 5 minutes per goal. If you want to go longer, fine. If not, no pressure!

Date:

# Wins and Milestones

Every win and milestone should be celebrated. Share three interesting wins/milestones over the last 12 months.

MILESTONE	TARGET   ACTUAL	
Exceeded my time spent working towards my goals by 5,750 minutes!	9,125 minutes	14,875 minutes
Conversed exclusively in Mandarin at my favorite Taiwanese restaurant.	December	September
Read my Bible each day for one hour the last 3 months of the year.	5 mins	1 hour



# Wins and Milestones

Every win and milestone should be celebrated. Share three interesting wins/milestones over the last 12 months.

MILESTONE	TARGET   ACTUAL



# Monthly Overview

For the Month of : January

S	M	T	W	T	F	S
			X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	

TIME INVESTED

775 minutes

REWARD

new Nike workout  
outfit

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD



# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD



# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Monthly Overview

For the Month of : \_\_\_\_\_

S	M	T	W	T	F	S

TIME INVESTED

REWARD

# Thank you!

You're in. Let the building begin.  
Thank you for downloading Kingdom Grind: 5  
Minutes to Momentum.

I pray this guide equips you to move with  
clarity, not chaos — and reminds you that  
consistency is powerful when it's Spirit-led.



I'd love to hear how it's impacting your journey. Whether it's a  
breakthrough moment or a small win, your story matters.

**Tag me** on social or email your testimony. I want to celebrate with you.

## What's next?

If you're ready to go deeper in your purpose, explore the full suite of  
resources across my brands:

**The Signature Story Vault™** – a poetic, faith-rooted healing journey

**The Kingdom Strategy Studio** – prophetic clarity + creative business  
planning

Thank you again for trusting me to walk with you. Let's stay connected  
— your next step is only the beginning.

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