

GOD'S DOMESTIC QUEENS 5.0

**14 Queens Share Their
Mentoring Experience**



GDQ 5.0 REVIEWS

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Intro



At the beginning of the year when I decided to make GDQ Mentoring Academy a 12-week programme as opposed to its previous 6-week duration, I wondered how I would pull it off with my already bursting full life. But guess what? Today is the last day of our first GDQ Mentoring for 2021.

If anybody had told me I would rock it out for 12 weeks, I would have argued with them. But here we are 12 weeks later, with full hearts, stretched lives and an overall joyful disposition to our

assignments at home. Like I promised in my GDQ email, you will be reading from them their longer review of their 12 weeks. But first, here is ONE WORD from each of them that best sums up their experience these past 12 weeks:

Oluwakemi – Enriching

Damilola – Illuminating

Solamipe – Clarity

Grace – Transfiguring

Adejumo – Transforming
Chidinma – Liberating
Amarachi – Metamorphic
Chibuzor - Purposeful
E. Chidimma - Invigorating
Adedoyin - Empowering
Sonia – Transforming
Nnenna – All-Encompassing
Oluwabukola – Elevating
Chinyere – Deliverance
Toyosi – Eye-Opening

And for me, **UNBELIEVABLE**, haha. Okay, because it's me, can I get a second word? **Deeply SATISFYING**. I'm so thankful!

Now flip for the longer and richer reviews.

Love and Fulfilment,
Eziaka Bolaji-Olojo

SONIA ASAPOKHAI AKINSEMOLU



Name: Sonia Asapokhai
Akinsemolu

**Wedding Anniversary and
how long married:** November
2nd; 2 years.

Number and age of kids:
One; A year and 2 months.

**Biggest lessons gotten from
being a Domestic Queen
(before GDQ):**

- ✓ People will rarely see your value.
- ✓ Time with my baby is priceless.
- ✓ Having something that gives me my own money is super-duper important.

**Biggest phobia or challenge
as a Domestic Queen**

(before GDQ): Letting myself go and focusing on everyone and everything else.

My GDQ Experience

My name is Sonia Akinsemolu. I met Coach E about 3 years ago and registered for one of her programmes. Preggo mamas' squad to be precise. I was really impressed by how Jesus-based everything she did was and I couldn't help but just stay glued to her.

Even after the programme, I stayed close to her by regularly viewing her WhatsApp status. Few years later, coach shared a blog post talking about a mentorship programme she organises for stay-at-home moms and shared reviews from students who had attended. Immediately, I knew I had to be in the programme ASAP because I was not just a stay-at-home mom, I wasn't enjoying my season at all... I needed to lean in and learn from this lady who though is a stay-at-home mom and is winning at it. I needed to learn discipline and consistency. I needed to know my identity in Christ and leave every other thing behind. So, I applied and I was super excited to be chosen among other few ladies to lean in and learn from coach for a whole 12 weeks.

The 12 weeks was really transforming for me. Every single detail about my life and mindset has been positively impacted on.

Discipline and consistency are the strongest accomplishment for me this past 3 months. It's one thing to begin a thing and another thing to see it through. I learnt to be intentional and committed to doing my work at home. I learned to discipline myself and stay consistent in running the affairs of my home. To take my home as a serious project just like I would if I had a 9-5 and I started to see results in everything I did.

I learnt to schedule and plan my hours each day rather than just wake up without a plan. One of the major highlights for planning my day was the fringe and stretches method of using our time that coach showed us. I learnt to utilise those short hours and time I had throughout the day instead of just whiling it away doing nothing. I could use my fringe time in the toilet to read few chapters of a book or pray, and I could use the time I am doing house chores to simultaneously listen to a biblical teaching.

Another huge takeaway for me was crafting biblical-based confessions for every area of my life (my marriage, husband, kids and myself). As I read my confessions daily, I felt a major shift in the atmosphere of my home – more peace, more love, more joy. Confessing positively over anything is a major game changer!

I also learnt to see everything as spiritual and take it to the Lord in prayers. So instead of whining over something about my husband or kids, I now attack it from a spiritual angle and let the Lord fight for me.

Coach was completely bare and open with us about everything; she literally took us into her home using clear examples. She showed us that setbacks and problems are inevitable but having God by our side, and prayerfully handling things with wisdom in our homes, things will definitely get better.

We were led to pray weekly with other sisters in the WILD COMMUNITY, strategically touching important areas of our lives with Bible verses. Today, I pray more strategically and purposefully than before my 12 weeks encounter in GDQ.

Really my gains from GDQ are too numerous to list. Coach really challenged, pushed and stretched me this past 12 weeks that my life couldn't help but change for the better. I wake now up more energised and ready to face the day. I cannot be more proud to be and say that I am a stay at home mom. I'm enjoying my current season from home and living my best life every day.

God bless you coach for sacrificing so much of your time this past 3 months. You inspire and push me to be better every day. I pray God replenishes you a 100-fold in Jesus name. Amen.

OLUWABUKOLA SOWANDE TEMILADE

Name: Oluwabukola Sowande Temilade

Wedding Anniversary and how long married: December 22; 2 years and 2 months.

Number and age of kids: None for now.

Biggest lessons gotten from being a domestic Queen (before GDQ):

- ✓ Get busy with my life.
- ✓ Love myself more.
- ✓ I am the owner of my happiness.

Biggest phobia or challenge as a domestic queen (before GDQ):
Not having children.



My GDQ Review

My name is Sowande Oluwabukola, a reformed and a transformed woman. I could remember before I started GDQ, my life was messed up. I really hated me and tried to always look for someone to blame at every chance. I lost who I used to be before marriage; I lost everything about myself but all thanks to God Almighty and to coach Eziaha, I am now a transformed woman.

Coach, I can't thank you enough for this program. It was elevating for me, starting from knowing God purpose for my life, confessions, the power code, husband code, sister code, domestic code, content code, knowing what I stand for, setting value for myself and for my family. The most interesting blogpost I read for an assignment is *Authentic Me and Surprisingly Satisfied*. This post I can read it all over again because I now know me and I do me, I'm not ashamed of me and for the present season I am because God has a great plan for me. This particular post has changed every of my decision and sharpened my thinking, because I know God gat me.

The most interesting code for me is the *Husband Code*. It changed my perspective and my orientation about marriage. My home has changed, in fact, unnecessary fight has reduced because I have received sense. I know what works for me and for my home. I have also learnt that it's important to free my husband from being my everything. I need to learn to enjoy the many parts of my life without him; this is where having good Christian friends come in, I can always ask for their help and support.

GDQ has helped me a lot in my relationship with people around me. Prior to GDQ, I don't really accommodate people because I don't want to get hurt

but sincerely this program changed that about me. I now know the technique to use; I have to set my boundaries and also create a standard that I won't compromise and this has really helped me and also made me a happier person. My neighbours and other people around me have noticed these changes in me, all thanks to coach E.

My home, my husband, my marriage, my finance, are now under control all because of this program. I am so thankful to God that I viewed Queen D's status on that beautiful day that he put up the post about applying to GDQ Mentoring Academy with Coach E. I am grateful for all the wonderful queens that I met in the course of the program, and I am also grateful for all the word of encouragement from everyone in the academy.

BUKOLA ADEJUMO



Name: Bukola Adejumo

Wedding Anniversary and how long married:

26th December; 4 years

Number and age of kids:

A son. 2 years 7 months.

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ The sacrifice of staying at home to take care of my children/family is

priceless.

- ✓ I can be all God wants me to be regardless.

Biggest phobia or challenge as a Domestic Queen (before GDQ):

Trying to strike the balance between doing purpose, paying attention to my family and being financially independent

GDQ Review For My Sisters Who Could Not Join GDQ 5.0

Hello sis,

This is the history from before and after GDQ Mentoring. I wasn't achieving anything, financially things were low and I had a 6-month-old baby. So, I became a frustrated, angry, and an annoying wife/mother.

In 2019, a friend invited me to a program for God's domestic queens. I went to that program and I got answers. I didn't even know who coach E was but she did the weirdest thing that attracted me to her. She printed a book about her life and it was not a hardcover. She just printed it in A4 papers, spiral bound it and that was it. I was like wow. No paparazzi whatsoever. This must be someone who really doesn't care about anything else except God and His purpose. I loved her, I chased her, and I got into GDQ mentoring Academy in 2021.

GDQ met me in another season of my life and it was a season where I needed close mentoring. I am better financially and I understand what God wants me to do but the HOW was the missing piece.

GDQ was just perfect for my season, it was eye-opening and transforming. My life went from zero to hundred, in 12 weeks. As I write this, we are in the last week of mentoring and guess what? I am not scared that I would go back to how I used to be because Coach has given us the manual. The manual to getting it right, she has planted seeds that would germinate and grow in us.

The manual: Hour code, Power code, content code, domestic code, money code, husband code, mummy code, sister code, value code, rest code.

My sister, all these codes are how we run our lives and fight our battles and win. It's not about fighting endless battles or battles that we never win. It's now about picking your battles and winning them!!!It wasn't easy ooo. Because show me a successful person and you would see discipline and hard work. So, we had to work for 12 weeks but it all paid off

In the hour code, I realized I was a mum-in-chief. And I could send everything on assignment.

I learnt zero-hour budget. My day must never and I mean never go to waste. Even if I want to spend the day doing nothing, I have to plan it (plan to rest, play, pray, cook, sleep, talk to friends and family, to use the restroom😂😂😂😂 (kidding)) there is a bracket in my bracket... it's Coach ooo... she is mummy depth and details.

Prior to GDQ, when someone sends me a voice note advising me or saying stuff, I would just say "wow, thank You so much ma."

Opari!!!

Coach won't accept that one. You can't afford to be casual; you would review voice notes, you would say exactly what you got from the vn and how you would apply it.

After each meeting, we have to review it plus assignments and many more. At first, I thought to myself who did I offend in this life? The first week of reviewing 6 blogs and writing a 500-word letter to myself, I cried and had to beg for permission from Queen D (ohhh and Queen D, I love her so much. She learned well from the captain herself, she is flourishing and doing well). Back to my gist...

When last did I read that much or type that long? Except my Bible and I didn't use to review Bible. I thought I won't be able to keep up with such intensity, even my husband was scared for me. But he kept quiet and was observing. By the following week, after understanding my pockets, blocks, fringe, and stretches, the next assignment wasn't that difficult; not that it dropped in intensity, but I had grown some muscles... Glory!!!

Then Coach taught me to have joy in missing out. It's ok not to be doing something that your friends or peers are doing at a particular season. It's just a season and it would pass.

Power code was enlightening: "My house is the place of my super powers". The Jael story who is now my favourite girl, I learned from the power code. I became more intense with prayer, I prayed and heard instructions. Scriptures became life/flesh to me.

Content code: My content must be full. I started learning to consume difficult content. I started shuffling the kind of content I take in. I started asking the why question before consuming content. Coach introduced habit tracking and that was one of my wow moments. With it I learned to focus, to put my focus on something till I achieved its goal. We learned how to research, research deep how to enjoy our mentors and use them, and balance it cause our mentors are humans too.

Domestic code: This was eye-opening, I must tell you. How we might be weak in our flesh but then we tap into the strength of God. And strive on God. We learned how to be confident and not entertain nonsense in our homes – in the physical and in the spiritual. I started having visions for everything, for my home, my marriage, my son. I became the woman with

the anointing oil. My son, my husband, my doors, my TV, my gas, they became the anointed of the Lord. I also started managing money better, and managing other resources. I understood that I didn't have to do a lot of things.

Husband code: Peace and contentment is what I see in my home now. Hubby and I now do devotionals together. I now make every situation smaller and make the grace of God bigger. I understand the thinking and logical reasoning of a man. I understand the sacrificial part of marriage. I understand how as a wife I have to keep adapting and adjusting to marriage.

Money code: Management operations of the Adejumo home; that's me!!! No more wasting. No more borrowing. I now have an excel spreadsheet of what I spend per month and the things I need to buy. I am not casual with my income. I manage my husband's money well. And I always remember my bank account, Also, my husband is not my source but God is and God is enough. I also understand that if I am faithful in little, I shall have plenty to be faithful with 100 percent. Hence, I have to be prudent and responsible with what God has given me.

Mummy code: We learned parenting on another level. At this time, I had apps to help me organize my life, read and study the word. My life was structured so there was space for more. I and my son went through a whole restructuring and it paid off. I'm currently home-schooling my son and we learned discipline and healthy meals. For our kids, we learned a lot of things on how to train a Godly child. So, I trained my son to say his confessions and he has started.

Sister code: I learned to enjoy friendship, to maximize the essence of friendship, and that it's ok to be the asker. I understood also that some friendships are seasonal and it's ok when they end. We need to discern to know when a season has ended. And it's ok when it does. These words just gave me sense. Plenty sense!!! I started re-arranging my life and adding some friends to the plan.

Value code: This was the game-changer... Our identity in Christ. I don't have or define my identity from the things I have: my car, my house, my career, etc., my identity is secure in Christ.

The book of Ephesians, whoop!!! It was awesome studying it. We pick our values from the place of our secure identity in Christ. No mixed feelings, no comparing my life to others. Everything just aligned the moment I began to have value for everything.

There is a way we behave, there are things we accept and there are things we do not accept in the home because of our values. Our values come from knowing God and understanding ourselves; our values should always be rooted in Christ.

Rest code: Our rest comes from our relationship with God. In Him we find rest. The Holy Spirit can show me what I need for rest in different seasons of my Life. He can show me how to and when to rest. So, I must have a relationship with God before I can understand my rest pattern.

In all, God has been faithful to me through these 12 weeks and I do not take it for granted. I would be forever grateful to coach for her time, energy, and love. Pouring her all into us for free. She always says, "pay me back by just

applying all you have learned.” That’s all she wants – that our lives keep getting better. That’s her joy. I am so happy she is a part of my success story because you can’t go through GDQ training, apply it, and not be successful.

Thanks to the team, Queen D and Queen Doyin. I don’t know how I would have gone through GDQ without them. Queen D was my run to and she was always ready to answer and encourage me. Thanks to my sister girls in GDQ who made it all fun and worth the while.

Thanks for the opportunity once again, my captain.

OLUWAKEMI AKANDE

Name: Oluwakemi Akande

Wedding Anniversary and how long married: 29th May; 11 years

Number and age of kids: 3 kids. 10 years, 8 years and 19 months.

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ I am stronger than I give myself credit for.
- ✓ If you don't make plans, you will never get anything done.
- ✓ Your happiness has to come from within you, no outside source will give you happiness.

Biggest phobia or challenge as a Domestic Queen (before GDQ):
Losing myself/losing my identity.



My GDQ Feedback

Prior to joining GDQ, I felt lost and empty. I have been a stay-at-home mom for so many years and I was just tired. I was detached from everything and just following the motions day by day. Then one day, I got an email about application into GDQ mentoring Academy. Initially, I wanted to overlook it but I knew I needed help and GDQ might be the place to get it so I applied despite the voice in my head telling me I won't get in. I did get in to my shock and amazement and the 12-week-journey began.

I actually didn't know what to expect; I came as a blank page and this girl has been fed to overflowing. We had ten codes to learn about and each week it was like a veil was been removed.

The first thing I learnt is that being a stay-at-home mom is for a season and God is in this season with me. So now, I am owning my season with my full chest. Because I now know who I am and what God has said about me, I can stand firm and focus on my focus.

I learnt and now I know that I am the mom-in-chief of my home and my home should be run like an enterprise. This was really an eye-opener for me because I always thought I needed to do a 9-5 to truly understand how to structure my home/life, but I have learnt that with proper planning, prioritising my tasks and using the zero-hour budget, everything in my home can run like a clock. And although things might not always go as planned, sometimes all I do is shrug it off and do the best I can at that moment.

I learnt how to treat things in my home like a project with defined milestone and goals; no more taking each day as it comes and living lackadaisically. Everything needs to be planned and each activity gets ticked off once it's done. And even through this, I am still flexible and adaptable.

Confessions were non-existent in my home but now I know confessions are so key; they can be used to set the atmosphere for the day. I learnt how to craft confessions for every aspect of my life from the scriptures and now saying them every day is part of my to-do list.

I prioritise my time with God now and having a prayer schedule and structure with scriptures help me cover more ground while praying and also keeps me organised. This is really huge for me because I couldn't pray anymore before the program. I am gradually building my prayer altar, having conversations with God about everything, and it's been wonderful.

Instead of being envious of my husband, I now deliberately pray for him and the more I pray for him, the more I see changes in myself. I am at a place of wholeness and contentment because my identity is not in my status as a wife but as a child of God.

I learnt that my home is my place of super power and I should be generating power so I set the right atmosphere in my home through music and listening to scriptures and messages. Now I do all my work without grumbling or complaining.

Today, there is no excuse for me to be ignorant because I have 10,000 teachers literally out there with enough slipstream for me to tap into and I am gradually utilising it. Social media used to be a huge distraction for me

but not anymore. I now filter what I allow myself to see, and there is timer on each of my apps so once the time is up it shuts off for the day. I am more deliberate about the content I consume.

I am more deliberate in my parenting now because I know that parenting cannot be outsourced and I owe it to God to raise confident and responsible children. I parent from the fullness of who I am (God's child), not according to the world's views. We have routines, schedules and tasks. I talk to my kids more now and I also listen to them as well. I am building a stronger bond with them. It's not all roses but we are all learning to walk through the changes together.

I am more intentional with how I handle my finances now. I buy only what is absolutely necessary and with sense. I de-cluttered my home as well and it feels so good for everything to be so clear and spacious.

I learnt to craft vision for my home and also craft core values for myself that guides everything I do and every decision I take.

This 12-week-journey has been an enriching and empowering experience for me. I am becoming a whole new woman and I absolutely love myself now. I am now a woman whose identity isn't placed in her husband or children, but in God and I have such joy and peace in my heart that I can't even explain. I am a work in progress but I am absolutely certain that God's got me.

Thank you CoachE for heeding God's instructions, thank you for being so open – you kept telling us to ask questions. I want you to know that you have made this woman realise that 'Jesus is where the joy is'.

ARIBIKE SOLAMIPE



Name: Aribike Solamipe

Wedding Anniversary and how long married:

September 17; 4 years.

Number and age of kids:

1 for now. 3 years.

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ I've learnt to put my absolute trust in God.
- ✓ To live my life and focus on my focus.

Biggest phobia or challenge as a Domestic Queen (before GDQ):

Financial Independence and making people understand I am okay with being a GDQ.

My GDQ Letter

Dear Dami,

I am so happy writing to you about GDQ academy this morning. It is an experience of a lifetime for me. I joined GDQ at a point of grief. I had no motivation; I was just existing not living. I knew it wasn't a good place to be, but I couldn't help it. So, in my pain, I cried to God for help and He sent GDQ my way.

God is really mindful of me. At GDQ I found purpose. Even in my grief and pain, I found purpose. The first thing I learnt was there is the God way and the world way. You know how Joshua told the Israelites, choose today between life and death, yes!!! I choose life. I said yes to doing things the God way... I moved on so fast from pain and grief that it shocked me. I chose God and He helped me. I am so amazed at my growth these past weeks.

The spirit of boldness is another thing that happened to me here. I have always allowed being timid rob me of so many things especially in business and relationships, but not anymore. Boldness is a fruit of the spirit; I am so thankful that I can stand up to users and call their bluff. Babygirl has being changed.

Everything is spiritual. I used to be very casual with my life, my home but not anymore. Now I look at everything from a spiritual point of view. I now wake up very early before anybody else to pray and have fellowship with God. No more jumping into the day spiritually blind and I can pray right

now. My previous prayers reeked of ungratefulness and tantrums; I know better now that praying right is key.

The daily schedule is a goal. Planning ahead is key, it helps me get so much done in so little time. I am on a new level of efficiency. My days are now filled with fruitfulness. This has really helped me in my business as well, no more rushing through customer's order. Planning everything ahead of time and executing them makes me feel in charge like a boss and Mom-In-Chief.

I used to be lazy in researching for things. But now, any time I need information on anything and I am being lazy, I will hear CoachE's voice or remember the blog post *10,000 teachers* ringing in my head. Researching and reading are now my new way of life.

I have always known about confessions, however, being consistent is another thing. Thanks to CoachE for introducing us to Echo prayer app and opening our eyes to the power in confessions; reading my confession is an everyday thing for me now. I can stay 3 hours praying now, thanks to my dailies and weekdays prayer schedule. I have in turn introduced it to my friends.

Purifying my motives has eaten deep into my subconscious. Every now and then, I ask myself the why behind my every action. This has given me a mindset shift on so many things. I realized that I wanted so many things for the wrong reasons; thank God for knowledge, thank God for CoachE.

In the area of motherhood, I can't even tell you all that I have learnt. Now I mummy like a Mom-In-Chief, I no longer miss my teaching moment. Once I recognize it, I jump at it. I no longer shout at home like African mummies.

I am a Jesus mummy, Jesus mummy doesn't yell, and I treat my child like a little adult and like she has sense. I could go on and on about everything I have learnt at God's Domestic Queen academy. Most importantly, I am winning everywhere, in every aspect of my life. I am winning with my husband, with motherhood, with my friends. Moneywise I am winning too. Babes, I have savings now, because of Money Code. I am winning on the inside so much that my outside has no choice than to align. I am at peace and joyful with myself and my season, all thanks to CoachE. I am so thankful to God for making my path cross with CoachE; I believe every woman needs CoachE in her corner.

God bless you CoachE and blessed are thou among women. I am a new person, a new creation, old things have passed away and died. To God be the glory, great things He hath done and He is doing through you, ma.

Yours Sincerely,
Solamipe Aribike

CHIBUZOR CHUKWUEMEKA

Name: Chibuzor
Chukwuemeka

**Wedding Anniversary
and how long married:**
6th September; 12 years

**Number and age of
kids:** 4 kids. 11 years, 10
years, 8 years and 4 years.

**Biggest lessons gotten
from being a Domestic
Queen (before GDQ):**

- ✓ Tears don't move
God, prayer does.
- ✓ Always give your
spouse a benefit of
doubt.

Biggest phobia or challenge as a Domestic Queen (before GDQ):
Phobia: Am I raising the children well? Challenge: Getting tired.



My GDQ Review

Mentoring by Coach Eziaha has really been purposeful and great discovery of a lot I had been ignorant about. I am so grateful to God that I was among those chosen to be a part of this latest GDQ academy. I had applied to the previous edition (which was for 6 weeks) but I wasn't selected. Little did I know that God had a double portion plan for me. This time I was selected and we had 12 amazing weeks to learn and unlearn.

Coach gave us examples from her life and ministry which was like a wakeup call to me. I had clarity of purpose, I learnt to appreciate seasons in my life, I learnt to draw strength from my current season which makes the next seasons easier.

We had 10 Codes and several assignments. It wasn't easy initially because the assignments had deadlines, and you do not stroll into meetings at your convenient time. Also, excuses were not tolerated but valid reasons when necessary were accepted. I learnt to be authentically me; nothing and no one is permitted to change the principles guiding my life.

HOURLY CODE – I learnt to use my time for things that matter. Plan my activities a day earlier and not go into a new day clueless and without a plan. As a woman you shouldn't get up at the same time as the rest of the family. I learnt to wake up early and bless the day and not give my day to chance and allow situations jam me.

There's a zero-hour concept – every hour must have a task; put everything on a schedule and put a time to it. E.g., sleep time, prayer time, even the time to be on social media should be scheduled. I learnt to make use of my

fringe hours and also plan my focus hours (best time that I am most productive and not tired). Fringe hours can be cooking and praying or listening to messages, while in focus hours I need to concentrate and study, pray; a period of silence and deep work.

I also learnt journaling – writing down instructions from God, daily activities, knowledge gained, etc.

POWER CODE – Coach made us understand that everything is spiritual. My home is the place of my super power and I can add value to my life from my home just like JAEL; everything she needed to make history was in her home. I learnt to have a prayer structure and scriptural backing – scriptures give life to my prayers – and to give God my best time. I learnt to craft confessions – speaking what I want to see in my life and enforcing the ones that are. Declaring them daily in my life and family.

CONTENT CODE – I learnt to keep pressing into knowledge always. In my field of practice, I have to build myself to be so good that they can't ignore me. I have to keep updating myself and reading content that help my spiritual growth and other aspects of my life. God will reveal my teachers to me so for growth I need a mentor – there's always a line of frequency that connects us to people we must do life with. Slip streaming (following my teachers without necessarily having personal contact with them) is also a rich form of mentorship. The Holy Spirit is always there as our ultimate guide.

DOMESTIC CODE – In my home, I have to have a vision that guides everything I do. I have to cultivate an atmosphere of love and discipline. My home should be a sanctuary. There must be a schedule for my children and

even my domestic help. TV should never be the only form of leisure. I have to plan activities that engage their thinking faculty and also train them to entertain themselves

When Mum gets it right, everyone gets it right. I have to feed my family with foods that are healthful not foods that destroy.

HUSBAND CODE – In marriage, strength and wisdom are very necessary. I can show my husband to God without interfering or trying to manipulate him. I learnt to pray him into filling his gaps and achieving victory. I also learnt to step back at times; it's like a reminder that he is in charge. I must be in a place of stability in my home; my family is my first ministry and I won't minister from a broken place.

MONEY CODE – In stewarding my money I have to know when it's a seed and when it is bread. I have to plan my giving, it shouldn't be spontaneous. I learnt to be generous to people and the church and also model giving to my children. I learnt to also save and be prudent with money and get to a place God can trust me with money. In my business, I must think of value first before money. I must work with a budget and know I am a steward and must give account to God.

MUMMY CODE – I learnt never to parent out of fear. Raising confident kids start with being confident. As a parent, I have to stand my ground with the structure in place and most importantly, let them have an unshakable love for Jesus. Parenting is a deliverance ministry phew 😄 I have to model the fruits I want to see in my children. As I raise them, I must focus on the goals not results.

SISTER CODE – I have to define purpose in every friendship and set boundaries. I have to enjoy people God brings my way and know when the season is over. Fighting battles alone is dangerous; even as an introvert, I can still nurture godly friendships. Also, in friendship, my loyalty should still be to God.

VALUE CODE – God put a seal of ownership on me so my identity is in Christ alone. Nothing in this world can identify me. My values must guide every action I take in life so I make firm profitable decisions. I have my core values guiding my life and business, with that I have clarity of things that drive my life.

REST CODE – Sleep can be a form of rest but not always. My rest comes from my relationship with Christ. Rest is not a time to sleep but a period of rejuvenation. It could be a retreat. I'm never to rejuvenate without God. I need to identify deficits and do activities that refuel me.

On the final day of GDQ, we went deep into prayers. I specifically prayed well on staying power. Just like the parable of the bridegroom and the ten virgins, I have extra oil to make all I have learnt a lifestyle, bearing fruit with all I have learnt. I now have joy as a weapon. I am no longer where I used to be as I have been transformed by great wisdom from Coach E.

I thank God for Coach E; she is God sent to many women out there. Coach, God's countenance will continually shine upon you. Your obedience to your calling is yielding a great harvest.

UCHE-COLLINS FAVOUR

Name: Uche-Collins

Favour

**Wedding Anniversary
and how long married:**

July 31st would be 10 years
(decade)

Number and age of kids:

3 kids. 8 years, 6 years, 10
months

**Biggest lessons gotten
from being a Domestic
Queen (before GDQ):**

I have:

- ✓ More time to pray
and study the Word and know God for myself.
- ✓ More time to know my kids and direct them into the plans of God for
their lives.
- ✓ More time to rest and have a Me time.

Biggest phobia or challenge as a Domestic Queen (before GDQ):

Failure in my home and ministry.



My Journey Through The Twelve Pillars (Codes) of GDQ

Hello sis, hope this meets you well?

It has been an awesome time in the GDQ Mentoring Academy. To me it was 12 short weeks. I did not feel like stopping but If I don't go, there will be no chance for you to come in, so I gat to leave so that people like you after reading this review will take it up as a challenge to follow suit.

GDQ (God's Domestic Queens) was a time of gathering different kind of people, the focus was stay at home moms. Funnily, I am not a stay-at-home mum but I was privileged by my coach to come in and see what life in this perspective look like. Hmmm, can I shock you? I feel like resigning from my job having seen the benefits that stay-at-home mums enjoy.

Before now, I used to think that if I stay at home, I will be bored since I am already used to working all my life. I also thought that there is nothing stay-at-home mums do other than house chores. But my Coach shocked me. She made me know that there is more to it. I did not know that there are a lot of things to do even as a stay-at-home mum.

I hope you are all set to hear my story of how I was able to sail through the twelve weeks even as a working mother and ended it in a grand style? Sit tight as I take you through the twelve weeks of scale removal, inspiration, shift in mindsets, change of identity and above all, A NEW ME emerged.

I know you might be wondering who is speaking, sorry for the suspense, for not introducing myself. It is actually intentional... I am my humble self, the one whose identity is lost in My Lover (Jesus Christ), the ECHET CHAYII (virtuous woman – Hebrew).

All these I learnt from this family; I call it family because we are truly Family.

Now straight to business. It all started from the first week in which we introduced ourselves and attached a personal picture and a picture of our family. You can see how we started putting the family into consideration knowing fully that God loves the family and our coach, a woman of the Spirit follows his leading.

The 12 weeks were given names as CODES. They are -

- ✓ Interview/coach life code
- ✓ Hour code (time management)
- ✓ Power code (spirituality)
- ✓ Content code
- ✓ Domestic code
- ✓ Husband code
- ✓ Money code
- ✓ Mummy code
- ✓ Sister code
- ✓ Value code
- ✓ Rest code
- ✓ Questions and Answers + Hanging out

The above was the order of program used during the GDQ mentoring academy with Coach E.

Code 1 – Here, two former mentees were given the opportunity to encourage us the new comers, to tell us their own experiences and how it

went for them just like I am telling you mine. Coach also talked about her story. And then she introduced us to something that changed my life which is Journaling. Now I have so many Journals for different purposes.

In fact, journal na my second name, now. I have journal for every activity. Proper documenting. I even have the one that when hubby upsets me, instead of bursting out on him, I would burst it in the journal, invariably reporting him to his father (God) and before you know it, answers come.

Code 2 – Hour code (management of time). I had never been subjected to such life so initially, it was not easy meeting up with deadlines, making my activities sit on paper (John 6:10-11) and ensuring I follow it to the later. The hour code was the beginning of the Disciplined life I got because I had to make sure I do as I have written: read blogs as assignment, review meetings and videos and operate on zero-hour time – that is leaving no time allotted, all was allocated to an event.

Hmmmmmm, if I continue like this, this review will be too much for you to read, sis, so I will help you by just giving you the summary of what I have achieved for these twelve weeks.

From being a mind-my-business mum to enjoying the presence of my kids because I gat all in control with the right techniques delivered to me by amiable Coach. Parenting now looks so easy and fun filled.

From being a no-word prayer warrior to a Worded prayer warrior conscious of the watches of the day. I was taught by my coach how to war and plead my cause with the right scriptures.

From being a junk mama to a healthy conscious mama even to the kids. No milo, no MSG, etc. My Coach is a fitness mama, she got you covered, whether pregnant or not she can see you through your fitness journey. Telling us the right meal to take and the one that got me amazed is what I can take that will cause my skin to glow. Can you believe that? All in this lovely community.

From a negative confessor to a positive Word confessor in all matters. I have confession in virtually anything that want to give me headache. I introduced my kids to it also and later added something to the Confession after I have gotten sense, I call it CALL IT FORTH – Romans 4:17 (KJV). Calling forth whatsoever I need and cannot help myself to get so I just call it believing God that He will provide it and He will do it. I also got introduced to YouVersion app; try downloading it, you will love it. It has over a thousand versions and plans to read on various teachings.

From taking drugs to becoming an eater of the flesh of Jesus and drinker of His blood. Chaii, this is a turning point for me in my health. Today, I am stronger than any witch because I drink the highest level of blood. They they say dem they drink blood? I take Communion over their head. I was diagnosed of breast cancer, did two surgeries in one month, six months chemotherapy. All these wanted to weigh me down but my sisters were there for me and that was how communion became part of my routine. I take it before going out every day.

From being a fearful mama to becoming an Angel assigner, delegating my Angels on assignments to destination's like my kids' school, hubby's workplace, my baby's creche, virtually everywhere.

From being a zero-account giver on spending to becoming a detailed babe in every one naira spent. I even got a financial journal where I detail every one naira spent and saved.

From being a time waster to becoming an accurate planner using every stretch, pocket and fringe hours. Toilet time is an awesome time to hear from Abba, walking to the park while going to work is no waste of time.

From being a no-direction woman, I now gat Teachers, coaches, mentors... my eyes have been opened to see them all, and I keep hearing a voice saying to me “walk ye in this”. I got to understand that in life there are SEASONS and I need to be sensitive to the Holy Spirit to know when a season stops or starts for my teachers and friends.

Is it becoming the Hebrew-Greek interpreter? I got it from my coach. Join me in it. I now analyse every word that intrigues me with Hebrew. When I started this journey, I took what our grand ma (PDDK) said: “There are 3 things any person serious about life must be doing – Journaling, Scheduling, Confessing.” These got the hold of me, and this is the woman I am becoming. I am not trying to impress anyone because my identity is in Christ Jesus, it is lost there.

From this program, two women from the bible stood out for me – JAEL and THE VIRTUOUS WOMEN. My coach is actually these two women in one, no exaggerating. She made us know that Jael, a stay-at-home mom, defeated the enemy with her home gadgets.

The VIRTUOUS woman, that one is a whole book. Let me share with you my favourite verses from that chapter: “*She considers a [new] field before*

she buys or accepts it [expanding prudently and not courting neglect of her present duties by assuming other duties]; with her savings [of time and strength] she plants fruitful vines in her vineyard.” Proverbs 31:16, AMPC

I so much love her – the echet chayii. That is who I am. I am not trying to be but I am The ECHET CHAYII.

Thanks, sis, for letting me pour out my heart to you today. More await you as you dive into the few things I have shared with you.

I love you sis, and I hope to hear from you soon.

Your fellow soldier of Christ,
UCHE-COLLINS FAVOUR

CHIDIMMA EMUH



Name: Chidimma Emuh

Wedding Anniversary and how long married:

August 16, 2012. 8 and a half years.

Number and age of kids:

Three. 7 years, 6 years, 2 years

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ It is okay to take a break and nurture myself.

- ✓ If I am not intentional

about how you I your time, being a domestic queen will become unfulfilling and annoying.

- ✓ Motherhood requires lots of sacrifices.

Biggest phobia or challenge as a Domestic Queen (before GDQ):

That I don't have personal money. Two, even though taking care of the home requires effort and takes time, people assume I am just lazy and all I do is enjoy my husband's money.

My GDQ Success Story

So much transformation in a short while. First of all, I now wish I am a stay-at-home mum, but I love the woman I have become and I am becoming.

I used to be very insecure. I did not like myself; everyone seemed to have something going for them which I lacked. I did not feel significant but the teachings at GDQ revealed the truth to me. I am God's workmanship created for good works. He has engraved me on the palms of His hands. He is with me and He rejoices over me with singing. I am unique and different and it is okay.

GDQ made me see myself the way God sees me. It taught me to be careful how I hear; so, I now listen to things that deepen my conviction of God's truth. I have learnt to find my teachers and draw lots of strength from their materials as the Holy Spirit leads. I have learnt what works for me as a wife and mum and I am very comfortable with it. God has great plans for my life and I will enjoy and steward this season and every season in my life well.

I learnt to be an active participant in my own race and not an observer in other people's race. I learnt not to compare myself with anyone's life. My goal and focus are to continue discovering what God will have me do and do it irrespective of what society says. I will get inspired by others but my goal isn't to copy them but to obey God.

GDQ taught me how to get scriptures to attack every mountain in my life. Coach E made me see every aspect of life is spiritual. She taught me to pray about all the affairs of my home like "having constant power supply" and

efficient working of appliances in my home. I learnt to pray against domestic accidents too.

I learnt to stretch myself during GDQ. I moved from auto-pilot mode to a place of growth and wisdom. Growth comes with discomfort and pain but it is so worth it. GDQ started on 15 February 2021 which was also my first day at work after being a stay-at-home mum for 6 years. It was challenging for me. I felt I couldn't give the training in GDQ, my job and my family my best. But Coach E taught me how to use my time wisely. I learnt to clearly allocate time for things I had to do daily and make sure I do them. I learnt to use my time wisely. I grew discipline muscles. Discipline is hard, but its reward is so worth it.

Coach E taught me to take my confessions daily. I now enjoy studying God's word. It comforts my heart so much. Aaah, this Jesus is too sweet o. Praying excites me too. Sometimes I wish I didn't have to go to work so I could have more time alone with my Father. I enjoy my early morning moments with Jesus, I will not trade it for anything. Being a Christian makes so much sense now. My eyes welled up with tears as I write this because I know how I lacked consistency in doing spiritual exercises before now. I am now so hopeful and excited about my life because I know God's got me.

I learnt to be bold and courageous. Coach E made me realise timidity and fear is not from God. Coach E loved answering all our questions. I was encouraged to open up about my challenges as a wife and mum. Coach E answered my questions with so much wisdom, grace and clarity. It is always good to talk to Coach E and listen. She is a very wise woman.

GDQ taught me many principles for successful living as a woman, mum and wife. The teachings in GDQ made me hungry for mental growth too. In this life I must have sense abeg, and give value to my family and people. I choose to be wise, very wise. Understanding my purpose in God is the very essence of life and everything about GDQ drives purposeful living in me.

I made friends in GDQ, two amazing sisters and accountability partners. The rewards of these friendships are very enriching, I know they are gifts from God to me.

Coach Eziaha, I can't thank you enough for your love and sacrifice. I know you have prayed for me many times that is why these changes happened in my life. I pray God rewards you richly. I am still learning from you madam. Thank you for challenging me to be all that God has called me to be. Thank you for being so open and vulnerable about your life and family.

I also want to express my gratitude to GDQ team especially Queen D who always sounded so sweet in her conversations when I chat with her to request for permission. God bless you Queen D.

TOYOSI OKESOLA

Name: Okesola Toyosi Dolapo

Wedding Anniversary and how long married: February 27; 3 years.

Number and age of kids: One. 10 months.

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ There is nobody like me.
- ✓ I am special.
- ✓ I can do all things

Biggest phobia or challenge as a Domestic Queen (before GDQ): Failure



My GDQ Testimony

Dear you,

I came broken and shattered! My marriage was on egg shells. I was verbally and emotionally abused by my husband. I wanted out; it wasn't working. I couldn't pray because I wasn't sure it would work but I remember saying "Lord, send help to me". Like play like play, GDQ opening came along. I wasn't sure CoachE would pick me because I had a record of past failures that the memories keep resurfacing whenever I want to make a move. I went ahead to apply anyway with a silent prayer of "Lord, please let Coach Eziaha pick me". I didn't tell anyone about it so that in case I wasn't picked, no one (husband) would abuse me again.

I hated myself! I didn't even believe in me anymore. I was a wreck. Everything my husband said to me would ring in my head. I was gradually slipping into depression. I couldn't imagine my husband told me I irritated him so he wouldn't even touch me. He often said I was ugly, undisciplined, the least he married and how he regrets marrying me. In my mind I thought God had left me alone to suffer in such manner.

Light shined on me when I was among the chosen ones at GDQ Coaching. I had revenge in my heart. I hated my husband. I was going to show him that something good would come out of me. I wasn't going to ever forgive him for all the hurt he put me through but learning from CoachE, I had the courage to put it all behind me, forgive him and forgive myself.

CoachE made me realise I had no time lost! I didn't waste years like I imagined. Yes, God wants me to be where I am now at this very moment

and season. No time lost at all. He knowingly prepared me for this season. She taught me to love and appreciate the woman I am and becoming. Phewwww! So many discovery codes I never thought existed.

- ✓ Money code
- ✓ Husband code
- ✓ Domestic code
- ✓ Children code
- ✓ Rest code
- ✓ Teacher/Mentor code

I am besides myself grateful for the opportunity to learn this much.

But would my husband ever appreciate me? At a time, I thought it was "impossicant" but now I'm possible. I first have to love myself and forgive myself for everything. CoachE encouraged me that I can be what I want to be. It's never too late. Then I told myself I wasn't going to stay on the ground bruised and battered so I got up, got a job for starters with my 3rd Class degree.

Then hubby started noticing me. I would notice him looking at me.

"I am beautiful!" I repeatedly said this to myself every morning till it became my reality. Now ehn, hubby doesn't want to stay far from me. Everything has changed. He called me beautiful yesterday. My sister, I was beside myself happy. So many butterflies in my tummy. All thanks to CoachE and my friends at GDQ turned sisters from other mothers. Those who I can honestly say I am accountable to.

Its high time I enjoyed my life, my man, my marriage... that's what God expects of me. I would say yes yes yes yes over and over again to GDQ with CoachhE and my fabulous Queens.

Thank you Coach for being one of the centres of my happy life and marriage. God's speed all the way, ma.

AMARACHI IHEAGWAM

Name: Amarachi
Iheagwam

**Wedding Anniversary
and how long married:**
1st May; 6 years.

Number and age of kids:
One child. 5 years.

**Biggest lessons gotten
from being a Domestic
Queen (before GDQ):**

- ✓ Spending quality time with my children is key to connecting with them.
- ✓ I need to insulate my home spiritually.
- ✓ I have to get knowledge in the areas I am struggling with.

Biggest phobia or challenge as a Domestic Queen (before GDQ):
Not having a source of income.



My GDQ Experience

On the 11th of February 2021, my attention was drawn to the email from Coach E on the GDQ mentorship program which I have seen previously, but on this day, I got a nudge in my heart to apply. I was arguing within me that I am not a stay-at-home mum, I wonder why I am being asked to apply, I was saying this to God. But I grew restless and burdened until I applied. I applied not expecting to be selected at all and stated in my email that I was doing so in obedience to God.

Please note that at this point in my life I was overwhelmed and constantly tired. I was running a master's program, preparing for a certification exam, dissatisfied at work and a few weeks pregnant. I was just struggling through each day, constantly cranky, not using time wisely, dropping so many balls, forgetful, etc.

After my application email was sent, Coach E responded to my email and accepted me into the program to my surprise. When the program started, it became a struggle for me to turn in assignments (the reviews of the meetings every Tuesday and Thursday evenings and the blogs to read, digest and do a summary of) while working to ensure I meet deadlines. I honestly did not know how I was going to juggle everything and I struggled. At a point Coach E wanted to take me out because I had so many reds and honestly, I understood, but graciously I was given a second chance which I am so grateful for.

My learnings in the past 12 weeks will be with me for a long time. It was what I needed to learn at this point in my life. Coach E showed me that it's possible to be disciplined in life and be intentional about everything. Her

life is so intentional! I will briefly summarise my learning across all the weeks.

In week one, Coach E gave the ground rules and set the tone for the program. Then she brought those who have passed through the program previously to come and speak to us.

I learnt that it's important for me to steward every season I find myself properly as it will help me get into the next season. I was paired with my sister, Nnnena Oragwa, who really helped me in submitting assignments on time.

During the second week, we were taught about the hour code. I learnt about the need to plan, manage and be very intentional about my time. I also learnt the importance of rising early so I can set things in motion before the rest of my house wakes up. I was taught the importance of faithfully stewarding my home. The bible verse Luke 16:10, *"If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won't be honest with greater responsibilities"* spoke so clearly to me in this area. I am the Commander-in-Chief of my home. My biggest responsibility is being a Mom-in Chief and I must cherish this responsibility and carry out my duties with joy.

I also learnt about the importance of knowing the cost of running my home weekly and monthly, saving my strength and my time for more important activities and being bold enough to state clearly when I cannot attend events or anything that will infiltrate into my time.

Coach E also taught us the power of scheduling, giving every hour of my day an assignment and calendaring activities.

A key thing that stood out for me in the Hour code is the fact that discipline is a muscle, the more I use and work it out, the more it builds up and gets stronger. I also learnt that my brain needs to be trained and the muscle stretched so that it moves from doing shallow work to doing harder things.

Week 3 was about the Power code, which was all about prayers and the importance of enduring and pushing through in the place of prayers. I learnt about the need to engage scriptures in the place of prayers as they give life to my prayers. I also drew up a prayer schedule for every day of the week on different areas of my life and searched the scriptures for my swords for the year.

I crafted confessions for my home, daughter and myself and say them over my family. I learnt the importance of bringing my best self in the place of prayers and my time of intimacy with God. I must know what time works for me the most (morning, afternoon or night). I learnt that I must come to the place of prayer focused and with no distractions, and even if I don't feel like praying, at my prayer time I go and sit in God's presence, declare my confessions, worship God, write down my prayers; I must honour that appointment with God. Another key thing that stood out for me was the importance of praying about dreams till I hit that note/place in my spirit. I will not just dream and move on, but pray and ask God about it till he gives me clarity.

In week 4 we were taught about the content code which speaks to my feeding system – what I read, take in and consume information wise.

Coach E talked about the need to train myself to consume hard and deep content, (using focused hours and not just fringe hours) which will build me up and distinguish me. I also highlighted specific areas of my life I needed to focus on and gain knowledge and mapped out a plan. I learnt about mentors and the importance of applying what I learn from my mentors in my life actively, and the fact that they must not be close to me before they can mentor me as I can benefit from their slipstream.

I must persist in honouring my mentors and pray for them and my motives towards them must be genuine.

Week 5 was about the domestic code, which looked at the running of the home. Coach E talked about having a domestic vision for my home, basically what I wanted to see in my home and the atmosphere I wanted around my home.

I created a domestic vision for my home, shared it with my husband and mapped out action plans which I implemented. I learnt about the importance of being sensitive to the spirits in and around my home and prayerfully speak living words over my home. My home needs to be a place of peace, prayer and purpose. A sanctuary where God dwells in. I started anointing my home in week 5 and speaking living words over my home.

Week 6 looked at the husband code. I learnt that I and my husband are imperfect people so I need to focus on being obedient to God, no matter what my husband does or doesn't do instead of looking for perfection. I am to be a helper for my husband, so I must be secure in my identity in Christ, so that nothing my husband says gets to me. I need to look at the gaps in

his life and consistently pray for him, not argue with him, but step back and ask God to have His way.

I learnt that I must be content with my husband while praying that He walks in the fullness of all that God has called him to be and do, and not take the glory for anything in his life.

In week 7, Coach E took us through the Money Code and I learnt about planning my giving in advance and asking God to speak to me regarding giving; I have been implementing this since then.

I must steward my finances properly so God can trust me with more. I must be content with what I have while praying to God to give me seeds to sow. I should be generous to others, offer them value and prioritize them above money. I also learnt that when it comes to money, I must operate from Zion no matter what country I am in, as it is not about the location but who I am connected to – God. My biggest takeaway was that I must remember that the value that I can give to people and God constantly meets my needs.

Week 8 was about the mummy code which was about how I raise my children. My first learning was to never take for granted the spiritual aspect of parenting and to teach and raise my children to have an unshakeable love for Jesus and be deeply rooted in Him. I also must not lose my life because of my children or let their lives completely revolve around me. I need to train them to be independent and responsible. I also learnt that part of training my children is also training myself to be the mother they need. I need to spend time with my children in both quantity and quality. I must endeavour not to shout at my kids or speak to them rudely, but speak

calmly and give instructions with finality without giving room for negotiation.

Week 9 was all about the sister code, my friendships with other sister friends. This session was very eye-opening as Coach E talked about how every friendship has to be with a purpose, and there are seasons for every kind of relationship. If there is no clear purpose, abuse of the relationship is inevitable. I must not put pressure on my friends or expect them to give back what I gave them. She gave a profound quote: “To be unclear is to be unkind” and I worked with this and was able to resolve some outstanding issues with one of my friends because I was not clear in my communication to her. I also learnt to pursue friendship with people I see that we share the same values by doing a really good deed for them and taking active steps to connect with them,

In week 10, we looked at the Value/identity code which spoke to what my values as a person are. I had to revisit my personal values and family values which we had created at the beginning of the year because Coach E taught me that my values must come from a place of a healthy identity in God. I also learnt that I must be intentional and serious about everything I do and place value on myself. Coach E also taught me about my primary purpose which hardly changes and that is to love/serve God, but I also have a secondary purpose which is dependent on the season I am in per time.

Week 11 was about the rest code. I learnt that rest comes from spending time with God. The deeper I go with God, He shows me what I need to do to rest and rejuvenate my body. God knows what will give me rest so I must

constantly ask Him so He shows me my own way of resting per time. I also learnt that sleep is a part of rest, but may not give you rest.

Week 12 was about questions and answers, thanksgiving and prayers for different areas. One key thing I got is for me to keep the fire burning and not slack because if I do, it would be harder to get back up on my feet again. Also, there is so much information in the world on different subject areas, I must always ask the Holy Spirit to guide me directly to the truth I need per time.

I am not the same woman I was 12 weeks ago. I am in a transition phase, building my discipline muscles in prayers, studying of the word, parenting etc. I now believe I can go beyond the overwhelm and live a disciplined and intentional life. I have created structures for my parenting, prayers etc. And I am still creating structures. I still have a long way ahead of me, but I am looking forward to it knowing that God is for me and I am the woman for the job.

I intend to build on all I have learnt in the past 12 weeks and keep applying them specifically in my life as led by the Holy Spirit, I will not be taking anything hook, line and sinker anymore but pass everything through the word and ask the Holy spirit for guidance.

I am becoming: a more productive, obedient to the Holy Spirit, faithful steward, praying woman, mother and wife who is outstanding in all the roles God has called her to perform. I believe now that I can be the woman God wants me to become!

Thank you so much Coach E for these 12 weeks. It has been a metamorphosis for me from a larva/pupa to a butterfly. God bless you!!!

CHIDINMA OBODOZIE ARINZE

Name: Chidinma
Obodozie Arinze

Wedding

Anniversary and how long married: January 5th; 5 years.

Number and age of kids: Three. 4 years 9 months, 3 years 7 months, 2 years.

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ Don't allow anyone to devalue you because you are a stay-at-home mum.
- ✓ As a stay-at-home mum, I have to invest in my relationship with God and in my personal growth.
- ✓ Having a source/sources of income is important

Biggest phobia or challenge as a Domestic Queen (before GDQ):

Phobia: Am I raising my kids well as God intends?

Challenge: Procrastination and inconsistency.



My GDQ Transformation Story

GDQ is one of my greatest blessings from God this year. Indeed, when God wants to bless a man/woman, He sends someone (the gift of a man) into his/her life; this is what God has done for me this year by sending Coach Eziaha into my life through God's Domestic Queens 12-week Mentorship Program.

I remember the day I got the email for the GDQ mentoring program application. I read it and immediately desired to be part of it. But somehow, I was scared and nervous about applying because I didn't know if I could write the application so well as she wanted. But I took the step, wrote my application and sent it to her asking the Holy Spirit to make her choose me if He wants me to be part of it. The Holy Spirit heard my prayer and brought me into this Academy that has challenged, reshaped, liberated and transformed my life.

Let me tell you where I was before the program. I was just getting by daily, was overwhelmed by motherhood, frustrated, hiding in shame, had lost the zeal to dream again, struggling to maintain a healthy balance as I carry out my duties as a wife/mum and I was constantly comparing my life with others.

Then GDQ started... during our first session, I saw a godly, disciplined woman who was ready to pour into us. One of the things she said that day was, "I promise to give my best, not residual knowledge". I can tell you that she did not only give her best, she also brought transformation to me/us. She told us that the program will stretch us, and equally encouraged us to embrace the stretch. I remember one prayer we prayed during the third

week, we prayed asking God to enlarge our capacity and strengthen our arms to take in everything He has for us these 12 weeks... God did it 🙏

A few days ago, I went back to read the letter I wrote to myself (the woman I used to be, the woman I am becoming and striving to become), which was one of our first assignments. I was so emotional seeing the obvious changes in my life, and how I have moved from where I used to be. Thank you, Lord, for the gift of this mentorship.

CoachE opened my eyes to see that being at home is not a punishment, and it does not in any way define my identity or determine how fruitful I can become. My identity is in Christ alone, not in what others think about me, what I possess, what I am doing, or in society's expectations of me.

Being at home as God's domestic Queen is just a season of my life that I can steward well and not waste it wishing for other people's lives. It is an assignment and a job from God, so I am not really out of a job, just that I am working at home in this season. And the most important thing is that God is with me in this season. I am not alone because God sees me here (what more can I ask for?), which is why I should do everything at home as unto Him.

My spiritual life; I have prayed in this season more than I have ever prayed in my entire life, thanks to CoachE for showing me why I should have a burning prayer altar as a mum/wife to align my life and home with God's will and attack the real enemy that wants to stay hidden. "Life and everything about it are spiritual," she says. I am God's warrior princess who covers her home in the place of prayer and anoints/garrisons her home

with the power and presence of God. I stopped praying anyhow, became strategic in praying, created a prayer schedule, and learnt the Word is my sword in prayer, and I can't go to battle without my sword.

Now, I pray more than I complain, murmur and grumble. I pray about everything, and prayer has become my first response... Hubby now calls me "his father Mbaka" 😊😊

I learnt the power of confessing God's word over my life, kids, home, husband, etc. You need to see my confessions book and also hear my kids saying their confession... proud momma 🤝

On Productivity, Planning and Maximizing my Day; she called it the "Hour Code", where she taught us how to put structures in our home to help us carry out our activities, make every hour count, conserve our energy, be productive, and achieve results without feeling overwhelmed, tired or exhausted. She told us that even how we use our time shows our reverence to God. I learnt;

- ✓ to plan my day on a paper before the day. This has made my waking up exciting since I have goals I am waking up to.
- ✓ to have a daily must (things I must do daily like praying, studying the Bible, reading, taking confessions, exercising, etc).
- ✓ to divide tasks into days of the week, so I don't get to do every chore daily. I simply assigned different chores for specific days.
- ✓ how to maximize pockets, blocks and long stretches of time.

On Parenting; CoachE schooled us on what parenting is and what it is not. You see all those cultural beliefs and conditioning we have about parenting,

she uncovered them and showed us the godly way of parenting and the possibility of raising godly, independent and confident kids. One of the things she said that I will never forget is this, "you parent from the fullness of who you are". Do you know what that means? It simply means that I can only give and transfer what I have to my kids. So parenting is beyond correction and discipline. I have to constantly check myself to see that I am not modelling the opposite of what I say to my kids. I have to be a happy, fearless, bold, confident, or generous woman to raise such kids.

For the first time in my 5 years of marriage, I created a vision for my family (still inquiring from God to show me His big picture for my home), which is guiding our actions, behaviours and decisions. CoachE encouraged us to upgrade from natural parenting to supernatural parenting, where our default as mothers becomes prayer (especially in handling matters surrounding our kids, husbands and homes), where we interpret and see things first from the spiritual aspect before solving them physically. She taught us ways to parent and raise our kids with intentionality... we can't outsource good parenting, be casual about this assignment, or leave anything to chance. We have to be intentional about everything including their nutrition, entertainment, etc.

"BOLDNESS is the fruit of the Spirit, not a personality trait". I can't write this review without sharing this statement from Coach because it brought deliverance to me. It showed me how I have allowed the enemy to use the fact that I am a quiet person to keep me stuck and limit me in many ways. The Holy Spirit in me is the Spirit of boldness. I am intentionally banking


on the boldness I have by the Spirit as I step out of my comfort. Although I am still a work in progress, I am certainly not where I used to be.

My Personality is SPIRIT-FILLED, nothing more.

There is so much to say about the things I learnt in this mentoring program. Our husbands, businesses, rest, friendships, finances, etc, were not left out. Every week during our sessions, Coach shared godly wisdom and counsel on these topics and also answered our questions regarding each of them.

Through this mentorship, I have found joy in this season, I have grown, my mindset has changed, my relationship with God, my hubby and kids have greatly improved, and I am bearing fruits. The fear of missing out was crushed because I am not missing out on anything being at home, I am completely tuned into God who is satisfying me and showing me how to enjoy this season.

The journal I used for this program is very close to my heart. It is filled with wisdom that will guide me as God's daughter especially in this season as I navigate it with joy and bear fruits as God intended. No more pity parties, being frustrated, playing the comparison game, hiding in shame of telling people I am a stay-at-home mum... NO MORE!

I am God's Domestic Queen; I am not ashamed of it and I WIN HERE! God is with me, and He can shoot me from the home front to the world as I align with Him  Most importantly, I am now an active participant in my own race, I have stopped being an observer in other people's race.

GDQ is an experience every stay-at-home mum should have because Coach knows and is living what she is talking about. She is not talking theory; she

teaches and shows from her own life as a stay-at-home mum what is possible for us.

CoachE, you are God's gift to me this year, and I am grateful to you for accepting my application, showing up every day for the past 12 weeks and for not holding back.

In 10, 20, 30, 50, 60, 80 years to come, you will keep reaping the harvest of the seeds you have sown in our lives this year in Jesus mighty name, Amen!!!

God bless you! God bless your home!!! I love you ❤️

ADEDOYIN ILEYEMI



Name: Adedoyin Ileyemi
Wedding Anniversary and how long married: 7 years by 22nd November 2021.

Number and age of kids: 2 boys. 3 years old and 1 year old.

Biggest 3 lessons gotten from being a Domestic Queen (before GDQ):

- ✓ I can't survive without a working structure.
- ✓ Prayer is the master

key.

- ✓ I can't do it all by myself – get help!

Biggest phobia or challenge as a Domestic Queen (before GDQ):

No phobia but it's been a big challenge communicating effectively with my husband, despite all my working on it. Then, getting my toddler to sleep early.

MY GDQ 5.0. MENTORING ACADEMY EXPERIENCE

My name is Adedoyin Ileyemi. I am married to the great Damilare Ileyemi and we're blessed with two young kings. I work majorly from home as a Lawyer, God's Domestic Queen and a Steward in God's vineyard.

I came into the academy almost frustrated and overwhelmed, but with so much hope, expectations and a strong desire to commit to my growth this time. I had come across a lot of knowledge in the past, but found it difficult to apply and see results in many areas. Even though I wanted to use the GDQ mentoring academy as an opportunity to refresh and refire, I was actually led to come on board to assist and ease the workload on my mentor, MamaE. Coincidentally, the first week, CoachE (whom I love to always call MamaE), pumped us well enough to zoom into the mentoring session with everything we've got.

I got a brand-new journal specially dedicated to the course. I also had my rough leaves, which were more like a workbook I used before transferring to the main journal, where I could harness strategic journaling, which means, indexing my notes to easily track where I noted a certain point or topic. Meetings were held twice a week (9-10.30pm on Tuesdays and Thursdays) and I had to ask my husband for permission to attend, after I must have settled the home-front.

I struggled in so many areas. However, the academy was so scheduled and organized, although demanding. I had to examine myself to know what things needed to go and what things I needed to work on in my life. I had the opportunity of meeting other lovely queens who were striving for their

own growth and changes too. Our learnings were split into twelve weeks, including the Introduction/Interview and the Revision/Q&A weeks.

The academy **empowered** me a lot and so many scales fell off my eyes. I learnt to plan my day and **stick to** my daily schedule as best as possible. Procrastination and distractions were battles I had been fighting for a while, but I got empowered enough to show up for my own life and the things I truly value. I was taught how to harness my focused and fringe moments. No more spending time on frivolities.

Personalizing and taking my confessions daily helped to boost my confidence and work on areas I was struggling with. MamaE showed me how to use the word in my confessions. There is power in actually being accountable to the goals and milestones we set for ourselves. I found a sister in my partner, Queen Favour, and we complemented each other in our areas of concern.

MamaE is so versed in many areas of life! She taught me to communicate more, ask for help, forgive easily and rightly steward the relationships in my life. I was able to revive my friendship with a couple of sisters and understand them better. I also discovered how to understand and relate with my mentors better. Truly when God shows you your teachers per season, you have no excuse but to run after them! My prayer life was also revived, as I learnt to pray with a prayer structure and harness my fringe hours to pray and study the Word. A prayerless queen is really a powerless queen.

Reading daily and improving on my area of practice, knowledge and influence has now become a part of me, as I was taught to train my brain to

do the hard stuff too, not just excelling on the home front alone, but to become a valuable person in my spheres of contact. MamaE literally took us from the small or local mindsets into thinking bigger, global and becoming relevant in our areas of practice or interests. I'm still building my 1,000 Hours Principle and it's working!

My most liberating moment was in the Husband Code! MamaE brought so much wisdom with cane, and told me to be CONTENT with the knowledge I had/knew, and to focus on applying them on myself and alone first, rather than forcing them on my husband or expecting him to walk at my pace. So much peace and settlement came into my home after this session!

With my kids, I realized that I wasn't really putting in the right structures and was disciplining my first child especially, the wrong way. I adjusted; now I have a routine for them and trained my help to also work with me. I learnt how not to shout at them, but to relate with my help and kids at their level, looking especially at the reason behind their actions or inactions. They now take daily confessions in areas I'm working on per season.

Aha! My finances received sense after the Money Code. I moved from accounting for everything I spent in my home, to planning my giving with wisdom, and trusting God for my resources per season. The pressures I had wrapped myself with before the Academy were so unnecessary! I learnt how not to be a disguised waster, but a good steward of the resources God entrusts in my care. My spending priorities are now based on my values, goals and the vision God gives me per season, and not just on mere availability of funds. Money is a tool I now use rightly and don't bow to!

My heart was put in check as I rediscovered my Identity in Christ. I had been carrying round a lot of baggage unknowingly. My sense of value has changed a whole lot and I can see the effect even in my relationships with others, and in my interactions with clients. I'm calmer, wiser, more understanding and less petty. MamaE, you're truly God-sent to me! I feel lighter and more empowered to show up for my life and my God-given tasks.

Honestly, my life, marriage and family are better because of the knowledge I've garnered from GDQ. I've started sharing the knowledge I got from the mentoring academy in my communities, but I'll recommend it to anyone who needs and can commit to this program.

I can't thank MamaE enough for all the time, efforts and resources she committed into the mentoring academy. Like she said, I can only repay her by being fruitful with my results after the academy and paying it forward to others. May God continue to strengthen and engraft you, ma.

NNENNA ORAGWA



Name: Nnenna Oragwa

Wedding Anniversary and how long married:

December 5; 5 years.

Number and age of kids: Two. 4 years, 1 year 10 months.

Biggest lessons gotten from being a Domestic Queen (before GDQ):

- ✓ Making good use of my season as a stay-at-home mum.
- ✓ Loving the phase I am in.
- ✓ Prioritising my time.

Biggest phobia or challenge as a Domestic Queen (before GDQ):

I don't want to succeed in my home and not succeed in my career or finance.

My GDQ Journey

The GDQ mentoring programme is sure one of my best gifts this quarter. I can't begin to explain how thankful I am that I was a part of GDQ 5.0. I vividly remember the day I stumbled on the email from Coach E, requesting for domestic queens to apply for the 12-week programme. At first, I was sceptical applying because I had applied a year before but didn't get enlisted. However, I conquered my fear of rejection and decided to apply. It came as a big surprise to me when I got the email congratulating me for being one of those chosen to be a part of the GDQ mentoring programme. I felt so elated, it was as if I had won a jackpot. Really, I had won a jackpot because the programme was worth tons of money. I'm sure you would say, "Oh! She must be joking" but I'm glad to tell you that I mean every word – IT IS INDEED WORTH TONS OF MONEY.

GDQ 5.0 was a life changing experience; a sister called it 'deliverance' and I agree with her because the programme delivered us from all sorts of wrong mindsets. It changed our perceptions, broke strongholds, and renewed our love for God and intimacy with Him. To better understand and to fully appreciate and relate with the "goody bags" (laughs) I walked out with from GDQ 5.0, let me give you a sneak peak of who I was before the programme.

Prior to the programme, I was in a season of my life where I felt I was better off working than being a stay-at-home mum. I felt my career was at a standstill while my colleagues in the broadcasting industry were out there making waves for themselves. Yes, I love my children, yes, I love taking care of them, but I felt I wasn't just cut out for being at home all the time. I wanted more out of life.

The programme, like I earlier mentioned, was a potpourri of different aspects of life. During the programme, Coach E helped me understand the need to find joy in my current season and to steward it right. She made me realise that I can impact the world right from my doorsteps, and I can make millions from the Homefront. From her teachings, I learnt how to be productive using daily schedules, daily musts and maximising my fringe moments. I learnt that I must constantly train the muscles of my brain by consistently doing and taking in hard content.

Another big lesson for me was crafting out my Bible-based confessions and ensuring that I say it each day, just as I would a pill. Before now, I had never been big on this but I learnt during the programme that there is power in positive affirmations. When I say my confessions, angels hear and begin to run around to make it happen.

Also, a major highlight was the need to be intentional and strategic about every aspect of my life – my home, my relationship with my husband, children, friends, mentors, etc. I learnt that I have to be a student of my husband and children as I bond with them, and I have to wholly chase after those whom God has highlighted to me as mentors, ensuring that I not only get value but I also give value.

Learning that I have 10,000 teachers in every area I need clarity on was a big eye-opener. There are resources available for my consumption, all I need do is go in search of them prayerfully and deliberately.

The programme was indeed all-encompassing and I've begun to see the fruits of the seeds that have been planted in me this season. I can boldly say that I'm now living my best life and rocking this season with joy. I'm

happier than I used to be and more productive as I daily maximise my hours, using my daily tracker. I am more confident being a stay-at-home mum this season, knowing that I'm going to give account of this season.

Indeed, the knowledge I've received will surely last a lifetime. Thanks so much Coach E, for giving of yourself wholeheartedly. God bless you richly.

CHINYEREDISTINGUISHED CHIMEZIE

Name: Chinyere

Distinguished Lydia

Chimezie (nee Anoke)

**Wedding Anniversary
and how long married:**

22 February. One year.

Number and age of kids:

One for now. Three months.

**Biggest 3 lessons gotten
from being a Domestic
Queen (before GDQ):**

- ✓ My home comes next after God.
- ✓ I truly can do all things through Christ who strengthens me.
- ✓ I have to be my best so

I can give God, my family and my assignment the best. Hence, I have to choose me, because no one else will.

Biggest phobia or challenge as a Domestic Queen (before GDQ):

Balancing and maximizing my time.



My GDQ Review

How long is 12 weeks?

What can you accomplish in 12 weeks?

Depending on how you look at it, 12 weeks can be an endless stretch of time, or it can be as brief as the twinkle of an eye. For instance, before I joined the 12-week GDQ Mentoring Academy with Coach E, 12 weeks felt like a loooong duration to submit myself to an intensive stretching program. However, today as we sign-off from the Academy, we're all in awe of how 12 weeks flew by so fast.

Bhet, it didn't just fly past.

It's been 12 incredible weeks of stretching, learning, unlearning, growing, transforming... In one word I'd say it's been 12 weeks of Godsent DELIVERANCE, because I was at the brink of depression.

When I joined GDQ in February 2021, I was at ground zero in almost every area of my life. Spiritually, I was on power saver mode because my spirit was oscillating between low battery and sporadic power bursts. I could barely find quality time to fellowship with my Creator.

Emotionally, I was flustered and overwhelmed. As a first-time mum with a 13-week-old baby at the time, nothing fully prepared me for the shock and sacrifices motherhood would demand of me.

Financially, I was broke and clueless on when to resume my stay-at-home business of professional editing and self-publishing.

Socially, I was awkward. Pregnancy made me lose interest in social media – which was my primary source of information – so I became dry in contributing to social and current gist.

Mentally, I was rusty. Producing compelling creative content became a herculean task.

Guess what?

As we wrap up GDQ 5.0, I am no longer the same distressed woman who enrolled 12 weeks ago. My spiritual fervour is back. I have resumed daily intimate fellowship with my Father, even if all I can get on some days is a few minutes.

I am no longer overwhelmed by the demands of wifehood and motherhood. The joy of the Lord is my steady strength and it reinvigorates me daily. Thanks to Coach E who taught us how to harness our fringe hours to simultaneously protect our hearts and maximize our ear time. I now play songs, sermons, and teachings on any area where I have a knowledge gap or growth need while I'm busy with dishes, cooking or other non-mental chores.

Have I mentioned that she taught us how to manage our time by managing our energy? This is how I am able to regain the wheels of my time. As a matter of fact, the teaching on the hour code (week 2), was a real game changer. We each saw where our time goes and how to take charge of how time flies by using the zero-hour schedule.

Financially, my account is no longer red. With what Coach E taught us, I was able to push through and resume my editing business. At the time GDQ

started, I had a client's manuscript I was working on. But I just couldn't seem to complete the work. It was so bad that I was contemplating refunding the client his money when our agreed timeline for delivery elapsed twice.

However, with Coach E's teachings, I received courage to ask for another extension of time; the client obliged and I was finally able to deliver. That's not the testimony. The testimony is that within 10 weeks of GDQ, I have completely edited and delivered three client's manuscripts – within the agreed timeline for delivery.

So, I'm back in business, sisturrrr!

Mentally and socially, I am no longer backward. Coach has infected me with JOMO - the joy of missing out. Plus, I am now more strategic in the content I consume so I'm not lacking valuable information for relevant conversations. That's not to mention that my strategic content consumption has helped my creative juices to flow again. Even better. If you're enjoying reading this review, it is proof that this is true.

God truly answered my plea for help by giving me the privileged opportunity to be part of GDQ 5.0. Yes, it can only be Him who made me to see the info for the application right on the day the application was to close. It was also Him who made Coach E to admit me into the Academy.

I had applied with a mixture of hope and trepidation. Hope because I knew that getting onboard a close-up mentoring training with Coach E would be transformational - I've followed her blog and WhatsApp BC long enough to be convinced beyond doubt about this. Trepidation because I'd become

accustomed to my cosy condominium in Comfort Estate and I knew working closeup with Coach E for 12 weeks would definitely stretch me to the limits; and I didn't think I could handle that.

Well, that fear was proven valid in just week one because I was yanked out of the Academy when I failed to turn in two assignments before their deadline.

I quickly repented and pleaded for a second chance, and my life is 100% better for it. Today, I am a changed person in every ramification.

My relationship with God and men is way better. My marriage is sweeter. My health – physical and emotional, is more wholesome. Would you believe that just last week, Coach E featured me on her Stay-home-mom blog as one of the three women who have hacked making working at home work? You can read the post with this link: <https://stayhomemoms.ng/2021/04/28/work-at-home/>

In addition to that, Sis, I wouldn't want to leave you in the dark about what we learned in GDQ Academy these past twelve weeks. So below, I'll give you the breakdown of our course content with the links to the blogposts and other resources we consumed. That way, even though you can't peep into my notes from Coach E's meetings with us, you can learn directly from the rich slipstream that we fed fat on.

WEEK 1: Introduction and interview of two GDQ Alumni

Blogposts:

Authentically ME & Surprisingly satisfied

<http://eziaha.com/2015/10/25/authentically-me-surprisingly-satisfied/>

Slipstream

<http://eziaha.com/2016/10/10/a-rich-slipstream/>

10,000 teachers

<http://eziaha.com/2016/02/03/10000-teachers-guys-stay-hungry-lean-in-go-hard/>

Dear Stay at Home Wife/Mom

<https://eziaha.com/2015/12/23/dear-stay-at-home-momwife/>

Embrace your stretches

<https://eziaha.com/2016/08/22/embrace-your-stretch/>

Stretched & in your lane

<https://eziaha.com/2017/03/20/8649/>

Detox

<https://eziaha.com/2015/10/03/d-e-t-o-x/>

WEEK 2: The Hour Code (Time management hacks)

Blogposts:

Hours Driven By Mission

<https://eziaha.com/2021/01/05/hours/>

Pocket, Blocks, Stretches

<https://eziaha.com/2020/12/24/pockets/>

How I plan my day

<https://eziaha.com/2019/09/11/how-i-plan-my-day/>

This is how I do it all

<https://eziaha.com/2020/08/18/how-i-do-it/>

Guide your time; guide your life

<https://eziaha.com/2017/08/25/augustfruitful31-25-guard-your-time-guard-your-life/>

WEEK 3: Power Code (Spirituality)

Blogposts:

How I craft my confessions

<https://eziaha.com/2020/04/02/how-i-craft-my-confessions/>

How I frame my confessions

<https://eziaha.com/2017/08/19/augustfruitful31-19-how-i-frame-my-confessions-and-prayers/>

Confession is work, but confession works

<https://eziaha.com/2013/04/25/confession-is-work-but-confession-works/>

Meet My Bibles

<https://eziaha.com/2020/05/26/meet-my-bibles/>

Meet my Journals

<https://eziaha.com/2019/05/06/meet-my-journals-all-15-of-them/>

She that is down

<https://stayhomemoms.ng/2019/10/16/she-that-is-downbetter-not-be-down/>

Bruised heel still crush

<https://eziaha.com/2018/09/18/time-to-roll-up-on-your-issues-cos-bruised-heels-still-crush-serpents-head/>

25 men bawooo

<https://eziaha.com/2016/05/15/25-men-bawooo-not-on-my-watch/>

Power

<https://eziaha.com/2017/07/13/power/>

Game-on

<https://eziaha.com/2016/05/01/game-on/>

Sleepwalking through a meeting with Jesus

<https://eziaha.com/2017/07/10/sleep-walking-through-a-meeting-with-jesus/>

WEEK 4: Content Code (what I consume, which includes what I read, watch, listen to)

Blogposts:

5 types of Mentors we need

<https://eziaha.com/2020/06/03/5-types-of-mentor-figures-we-all-need/>

On seasons & guilt

<https://eziaha.com/2018/04/24/9685/>

Having a vision makes you crazy

<https://eziaha.com/2018/11/04/how-having-a-vision-makes-you-crazy-and-why-we-should-all-be-crazy/>

My January reads

<https://eziaha.com/2020/01/04/my-january-reading-list/>

April reads

<https://eziaha.com/2020/04/16/my-april-reads-plus-review-of-q1-books/>

Guard your heart fearlessly

<https://eziaha.com/2017/08/29/augustfruitful31-29-guard-your-heart-fiercely-2-stories/>

Celebrity & Not role model

<https://eziaha.com/2015/08/11/celebrity-not-role-model/>

Reading more at home

<https://stayhomemoms.ng/2019/08/29/my-top-5-tips-to-reading-more-at-home/>

WEEK 5: Domestic Code (running your home)

Blogposts:

How I conserve my energy as a SAHM

<https://eziaha.com/2019/08/09/how-i-conserve-my-energy-as-a-stay-at-home-mum/>

Creating a Job Description for your domestic staff

<https://eziaha.com/2019/07/13/creating-a-job-description-for-your-domestic-staff/>

The recruitment process for your domestic help

<https://eziaha.com/2019/07/05/the-recruitment-process-for-your-domestic-help/>

Homefront to the World

<https://eziaha.com/2019/06/07/my-business-shot-me-from-the-homefront-to-the-world/>

To the domestic queen w/o help

<https://eziaha.com/2019/03/12/to-the-domestic-queen-without-domestic-help/>

These Stay-At-Home Moms Share Some Valuable Time-Saving Tips

<https://stayhomemoms.ng/2020/11/02/stayhome-moms/>

Wetin Stay-at-home moms dey do sef?

<https://eziaha.com/2019/03/29/wetin-stay-at-home-moms-dey-do-sef-2/>

WEEK 6: Husband code (How to be your husband's wife)

Blogposts:

Your marriage, your rules

<https://eziaha.com/2017/08/30/augustfruitful31-30-your-marriage-your-rules-part-3/>

The purposeful wife

<https://eziaha.com/2017/08/27/augustfruitful31-27-the-purposeful-wife/>

This May Be why your husband isn't supporting YOU

<https://stayhomemoms.ng/2021/01/28/this-may-be/>

How I almost ruined my marriage

https://youtu.be/ZBL3AV_xTZo

WEEK 7: Finance/Money Code

Blogposts:

MinimalMom: 13 things I don't waste money on for my Kids

<https://stayhomemoms.ng/2021/01/15/minimalist-mom/>

CoachE'Kids...TWO money& health saving tips for moms

<https://stayhomemoms.ng/2020/08/03/coachekids/>

NO for now, but not forever

<https://stayhomemoms.ng/2021/02/05/gdq-mentoring-with-eziaha/>

This Money Matter

<https://eziaha.com/2019/06/28/dear-stay-at-home-mum-this-money-matter-is-not-easy/>

YouTube videos:

<https://youtu.be/OHkhno6BCUo>

https://youtu.be/Mzixn2_nPw

WEEK 8: Children/Mummy Code (How to raise GRIC - Godly, Responsible, Independent Confident - kids)

Blogposts:

If moms get it right

<https://eziaha.com/2019/06/04/cos-if-moms-get-it-right-the-whole-family-gets-it-right/>

Prophetic motherhood

<https://eziaha.com/2016/04/09/warrior-mom-propheticmotherhood/>

Correct those kids early

<https://eziaha.com/2019/06/14/correct-those-kids-early/>

Dear stay-at-home Mompreneur

<https://eziaha.com/2018/06/20/dear-stay-at-home-mumpreneur/>

Keep the Joy

<https://www.google.com/amp/s/www.bellanaija.com/2020/03/eziaha-bolaji-olojo-dear-stay-at-home-mom-fight-the-despair-keep-the-joy/amp/>

How I conserve my energy

<https://www.google.com/amp/s/www.bellanaija.com/2019/06/eziaha-bolaji-olojo-energy/amp/>

Set 'em up to succeed

<https://stayhomemoms.ng/2021/03/25/set-em-up-to-succeed>

How I feed my kids HEALTHY and SAVE MY TIME too

<https://stayhomemoms.ng/page/3/>

4 qualities I am driving in my #BoysOlorun (and you too should)

<https://stayhomemoms.ng/2021/01/04/boysolorun2/>

Reintroducing timed screen time

<https://stayhomemoms.ng/2020/01/14/how-i-am-reintroducing-timed-screen-time-for-my-kids/>

How I broke phone gadget/TV addiction for my kids

<https://stayhomemoms.ng/2019/09/04/how-i-broke-phone-gadget-tv-addiction-for-my-kids/>

Looking beyond the behaviour.

<https://stayhomemoms.ng/2020/01/07/looking-beyond-the-behavior/>

Praying for your Kids WITH your kids.

<https://stayhomemoms.ng/page/18/>

Winning At Motherhood... Raising Confident kids

<https://stayhomemoms.ng/2021/02/25/winning-at-motherhood/>

Let's talk about raising Confident kids

<https://stayhomemoms.ng/2021/03/01/1064/>

Dear Stay-At-Home Mom, Don't Make Your Child the Centre of Your World

<https://stayhomemoms.ng/page/3/>

WEEK 9: Friendship/Sister Code

Blogposts:

Friendship, Purpose & Seasons

<https://eziaha.com/2020/04/08/friendship-purpose-seasons/>

Milk or Meat

<https://eziaha.com/2019/08/19/milk-or-meat-dont-be-that-friend/>

Can we chill with the names?

<https://eziaha.com/2019/04/29/can-we-all-just-chill-with-the-names/>

Daughters & Sisters w/o rival

<https://eziaha.com/2016/08/15/daughterssisters-without-rival/>

WEEK 10: Identity and Value Code

Blogposts and Devotionals:

Joyce Meyer Ephesians Study

<https://joycemeyer.org/offers/download/a-bible-study-of-ephesians>

Instilling Core values

<http://bible.com/r/6Td>

Family ID: 31 Days of Building Your Family's Values.

<http://bible.com/r/F8>

WEEK 11: Rest Code

Blogposts and Devotionals:

<https://stayhomemoms.ng/2021/04/07/an-interview-with-ore-of-maidformee/>

Stewardship Of Leisure

<http://bible.com/r/5BY>

Sacred Rest 5 Day Reading Plan

<http://bible.com/r/2s6>

WEEK 12: Q and A, prayers, party, party, party.

Back to the question I asked at the beginning of this review: How long is 12 weeks?

I can boldly say that 12 weeks is long enough for anyone, especially a stay-at-home mom a.k.a GDQ, to receive sense and kickstart God's all-round transformation in her spirit, soul and body.

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And in case you're wondering who I am, my name is Damilola Akingbola a.k.a Queen D.

