

# Daily Care

*“Rest is not a reward—it’s a rhythm of grace.”*

- ✓ Spend 5–10 quiet minutes with God (prayer, scripture, worship)
- ✓ Drink a full glass of water before your coffee or tea
- ✓ Eat one nourishing meal made with love and intention
- ✓ Move your body (stretch, walk, dance, etc.)
- ✓ Speak one faith-filled affirmation aloud
- ✓ Step outside for fresh air and sunshine
- ✓ Take 3 deep, calming breaths when overwhelmed
- ✓ Write or journal one thought, feeling, or prayer
- ✓ Give yourself permission to rest without guilt
- ✓ End the day by releasing your worries to God

💬 *“She is clothed with strength and dignity; she can laugh at the days to come.” – Proverbs 31:25*

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