



# The Wake Up Well Checklist

*Start your day by loving God with all of your heart, soul, mind, and strength.*

## 1. HEART & SOUL PRACTICES

*Nurture your relationship with God.*

- ☐ Morning prayer or breath prayer (e.g., "Jesus, You are near.")
- ☐ Scripture of the day: \_\_\_\_\_
- ☐ One thing I'm thankful for today: \_\_\_\_\_
- ☐ Pause for stillness or worship (1-5 minutes of silence or a worship song)

## 2. MIND PRACTICES

*Center your thoughts and intentions for the day.*

- ☐ No phone for first 15 minutes of the day
- ☐ Intention or affirmation (e.g., "I will do what matters most."): \_\_\_\_\_
- ☐ My top 3 priorities today:
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
- ☐ What I need to let go of before the day begins: \_\_\_\_\_

## 3. STRENGTH PRACTICES

*Honor the body God gave you.*

- ☐ Pay attention to how I feel physically (Rested? Tired? Energized?) \_\_\_\_\_
- ☐ Move my body (even a few minutes counts)
- ☐ Drink a full glass of water
- ☐ Eat a nourishing breakfast

## REFLECTION:

What do I need from God today?

How do I want to show up today for myself, others, and God?