

renewal revolution

MY WELLNESS JOURNAL

BY FAMILIA DE FE



Revitalize Body, Mind, and Soul.
Christian Lifestyle Guide to Becoming
the Best Version of You!

HEY FAMILIA!

We are excited that you are joining us in the Renewal Revolution – a 28-day challenge focused on strengthening our whole self through developing life-giving habits for mind, body and spirit.

When we simultaneously nurture our mental, physical and spiritual fitness, we experience the incredible synergy of a healthy life wholly dedicated to God. As Isaiah 40:31 reminds us, "Those who hope in the Lord will renew their strength." Through this challenge, my prayer is that our inner vitality and passion for living will be restored as we learn how even small, daily habits can radically transform our health.

We have created this practical yet powerful journal outlining realistic habits you can build into your routine across three key dimensions of wellness. These habits, like starting a gratitude journal, establishing a workout routine, disconnecting from technology or practicing mindfulness, are designed to boost your energy, reduce stress, improve sleep quality, enhance focus and cultivate resilience.

I cannot wait for you to start checking off accomplishments as you progress through this season of learning how small steps every day can lead to giant leaps in your spiritual growth. Our community is here to encourage you each step of the way! Let's do this together! Make sure to download our checklist!

HAVE A BLESSED DAY. *xoxo Familia De Fe*



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MORNING PRAYER/MEDITATION

Beginning each day with spiritual connectivity before getting distracted by our devices is incredibly anchoring. As Psalm 5:3 says, "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly."

I try to wake before sunrise every morning and walk to the beach to welcome the new day. Gazing at the endless summer horizon as light emerges, I pray surrounded by nature's serene beauty. If you cannot watch the sunrise outdoors, find a cozy corner near a window to observe nature or your lovely surroundings while you pray.

Even if you lack this luxury, simply wake early to carve out prayerful moments before reaching for your phone. Find a quiet space, eliminate distractions. Start small—just 5 minutes of reflective prayer or journaling—and build consistency.

If sitting still during prayer is challenging, try incorporating gentle movement - stretch your body, go for a short prayerful walk, or take deep breaths. I find adding this kind of centered physical activity helps me stay focused during my prayer time.

Routinizing this daily quiet time guards our schedules and provides meaningful continuity amidst seasons of change. Be patient with yourself while creating this grounding habit. Our community is here for accountability and encouragement each step of the way on your spiritual growth journey!

But those who hope in the Lord will renew their strength.

~ Isaiah 40:31



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GRATITUDE REFLECTION

Cultivating daily gratitude is so important for nurturing our spirit of thankfulness, as God calls us to "give thanks in all circumstances" (1 Thessalonians 5:18). An impactful gratitude habit is taking a moment each day to reflect on three unique things you feel grateful for.

Our family did a 40-day gratitude journal challenge where, after our Bible study time, we would each write down three new things we felt grateful for that day. It could be something deeply meaningful like a loved one, or something simple like a beautiful sunset. To make it more tangible, some of us would include a Polaroid picture of what we felt thankful for. We couldn't repeat the same item twice!

This seemingly small daily act of noticing little blessings trains our minds to focus on the goodness already present in our lives. Over the weeks, the compiling lists and images gave visible evidence for how much we actually have to be grateful for. Not only did this fill us with joy day-to-day but it strengthened the spirit of gratitude within our family.

I encourage you to begin your own gratitude journaling practice! Set aside a designated time daily to jot down three unique things you are grateful for and maybe even snap a photo. Let your list highlight both significant blessings and simple delights that touched your day. Refer back to past entries whenever you need a gratitude boost!

be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. ~ Ephesians 4:23-24



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BIBLE READING

Setting aside time each day to read and reflect on God's word is vital for fueling our faith walk. As the Psalmist says, "I have hidden your word in my heart that I might not sin against you" (Psalm 119:11). I prioritize starting my days by reading a portion of the Bible, usually right after my morning prayer time. Even if I have to set my alarm a bit earlier, I find immersing myself in scripture first thing helps positively carry my spirit through the whole day.

When we devote time for biblical literacy, we build understanding crucial for application in our lives. More than just reading though, it's important we allow God's voice to speak fresh revelations to us through focused reflection on passages. We can ask questions like: What is God showing me today? How can this scripture transform my perspective or actions?

There are many enriching practices for engaging with the Bible. Most valuable for me though has been repeating back sections in my own words to cement comprehension. Start by designating consistent time daily to read Scripture. Then try techniques settling on those most meaningful for you. Watch how regular biblical absorption bears fruit!

Restore us to yourself, Lord, that we may return; renew our days as of old. ~ Lamentations 5:21



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ACTS OF KINDNESS

Making a daily effort to perform small acts of kindness for others cultivates compassion and connectivity. As Ephesians 4:32 encourages, “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Acts of kindness can be simple gestures like holding the door for someone, sending an uplifting text to a friend, donating an item to charity, or helping out a neighbor. Get creative and find little ways to brighten someone’s day! Here are some ideas to inspire you:

- Leave an encouraging note for a family member
- Let someone go ahead of you in line
- Express genuine gratitude to a service worker
- Send a “thinking of you” card to a distant friend
- Put your phone away and be fully present for a conversation
- Offer support or guidance to someone struggling

While these thoughtful acts may seem small to us, they can make an immense difference to others. As we build daily habits of living out the biblical call to love others through kindness and compassion, we foster deeper community connection. And we often find our own spirits lifted in the process!

*I can do all this through him who gives me strength.
~Philippians 4:13*



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DAILY MOVEMENT

Making movement a part of our daily routine is key for maintaining physical health - and emotional and spiritual health as well. Aim to exercise for at least 30 minutes per day whether through structured workouts, walking, sports, yardwork or any heart-pumping activity you enjoy.

If fitting in 30 continuous minutes seems difficult, break your exercise into smaller chunks adding up over the course of the day. For example, start with a 15 minute morning walk, do some strength training later, and finish with yoga before bed. Or go for a hike on the weekend that covers multiple days' worth of movement. Find creative ways to integrate physical activity into your normal daily schedule.

Boost your motivation by exercising with others when possible through classes, teams, family activities or virtually with online groups. Boost motivation by exercising together when possible through classes, teams or family activities. For example, my family took up surfing in 2022 and found it a great way to stay active together and bond through a new shared interest. You can also use Apps like Strava allow you to log workouts and share your progress with a community for accountability and encouragement.

Listen to your body as you establish consistency with this habit. Modifications and rest days are perfectly fine! Remind yourself that even light exercise for 10-15 minutes brings huge mental, physical and emotional benefits. Each step towards fitness is progress to celebrate. Our community is here to support your daily movement goals each step of the way!

*It is God who arms me with strength and keeps my way
secure. ~ Psalm 18:32*



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HEALTHY EATING

Nourishing our bodies with wholesome, nutritious foods is an act of self-care and stewardship. Make it a habit to build meals around quality proteins, fresh produce, healthy fats, and avoid processed items.

“Everything God created is good, and nothing is to be rejected if it is received with thanksgiving” (1 Timothy 4:4). Within this abundant variety though, not all food choices align with our health. Focus on ingredients from God’s green earth over man made creations.

Some ideas for healthier eating:

- Incorporate fruits, vegetables and clean proteins like fish, poultry, eggs or grass-fed meats
- Cook your own meals at home using natural ingredients
- Drink more water and avoid sweetened drinks
- Increase intake of beneficial fats like olive oil, avocados, nuts, coconut oil and avoid unhealthy seed oils
- Limit sweets, refined grains, takeout and junk foods, or anything packaged

Start slow by making manageable upgrades to your diet, then progress from there. Our community is here for sharing ideas, troubleshooting tips, accountability, and encouragement as we steward our health! Let me know if you need any other suggestions.

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize
1 Corinthians 9:24



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HYDRATION CHECK

Proper hydration is imperative for overall health and peak performance. Make it a daily goal to drink at least 8 glasses of water, or around 2 liters.

If plain water becomes boring, liven it up with slices of citrus fruits, cucumbers or natural flavorings. Herbal teas, broth-based soups and moderate coffee/tea also contribute to fluid intake. Avoid juice or sweetened drinks which spike blood sugar.

Carry a refillable water bottle so water is always accessible. I leave mine on my desk/nightstand as a visible cue. You can also try daily hydration reminders set on your phone.

Pay attention to the color of your urine as an assessment tool; consistently pale yellow signifies you are well-hydrated. Be sure to increase water intake after exercise, alcohol intake or time outdoors causing fluid loss via sweat.

Staying consistently hydrated aids nearly every bodily process and even curbs false hunger signals. Our community is here to remind each other to drink up and prioritize this foundational wellness habit each day!

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. ~ 1 Corinthians 15:58



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MINDFULNESS/MEDITATION BREAK

Carving out brief pockets for mindfulness, meditation or digital detoxes cultivates clarity and calm amidst busy days. As Psalm 46:10 encourages, "Be still, and know that I am God!"

Try designating standard times for practices like a mid-morning meditation break and an end-of-work digital detox. Use phone reminders to stay accountable or partner with others for synchronized minutes.

You can practice simple breathing-focused meditation anywhere, letting the background of your day fade as you tune into inhaling and exhaling. Start experimenting with different mini break routines to find what's recharging.

Also consciously disconnect from screens for designated tech-free periods to truly be present with yourself, loved ones or your surroundings. Gradually increase your mindfulness/detox timespans as these renewing habits become second nature. Our community is here for troubleshooting ideas and inspiration!

For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. ~ 2 Timothy 1:7



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LEARNING TIME

Dedicate time daily towards learning and creativity for renewed mental vitality. As it is written, "The heart of the discerning acquires knowledge, for the ears of the wise seek it out" (Proverbs 18:15).

Set aside at least 30 minutes to actively learn something new by reading, watching instructional videos or listening to educational podcasts. Feed our innate God-given curiosity and continue growing wisdom!

Additionally, engage regularly with creative activities like drawing, journaling, making music, or crafting. Creative expression relieves stress, connects us to our deeper self, and boosts that "flow state" optimal mental functioning.

Startup simple by trying out a new creative medium or instructional channel such as online arts/craft tutorials, a compelling nonfiction audiobook, basic instrument lessons, or using adult coloring books to occupy your hands while listening to something edifying. Allow learning and creativity to re-energize your emotional health daily! Our community is here to share recommendations and progress.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. ~ 1 Peter 4:10



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REFLECTIVE JOURNALING

Journaling allows us to process experiences, better understand ourselves, chart growth and strengthen our connection with God. Set aside 5-10 minutes daily to write your thoughts, prayers, insights, feelings or notable events from the day.

To dig deeper, reflect on questions like:

- What am I grateful for today?
- What emotions did I experience and why?
- How did I see God working or speaking to me?
- What lessons am I learning in this season?
- What personal strengths or areas for growth stood out?

Let Scripture guide your reflections asking, "What principles from today's reading apply to my life right now?" or "What verse resonates with my current circumstances?" Allow God to refine your character as you uncover unconscious beliefs and behavior patterns.

Writing accesses an incredible flow state. Some days journal freestyle without censoring, other days focus reflection around specific prompt questions. Allow immersive journaling to bring new self-awareness and intimacy with Christ. Our community can share journaling techniques and discuss insights gleaned about our inner lives.

And have put on the new self, which is being renewed in knowledge in the image of its Creator. ~ Colossians 3:10

WEEK ONE REFLECTION

SPIRITUAL REFLECTION:

What routines or mindset shifts did you implement to deepen your morning prayer/meditation? How did these feel?

In what ways were you more aware this week of daily blessings and God's presence due to gratitude journaling or reflection?

Looking ahead, what's one new element you want to integrate into your spiritual habits next week (new prayer practice, memorizing a meaningful verse etc.)?

PHYSICAL REFLECTION:

On days you exercised, what benefits did you notice in your mood, energy or outlook?

What obstacles came up this week related to diet, exercise or lifestyle? Brainstorm practical solutions.

WEEK ONE REFLECTION

What obstacles came up this week related to diet, exercise or lifestyle? Brainstorm practical solutions.

Goal-setting for week 2 – what incremental fitness, nutrition or self-care improvements will you strive for?

EMOTIONAL REFLECTION:

Did periods of conscious mindfulness or limiting screen time reduce any stress or fatigue?

What creative activities or new learning did you engage in and enjoy this week?

What area of personal growth, creative passion or intellectual curiosity do you want to explore further next week?

WEEK TWO REFLECTION

SPIRITUAL REFLECTION:

Which new prayer practice felt most meaningful to add into your routine this week?

What Bible passages or verses lifted your spirit this week? How did they guide your perspective/decisions?

What's one additional element you want to integrate into your spiritual routine next week?

PHYSICAL REFLECTION:

What allowed you to follow through on last week's fitness/nutrition goals? What got in the way?

WEEK TWO REFLECTION

What differences do you notice in your energy levels and bodily comfort since adopting healthier habits?

What is one manageable nutrition or fitness adjustment you can make next week?

EMOTIONAL REFLECTION:

Did increasing mindfulness/creative time continue benefiting your mood and focus this week?

What new interests or skills did you cultivate through reading, digital courses, artistic expression etc?

What knowledge area do you hope to grow in next week?

WEEK THREE REFLECTION

SPIRITUAL REFLECTION:

How did carving out more consistent quiet time strengthen your connection with God this week?

Which spiritual habit still feels like a struggle? What adjustments might renew your enthusiasm?

Looking towards week 4, what's one new experiment you want to try related to Bible engagement, prayer, or connecting faith to daily life?

PHYSICAL REFLECTION:

How are increased energy stores, better sleep patterns or confidence in your body's abilities impacting other areas of your life?

WEEK THREE REFLECTION

What motivations keep you persevering in healthy habits even as initial enthusiasm fades?

Realistically evaluate one nutrition or fitness objective to continue actively working towards next week.

EMOTIONAL REFLECTION:

What creative endeavors or modes of learning are continuing to recharge your spirits and intellectual growth heading into the final challenge week?

How can you expand time for relaxing mindfulness practices as increased responsibilities loom during week 4?

What enduring framework of new knowledge, interests and wellness habits do you hope continues beyond the challenge period?

WEEK FOUR REFLECTION

SPIRITUAL REFLECTION:

After a month of intentionally cultivating spiritual habits, how would you describe your overall relationship with God now compared to day 1?

Which 1-2 new habits grew deepest roots over the month to become integral practices you hope to sustain?

What still feels challenging or unsatisfying regarding your spiritual rhythm? How will you adapt moving forward?

PHYSICAL REFLECTION:

Review initial fitness/nutrition objectives - what goals feel settled into sustainable habit change vs what requires continued effort?

WEEK FOUR REFLECTION

How can you leverage intrinsic motivations like more energy, better sleep and feeling comfortable in your body to stick with new healthy regimens?

How specifically will you progress physical habits next month for sustained growth in strength, health markers, etc?

EMOTIONAL REFLECTION:

What practices of learning, creativity or mindfulness would you consider critical nourishment to build into your regular routine after completing the challenge?

How have immersing yourself in new creative skills or knowledge areas expanded your self-confidence and sense of possibility these past weeks?

Looking ahead, what percentage of your average week would ideally involve growth-oriented activities like skill-building or artistic expression? What schedule adjustments will allow that time?

CONGRATS!

Congratulations on completing the 28-day Renewal Revolution challenge! I hope over the past four weeks, you have experienced the incredible benefits, both big and small, of intentionally strengthening your whole self through positive habits for mind, body and spirit.

You should feel so proud for investing this time to nourish your wellbeing across physical, mental and spiritual dimensions. Completing the weekly reflections and putting in daily effort towards building life-giving routines is no small feat. Please know that both myself and the entire community are celebrating your dedication and growth over this month.

I pray the momentum you have built in prayer, fitness, healthy eating, creativity and other areas will carry you forward hereafter. While formal accountability and directed prompts end today, I encourage you to review your notes to identify 1-3 keystone habits per dimension worth continuing for sustained renewal. With consistency and community, may the seeds planted over four transformative weeks yield fruits of vitality for years ahead!

Please stay connected and let me know how sustained practice with your chosen spiritual, physical and mental habits continues providing stability amidst life's changes. Our community remains here to perpetually cheer you on with the gospel-fueled renewal you deserve!

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