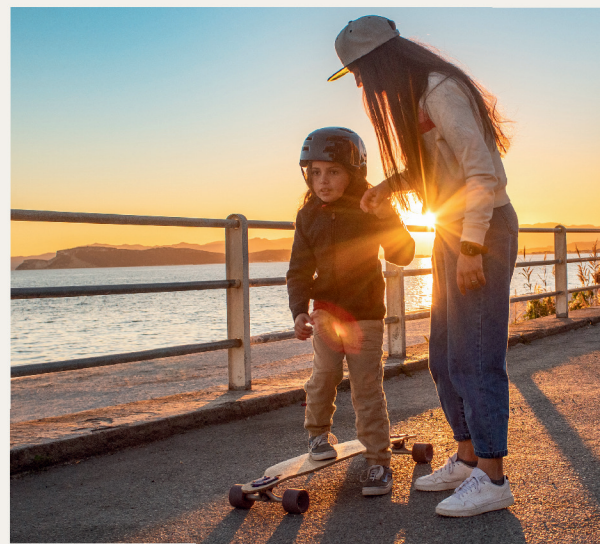




*Let's Get Started*

# 7 DAY MORNING ENERGY BOOST CHALLENGE FOR MAMAS



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# HEY, I'M RENAY

I'm so excited to guide you through this 7-day challenge. As a mama passionate about holistic health, nourishing rhythms, and a faith-centered lifestyle, I created this challenge to help you find more energy and purpose each day. Together, we'll build habits that will not only boost your mornings but also align your body, mind, and spirit with the life you're called to live. Let's dive in and embrace this journey!

*Renay xoxo*

LET'S DO IT!





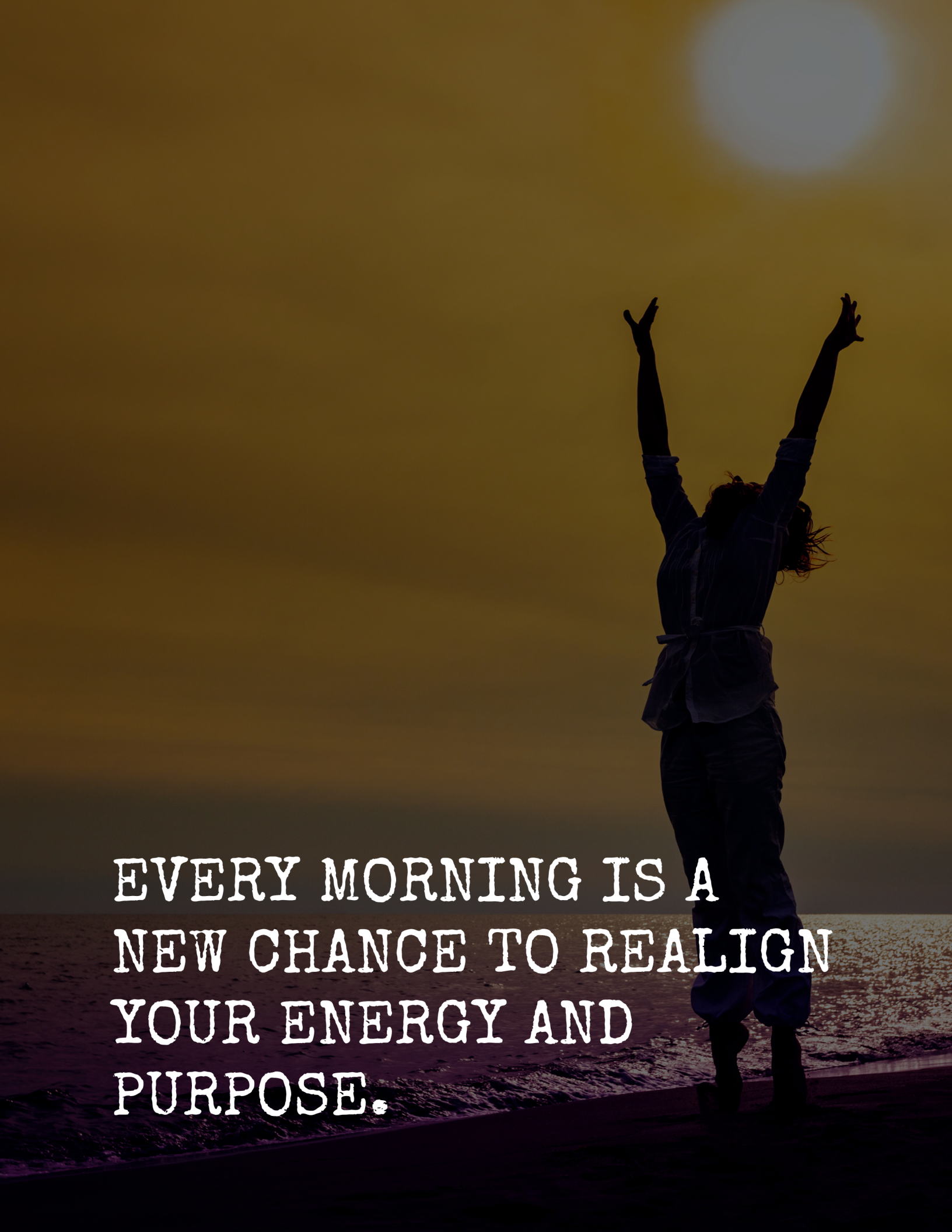
## INTRODUCTION

Welcome, sweet woman, to a 7-day challenge designed to transform your mornings and energize your days. Each day builds on the last, just like the 7-day rhythm of creation. God took six days to create the heavens, the earth, and everything in it, and on the seventh day, He rested. You, too, are about to embark on a journey of creation—creating new habits that honor your body, mind, and spirit. By the end of this challenge, you'll have a full morning routine that nourishes you from the inside out, setting the tone for your entire day.

This challenge won't be easy. Waking up early and stepping into new habits can be tough, especially when it requires stepping outside of your comfort zone. But here's the good news: you can do anything for 7 days. You've been called to take care of your family, and that requires taking care of yourself. This challenge will

help you transition into a more energized and natural rhythm, while deepening your connection with God.

By the third day, you'll begin to notice the changes. By the seventh day, you'll see the difference it makes in your energy, focus, and sense of purpose. If you want to continue long-term, you might choose to implement each habit more slowly—one habit every week or two. But for these seven days, we're going all in. Let's start strong and finish stronger, just like the work of God's hands in creation!

A silhouette of a person standing on a beach, facing away from the camera with their arms raised in a 'V' shape towards a bright sun in a hazy sky. The person is wearing a long-sleeved shirt and pants. The background shows the ocean and a sandy beach.

EVERY MORNING IS A  
NEW CHANCE TO REALIGN  
YOUR ENERGY AND  
PURPOSE.



# Day 01

## THE FIRST STEP —SUNLIGHT, SALT WATER & GRATITUDE

This step is likely the hardest one. It's the first change you'll be making, but it's also the one you may want to fight me on the most. It comes first, because God said, "Let there be light." and there was light.

*LET'S DO IT!*



# THE HABIT

Wake up and get outside for the sunrise. This means checking your local sunrise time and waking up 5-10 minutes earlier to prepare. Use the restroom, throw on some outdoor-appropriate clothes, grab a quart of water with a pinch of salt (start with  $\frac{1}{4}$  teaspoon), and head outside. Aim for at least 5-10 minutes of sunlight exposure. As the sunlight enters your eyes, you're setting your circadian rhythm for the day and boosting your energy naturally.



# WHY IT'S A CHALLENGE

This is one of the most challenging parts of the routine. Getting up before the sun means discipline and intentionality, but after three days, it will get easier. You'll feel more awake, more aligned with the day, and more grateful for the stillness of the early morning.

Tips:

- Start with  $\frac{1}{4}$  teaspoon of sea salt in your water and gradually increase to 1 teaspoon over the coming weeks.
- Engage your mind and soul with morning prayer while in the sunlight to make the most of this time.

Scripture for Reflection: "The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning." - Lamentations 3:22-23

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## SPIRITUAL FOCUS

While standing in the morning light, take a moment to connect with God. Pray, give thanks, and express your gratitude for the new day ahead. As you wait for the sun to rise, spend time with God, who is the ultimate source of all light.

*Let there be light*





# Day 02

## HYDRATION & FUELING YOUR BODY RIGHT

Today, we're adding nourishment to your morning! After catching the sunrise and drinking your salted water, it's time to fuel up with a balanced breakfast. Your body needs the energy to thrive, so focus on getting a mix of protein, fats, and carbs. A good breakfast sets the tone for your entire day—don't skip it!

# THE HABIT

Continue yesterday's routine—getting sunlight, drinking your salted water, and spending time in prayer and gratitude. Today, add the habit of having a nourishing breakfast within an hour of waking. Your breakfast should include protein, healthy fats, and carbohydrates to stabilize your energy.



# WHY IT'S A CHALLENGE

Many of us skip breakfast or grab something that doesn't truly nourish us. This step will challenge you to be intentional with your food choices.

Scripture for Reflection: "And my God will meet all your needs according to the riches of his glory in Christ Jesus." - Philippians 4:19

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## SPIRITUAL FOCUS

As you nourish your body, remember that God provides for all your needs. Thank Him for the food you have and the energy it gives you to serve your family.

*Man shall not live on bread alone*



# Day 03

## GENTLE MOVEMENT

Let's get moving! Today, we're adding gentle movement to your routine. Stretch, walk, or do some light exercises to wake up your body. Moving first thing helps activate your muscles, gets your blood flowing, and clears your mind for the tasks ahead. Just 5-10 minutes will do wonders for your energy! Walking after a meal can help regulate and stabilize your blood sugar.

# THE HABIT

Along with your morning sunlight, water, and breakfast, today you'll add 5-10 minutes of gentle movement. This could be stretching, a short walk, or any light exercise to get your body moving.



# WHY IT'S A CHALLENGE

Getting moving first thing in the morning can feel difficult, especially if you're still groggy. But this small investment of time will wake up your muscles and joints and set the stage for a more active, energetic day.

Scripture for Reflection: "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?" - 1 Corinthians 6:19

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# SPIRITUAL FOCUS

Offer your movement as a prayer to God, asking Him to strengthen you for the tasks ahead.

*I do not run aimlessly*



# Day 04

## MORNING PLANNING & INTENTIONALITY

Now that you've got sunlight, hydration, breakfast, and movement down, it's time to bring focus to your day. Spend a few minutes writing down your top 3 priorities for the day. This helps you stay intentional and aligned with your goals, allowing you to take charge of your day with clarity and purpose.

# THE HABIT

Today, add a few minutes of morning planning. After your sunlight exposure, water, breakfast, and movement, sit down with a notepad and set your intentions for the day. Write down the top 3 things you need to accomplish that day, prioritizing family and God-centered goals.



# WHY IT'S A CHALLENGE

Taking the time to plan might feel like just another task, but this practice will help you bring clarity and focus to your day.



Scripture for Reflection: "Commit to the Lord whatever you do, and He will establish your plans." - Proverbs 16:3

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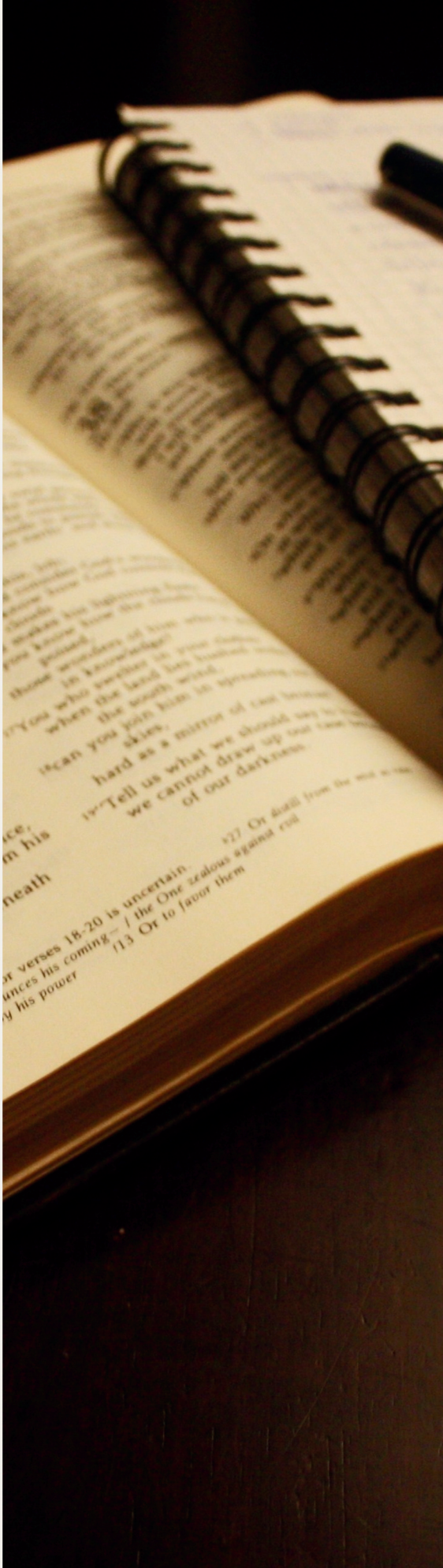
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## SPIRITUAL FOCUS

Commit your plans to God and trust Him with the outcome.

*The plans of the diligent lead to profit*



# Day 05

## NOURISH YOUR SPIRIT— SCRIPTURE & QUIET TIME

Your morning is now energized and purposeful, but today we're adding the most important nourishment—spiritual food. Spend 10 minutes reading Scripture and reflecting on God's Word. It's a way to fill your spirit and bring His light into every part of your day. Let His wisdom guide you.

# THE HABIT

Add 10 minutes of Scripture reading to your morning routine. After your water, sunlight, breakfast, movement, and planning, spend some quiet time with God's Word. Start with Proverbs or Psalms.



## WHY IT'S A CHALLENGE

With a full to-do list, it can be tempting to skip this, but your spiritual nourishment is as important as your physical nourishment.

Scripture for Reflection: "Your word is a lamp to my feet and a light to my path." - Psalm 119:105

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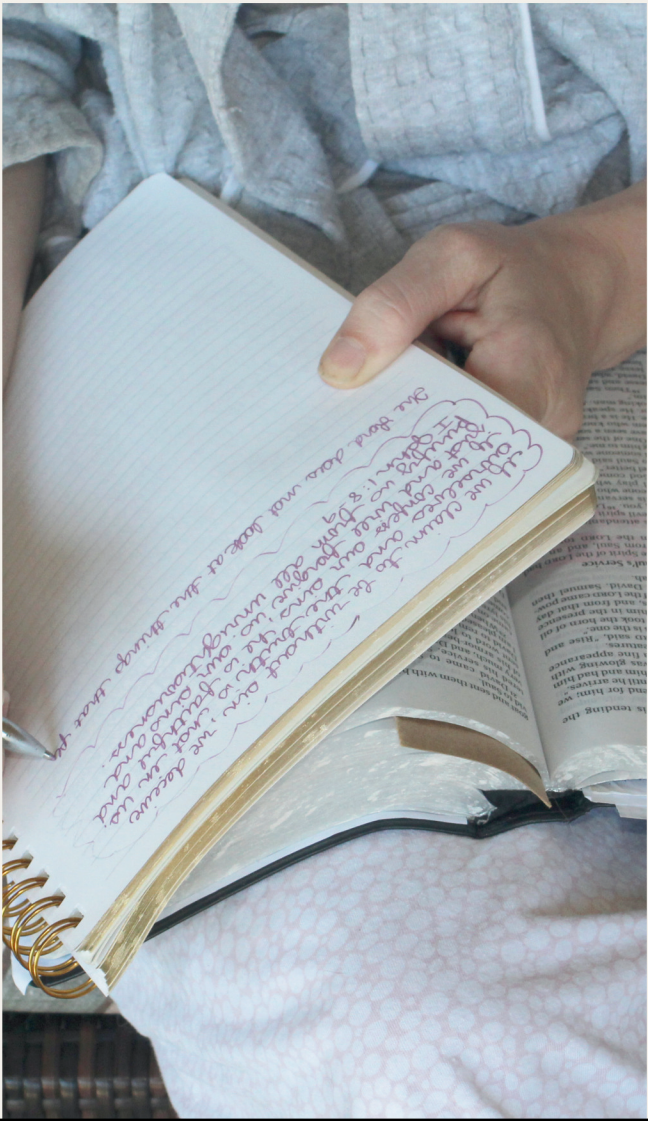
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# SPIRITUAL FOCUS

Let God's Word refresh and renew you.

*not to know the Bible  
but to know God*



# Day 06

## CHECK-IN WITH YOURSELF— SELF- REFLECTION

Take a moment to pause and reflect today. How are you feeling? What has God revealed to you this week? Checking in with yourself allows you to stay mindful of the changes you're making and how they're affecting your energy and spirit. Use this time to listen to what God is speaking to your heart.

# THE HABIT

By now, you've built quite the morning routine. Today, add a self-reflection moment. Ask yourself: How am I feeling? Where is God leading me today? What am I learning from this challenge?



# WHY IT'S A CHALLENGE

In our busy lives, self-reflection often gets skipped. But taking a moment to check in with yourself allows you to course-correct and be more mindful of how you're using your energy.

Scripture for Reflection: "Be still, and know that I am God." – Psalm 46:10

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## SPIRITUAL FOCUS

Be still and listen for God's voice in the quiet. Ask Him what He needs you to know or understand today. Speak to God.

*Reflective thinking  
turns experience  
into insight*



# Day 07

## GRATITUDE & CELEBRATION

You've made it to the final day! Today is all about celebrating your progress. Continue your morning routine and reflect on how far you've come. Spend a moment in gratitude, praising God for the strength He's given you to make these changes. You've built a powerful morning routine—keep going strong! If you feel the need, go back and work on each habit again, but this time slow it down. Do one baby step at a time to make a lasting impact. It's not wrong to simply continue with all of the habits, but some find it more sustainable to restart and add one at a time over a longer period. You know yourself. Do what feels best.



# THE HABIT

On this final day, celebrate your progress! Reflect on the journey and thank God for guiding you through it. Continue all your habits—sunlight, water, breakfast, movement, planning, Scripture reading, and self-reflection—and spend a few moments in gratitude for the work God is doing in you.



# WHY IT'S A CHALLENGE

It's easy to focus on what didn't go perfectly. Instead, focus on the good!

Scripture for Reflection: "Give thanks to the Lord, for He is good; His love endures forever." - 1 Chronicles 16:34

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## SPIRITUAL FOCUS

Celebrate the growth you've experienced this week and thank God for the strength to keep going.

*God's creation took  
seven days*

# CHECKLIST

Month: .....

Week: .....

✓ Tasks	Mo	Tu	We	Th	Fr	Sa	Su
Day 1: Rise with the Sun, Hydrate & Pray							
Day 2: Fuel with a Balanced Breakfast	█						
Day 3: Add Gentle Morning Movement	█	█					
Day 4: Plan Your Day with Intention	█	█	█				
Day 5: Nourish Your Spirit with Scripture	█	█	█	█			
Day 6: Reflect on Your Progress	█	█	█	█	█		
Day 7: Celebrate & Give Thanks	█	█	█	█	█	█	



## CONCLUSION: A BEAUTIFUL NEW BEGINNING

As you come to the end of this 7-day challenge, take a moment to reflect on the transformation you've begun. You've committed to building rhythms that honor your body, mind, and spirit, just as God designed the world with intention and purpose in seven days. These habits may have stretched you, but with each sunrise, you've grown stronger and more in tune with the life God desires for you.

Remember, this journey doesn't end here. What you've experienced this week is the start of a beautiful new beginning—one rooted in balance, strength, and faith. As you continue, let these habits anchor your days and guide your family's health and well-being. Trust in God's grace to sustain you as you cultivate an energized, purposeful life, full of gratitude and love.

You've seen that with God, you can do hard things. Let His light continue to shine through every part of your day, every breath, and every step you take. This is your moment to thrive, to grow deeper in faith, and to live out His calling for you. Keep going, friend—you are building something beautiful.

*Renay xoxo*

# THANK YOU FOR READING!

Coming Soon: A Journey to Healing and Nourishing

Are you ready to take your transformation even deeper? This 7-day challenge is just the beginning. Get ready to unlock a full course designed to heal and nourish your body, mind, and spirit. It's about finding your perfect rhythms, restoring your energy, and creating a lifestyle that aligns with your values. You'll learn how to build long-lasting habits that rejuvenate you from the inside out, helping you thrive in your everyday life.

Stay tuned for a life-changing journey to wholeness and vitality—you won't want to miss it!

*Renay xoxo*

