

DAY 1

CLEAR THE EMOTIONAL CLUTTER

Heart Check Checklist:



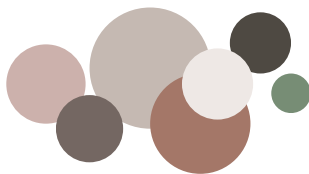
<input type="checkbox"/> IDENTIFY 3 EMOTIONAL WEIGHTS YOU'VE BEEN CARRYING (E.G., GUILT, REGRET, COMPARISON).	<input type="checkbox"/> JOURNAL ONE MOMENT THIS WEEK WHEN YOU FELT EMOTIONALLY OVERWHELMED.	<input type="checkbox"/> SAY "NO" TO ONE THING TODAY THAT DRAINS YOUR PEACE.
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Forgiveness PRAYER

"FATHER, I GIVE YOU THE HURT, SHAME, AND HEAVINESS I'VE HELD IN MY HEART. I RELEASE THE PEOPLE WHO'VE WOUNDED ME, AND I ASK YOU TO HEAL WHAT'S BROKEN. I FORGIVE THEM. I FORGIVE MYSELF. TODAY, I RECEIVE YOUR PEACE."

Let Go ACTIVITY

WRITE EACH EMOTIONAL BURDEN ON A PIECE OF PAPER. RIP OR THEM SAFELY AS A SYMBOLIC ACT OF RELEASE.



DAY 2

DECLUTTER YOUR THOUGHTS



Mind Reset Checklist:

<input type="checkbox"/> REPLACE THREE NEGATIVE THOUGHTS WITH SCRIPTURAL TRUTHS.	<input type="checkbox"/> SET A 10-MINUTE TIMER TO SIT IN SILENCE AND INVITE GOD'S VOICE TO SPEAK LOUDER THAN YOUR INNER CRITIC.	<input type="checkbox"/> TURN OFF SOCIAL MEDIA OR UNNECESSARY NOISE FOR ONE HOUR TODAY.
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Forgiveness **PRAYER**

“ LORD, I SURRENDER EVERY ANXIOUS, CRITICAL, AND DEFEATING THOUGHT. RENEW MY MIND WITH YOUR WORD AND HELP ME THINK WITH CLARITY, TRUTH, AND PEACE. HELP ME SEE MYSELF THE WAY YOU SEE ME.”

Let Go *ACTIVITY*

MAKE A “ THOUGHT SWAP ” LIST—ON ONE SIDE WRITE THE LIE, ON THE OTHER SIDE WRITE THE TRUTH FROM GOD’S WORD. POST ONE TRUTH WHERE YOU CAN SEE IT DAILY.



DAY 3

MAKE ROOM FOR MORE OF GOD



Spiritual Refresh Checklist:

<input type="checkbox"/> DEDICATE 15 MINUTES TO PRAYER AND SCRIPTURE	<input type="checkbox"/> REFLECT ON WHAT GOD MIGHT BE INVITING YOU INTO THIS SEASON.	<input type="checkbox"/> CREATE A WORSHIP PLAYLIST TO HELP SET THE TONE FOR YOUR NEW SEASON.
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Forgiveness PRAYER

“GOD, I CONFESS THE TIMES I’VE PUT OTHER THINGS BEFORE YOU. I WANT A FRESH START WITH YOU. CLEAR AWAY ANYTHING STANDING BETWEEN US. FILL ME WITH YOUR SPIRIT AND PREPARE MY HEART FOR WHAT YOU’RE DOING NEXT.”

Let Go ACTIVITY

PHYSICALLY CLEAN ONE SPACE (YOUR PURSE, A DRAWER, OR YOUR JOURNAL PAGES). AS YOU DO, PRAY:

“GOD, AS I CLEAR THIS SPACE, CLEAR MY HEART TOO.”

