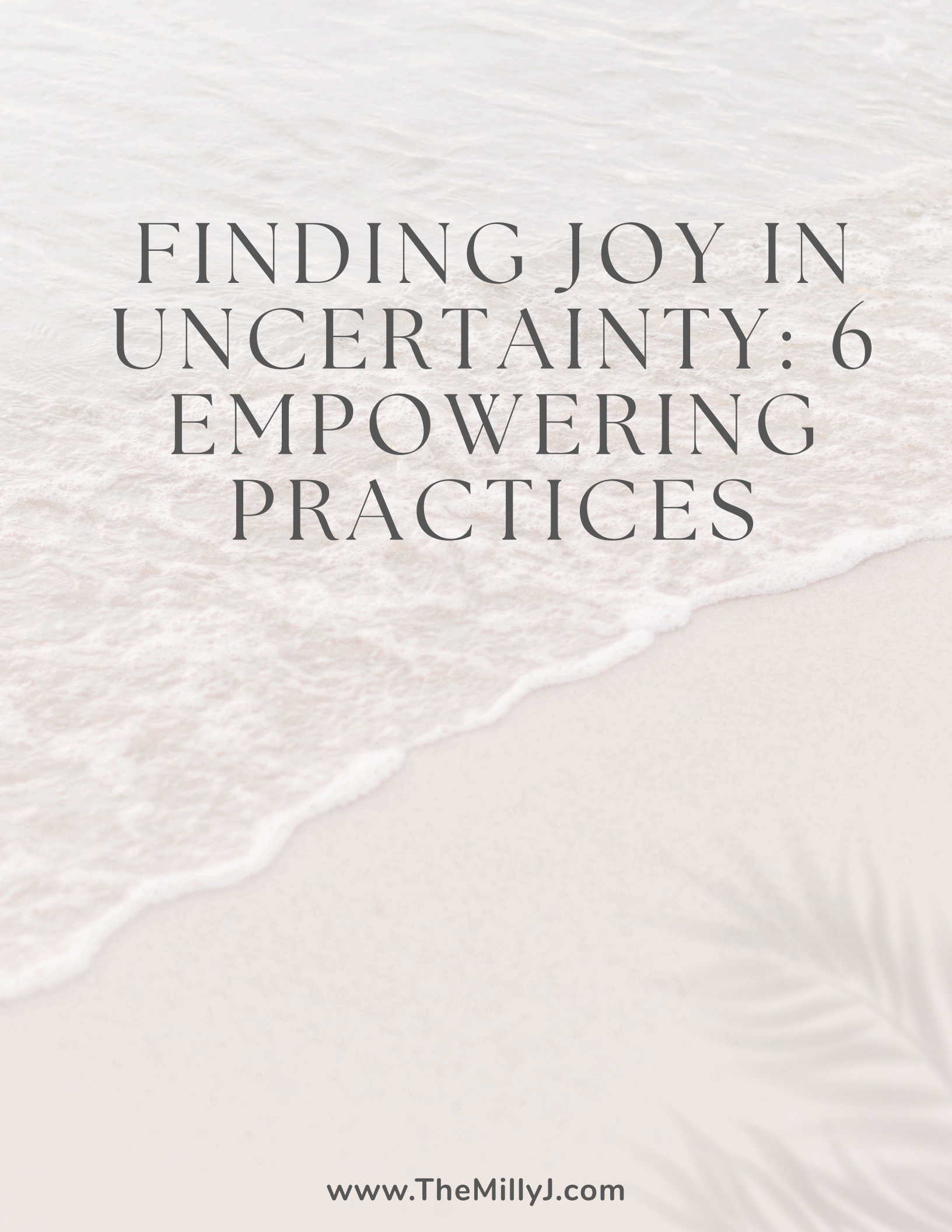




FINDING JOY IN UNCERTAINTY: 6 EMPOWERING PRACTICES

SLOW DOWN & NOTICE THE SMALL THINGS
DAILY PRACTICES

- ☐ **TAKE ONE INTENTIONAL DEEP BREATH**
- ☐ **NOTICE ONE BEAUTIFUL DETAIL IN YOUR ENVIRONMENT**
- ☐ **PAUSE BEFORE REACTING TO ANYTHING STRESSFUL**

REFLECTION PROMPT:
WHAT SMALL MOMENT BROUGHT ME
UNEXPECTED PEACE TODAY?

CREATE GROUNDING RITUALS
DAILY PRACTICES

- ☐ **MORNING OR EVENING RITUAL COMPLETED**
- ☐ **LIT A CANDLE, PRAYED, OR JOURNALED**
- ☐ **DID ONE THING THAT SUPPORTED MY
BODY**

REFLECTION PROMPT:
**WHICH RITUAL HELPED ME FEEL MOST
GROUNDED TODAY?**

**HONOR YOUR EMOTIONS
DAILY PRACTICES**

- ☐ **I ACKNOWLEDGED HOW I TRULY FEEL**
- ☐ **I ALLOWED MYSELF TO FEEL WITHOUT
JUDGMENT**
- ☐ **I PRACTICED COMPASSION TOWARD
MYSELF**

**REFLECTION PROMPT:
WHAT EMOTION NEEDS MY ATTENTION RIGHT
NOW?**

**RECONNECT WITH PURPOSE
DAILY PRACTICES**

- ☐ **REVISITED MY “WHY”**
- ☐ **TOOK ONE PURPOSE-ALIGNED ACTION**
- ☐ **REMINDED MYSELF THAT CLARITY OFTEN
COMES THROUGH UNCERTAINTY**

**REFLECTION PROMPT:
WHAT PURPOSE OR CALLING FEELS MOST
ALIVE IN ME TODAY?**

**LEAN INTO COMMUNITY
DAILY PRACTICES**

- ☐ **REACHED OUT TO SOMEONE I TRUST**
- ☐ **ALLOWED MYSELF TO RECEIVE SUPPORT**
- ☐ **SHARED A MOMENT OF JOY WITH
SOMEONE**

**REFLECTION PROMPT:
WHO POURED INTO ME TODAY — AND HOW
CAN I POUR BACK?**

**CHOOSE JOY ON PURPOSE
DAILY PRACTICES**

- ☐ **NAMED ONE THING I'M GRATEFUL FOR**
- ☐ **CHOSE HOPE OVER FEAR**
- ☐ **CELEBRATED A SMALL WIN**

**REFLECTION PROMPT:
WHERE DID I CHOOSE JOY TODAY, EVEN IN
UNCERTAINTY?**

**1: SLOW DOWN & NOTICE THE SMALL THINGS
DAILY PRACTICES**

- ☐ **TAKE ONE INTENTIONAL DEEP BREATH**
- ☐ **NOTICE ONE BEAUTIFUL DETAIL IN YOUR
ENVIRONMENT**
- ☐ **PAUSE BEFORE REACTING TO ANYTHING
STRESSFUL**

**REFLECTION PROMPT:
WHAT SMALL MOMENT BROUGHT ME
UNEXPECTED PEACE TODAY?**

DAILY CLOSING REFLECTION

- What did today teach me about resilience?
- Where did I feel God's presence today?
- What joy can I carry into tomorrow?

GUIDED PRAYER
Find a comfortable position.
Let your shoulders drop.

Take a slow, deep breath in... and release.
As you breathe, imagine God's peace filling the
room around you.
Imagine His presence settling over your heart like
warm light.

Say quietly to yourself:
"I am safe. I am held. I am not alone."
Let your breath become steady.

Let your mind soften.
Let your spirit open.

Now pray:
"God, meet me here.
In the uncertainty.
In the questions.

In the places I don't yet understand.
Fill me with Your joy — the kind that anchors me,
strengthens me, and reminds me that hope is still
alive."

Take one more deep breath.
Feel the peace.
Feel the grounding.
Feel the joy rising gently within you.
When you're ready, open your eyes.



Hello!

I pray this gentle reflection blesses your spirit. We all carry worries, but we were never meant to hold them alone. God invites us to lay every burden at His feet, to release what weighs us down, and to rest in the peace that comes when we let go — and let Him take over

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Every moment is an
opportunity to change
your perspective.