

# *Week Three*

FROM AWARENESS  
TO ALIGNMENT

# *From Awareness to Alignment*

The world will always shout for more – more productivity, more hustle, more doing. But Jesus whispers a better way: His yoke is easy, His burden is light, and His pace brings rest, not exhaustion.

When your priorities drift out of alignment, weariness follows close behind. But when you pause and place your days under His guidance, your schedule shifts from scattered to steady. Purpose isn't found in doing it all – it's found in doing what He has called you to, in His timing.

This week is about releasing the pressure to prove yourself and leaning into the peace of walking with Him. Rest is not laziness – it is obedience. It's in stillness with Jesus that clarity comes, and it's in alignment with Him that your life bears fruit.

Step forward not by adding more, but by choosing less – less striving, less noise, less distraction. Make room for what matters, and trust that the God who called you will also sustain you.

## *Week 3 From Awareness to Alignment*

### SCRIPTURE

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

– Matthew 11:28-30

Hustle culture says your worth is in how much you can do. But Jesus calls you to a different way – one where peace replaces pressure and rest becomes strength.

Awareness is the first step. Notice where you feel scattered, burned out, or stretched too thin. Those places are invitations to come back into alignment with God’s pace.

This week is about choosing rest on purpose. Alignment isn’t about doing more – it’s about doing the right things, in step with Him.





*date:*

# Monday Devotional

## SCRIPTURE

“Come to me, all you who are weary and burdened, and I will give you rest.”

– Matthew 11:28

Weariness is not a sign you've failed – it's a signal that you need Jesus. He invites you to lay down your heavy loads and come close to Him.

Rest doesn't mean quitting. It means letting Him carry what you were never meant to hold.

When you release the burden, you make room for His peace.

Your weariness is welcome with Him.



# PLAN

*daily*

*date:*

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I'm grateful today because

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Where I saw God today

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*notes*

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# HABITS

## Monday

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### SNACKS/MISC

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### WORD OF THE DAY

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### TODAY I AM GRATEFUL FOR

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### NON NEGOTIABLES FOR TODAY

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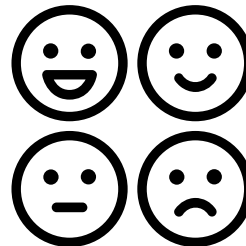
### SLEEP QUALITY

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### STRESS LEVEL

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### MOOD



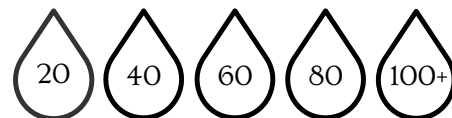
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

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### ONE THING TO IMPROVE TOMORROW

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*date:*

# *Tuesday Devotional*

## SCRIPTURE

“Take my yoke upon you and learn from me...”

– Matthew 11:29a

A yoke connects two together. Jesus offers to walk with you – not behind you, not ahead of you, but right beside you.

Learning His rhythm means slowing down to walk at His pace instead of racing at your own.

Peace comes when you let Him set the speed.

You don't carry this alone – He walks with you.



# daily PLAN

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I'm grateful today because

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Where I saw God today

*notes*

*to do*

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# HABITS

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### SNACKS/MISC

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### WORD OF THE DAY

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### NON NEGOTIABLES FOR TODAY

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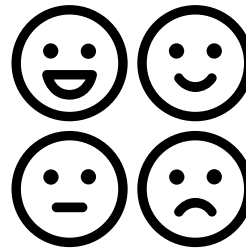
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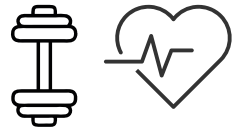
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### MOOD



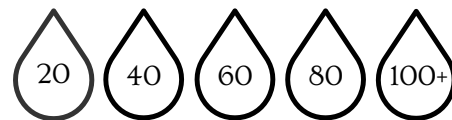
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

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### ONE THING TO IMPROVE TOMORROW

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*date:*

# Wednesday Devotional

## SCRIPTURE

“...for I am gentle and humble in heart...”

– Matthew 11:29b

The world often pushes with pressure, but Jesus leads with gentleness. His guidance is never harsh or shaming – it’s rooted in love.

When you let Him lead, you’re aligning with kindness, not criticism.

Gentleness brings safety, and in that safety you find rest.

God’s gentleness is your safe place.



# PLAN

*daily*

*date:*

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I'm grateful today because

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*coming up*

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Where I saw God today

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*notes*

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# HABITS

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### SNACKS/MISC

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### WORD OF THE DAY

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### TODAY I AM GRATEFUL FOR

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### NON NEGOTIABLES FOR TODAY

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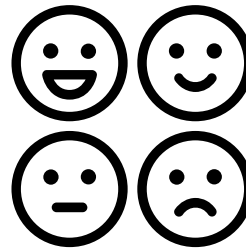
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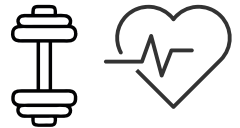
### STRESS LEVEL

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### MOOD



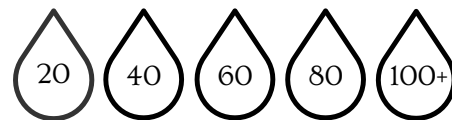
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

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### ONE THING TO IMPROVE TOMORROW

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*date:*

# Thursday Devotional

## SCRIPTURE

“...and you will find rest for your souls.”

– Matthew 11:29c

True rest is deeper than sleep or time off. It's soul rest – peace that reaches the deepest parts of who you are.

When you align with Him, your soul exhale replaces striving.

This is the rest that restores, renews, and sustains.

Rest for your soul is found in Him.



# PLAN

*daily*

*date:*

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I'm grateful today because

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Where I saw God today

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*notes*

- to do*
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# HABITS

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### SNACKS/MISC

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### WORD OF THE DAY

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### NON NEGOTIABLES FOR TODAY

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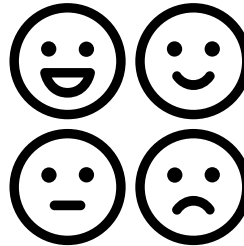
### SLEEP QUALITY

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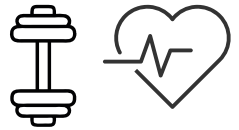
### STRESS LEVEL

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### MOOD



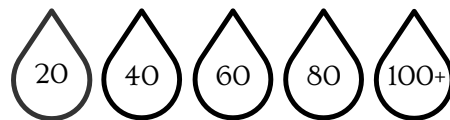
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

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### ONE THING TO IMPROVE TOMORROW

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*date:*

# Friday Devotional

## SCRIPTURE

“For my yoke is easy and my burden is light.”

– Matthew 11:30

The burdens we pick up on our own are heavy. The ones Jesus gives are light, because He carries them with us.

If your load feels crushing, it's not from Him. Alignment with Jesus always brings ease to the soul.

Light burdens make space for steady peace.

If it's crushing you, it's not from Him.



# daily PLAN

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I'm grateful today because

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Where I saw God today

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*notes*

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# HABITS

Friday

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## MEAL 5

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## SNACKS/MISC

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## WORD OF THE DAY

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## TODAY I AM GRATEFUL FOR

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## NON NEGOTIABLES FOR TODAY

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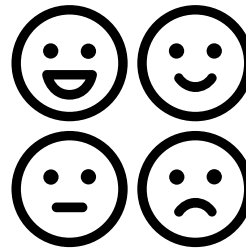
## SLEEP QUALITY

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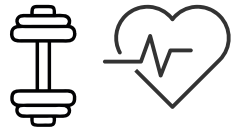
## STRESS LEVEL

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## MOOD



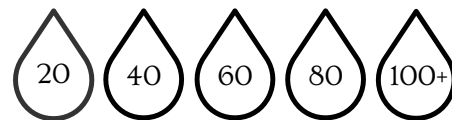
## MOVEMENT



## RECOVERY



## WATER TRACKER



## BIGGEST WINS TODAY

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## ONE THING TO IMPROVE TOMORROW

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*date:*

# *Saturday Devotional*

## SCRIPTURE

“Be still, and know that I am God.”

Psalm 46:10

Stillness is the doorway to awareness. In the quiet, you notice what's been hidden under hurry.

Being still doesn't mean doing nothing – it means being present with the One who holds everything.

Stillness creates room for alignment.

Stillness makes space for God's peace.



# PLAN

*daily*

*date:*

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I'm grateful today because

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*coming up*

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Where I saw God today

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*notes*

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# HABITS

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### SNACKS/MISC

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### WORD OF THE DAY

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### TODAY I AM GRATEFUL FOR

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### NON NEGOTIABLES FOR TODAY

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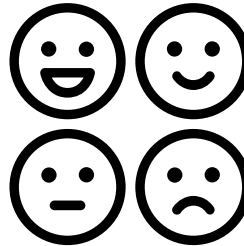
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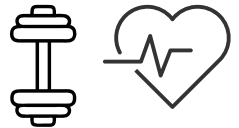
### STRESS LEVEL

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### MOOD



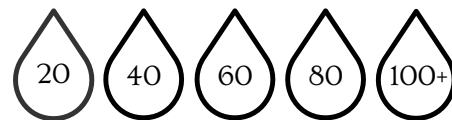
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

\_\_\_\_\_

\_\_\_\_\_

### ONE THING TO IMPROVE TOMORROW

\_\_\_\_\_

\_\_\_\_\_

*date:*

# *Sunday Devotional*

## SCRIPTURE

“The Lord is my shepherd, I lack nothing.”

– Psalm 23:1

Alignment starts with trust. If the Lord is your Shepherd, you don't have to chase or hustle for what you already have in Him.

Rest flows from knowing He provides. Hustle fades when you believe you lack nothing in His care.

Peace is found in trust, not in striving.

You lack nothing when the Lord is your Shepherd.



# daily PLAN

date: \_\_\_\_\_

MON	TUE	WED	THU	FRI	SAT	SUN
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Time	Activity
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	

I'm grateful today because

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*coming up*

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Where I saw God today

*notes*

*to do*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# HABITS

## Sunday

### MEAL 1

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 2

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 3

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 3

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 4

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### MEAL 5

- PROTEIN \_\_\_\_\_
- PRODUCE \_\_\_\_\_
- FAT \_\_\_\_\_
- STARCH \_\_\_\_\_
- OTHER \_\_\_\_\_

### SNACKS/MISC

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WORD OF THE DAY

\_\_\_\_\_

### TODAY I AM GRATEFUL FOR

\_\_\_\_\_

### NON NEGOTIABLES FOR TODAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

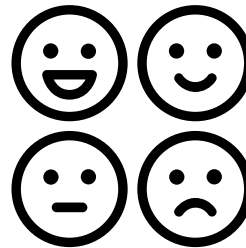
### SLEEP QUALITY

1	2	3	4	5	6	7	8	9	10
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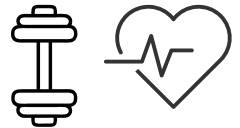
### STRESS LEVEL

1	2	3	4	5	6	7	8	9	10
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### MOOD



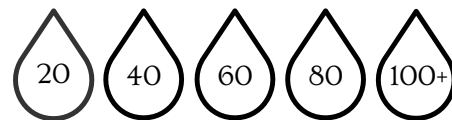
### MOVEMENT



### RECOVERY



### WATER TRACKER



### BIGGEST WINS TODAY

\_\_\_\_\_

\_\_\_\_\_

### ONE THING TO IMPROVE TOMORROW

\_\_\_\_\_

\_\_\_\_\_

# Week 3 Reflection

FROM AWARENESS TO ALIGNMENT

“COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED,  
AND I WILL GIVE YOU REST.”

– MATTHEW 11:28

MY WINS THIS WEEK

THIS WEEK I EXPERIENCED PROGRESS IN

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MY CHALLENGES THIS WEEK

A CHALLENGE I FACED WAS

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THIS WEEK TAUGHT ME

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WHERE I SAW GOD AT WORK

THIS WEEK I NOTICED GOD'S STRENGTH IN

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ONE MOMENT I CHOSE REST  
OVER HUSTLE:

ONE AREA THAT STILL  
FEELS HURRIED

ONE WAY I ALIGNED WITH GOD'S PACE:

ONE PLACE I'LL FOCUS ON NEXT WEEK:

MOVEMENT THAT ENERGIZED ME:

REST THAT RENEWED ME:

