

DAILY MIND RENEWAL TRACKER

"...be transformed by the renewing of your mind." - Romans 12:2

Date: _____

MORNING RHYTHMS (SETTING THE BASELINE)

- ☐ **Delay Digital Input:** I spent my first 10-15 minutes awake without looking at a screen.
- ☐ **Start with the Word:** I read a scripture, devotional, or prayed before checking my messages.
- ☐ **Hydrate First:** I drank a glass of water to wake up my brain before having caffeine.
- ☐ **Fuel My Body:** I ate a breakfast with protein to support sustained focus.

MID-DAY RHYTHMS (MANAGING STRESS)

- ☐ **The Breath Prayer:** I took a moment to breathe deeply, inhaling God's peace and exhaling my worry.
- ☐ **The Brain Dump:** I wrote my tasks and assignments down on paper so I do not have to hold them in my working memory.
- ☐ **Reframing:** I recognized one negative or anxious thought today and actively replaced it with a true, productive thought.
- ☐ **Connection:** I had a positive interaction or shared a kind word with someone else today.

EVENING RHYTHMS (WINDING DOWN)

- ☐ **Prepare for Tomorrow:** I laid out my clothes and packed my bag to reduce decision fatigue for the morning.
- ☐ **Digital Sunset:** I turned off my screens at least 30 to 60 minutes before going to sleep.
- ☐ **Gratitude Practice:** I wrote down three specific things I am thankful for today.
- ☐ **Release the Day:** I prayed and mentally handed over my unfinished tasks and worries to God before sleeping.

DAILY FOCUS

Today's Anchor Verse:

One thing I am trusting God with today:

Three things I am grateful for today:
