

MORNING ROUTINE

Proverbs 31 Woman

1. **Wake Up Early:** Rise before the sun to have some quiet time for yourself. This can help set a peaceful tone for your day.
2. **Prayer:** Start your day with a prayer. This can be a time to express gratitude, seek guidance, or simply connect with God.
3. **Bible Reading:** Spend some time reading the Bible. You could follow a Bible reading plan or study a specific book or passage.
4. **Meditation:** Reflect on the scripture you've read. What is it saying to you? How can you apply it to your life?
5. **Exercise:** Physical activity is important for overall health. This could be a walk, stretching or a more intense workout.
6. **Healthy Breakfast:** Fuel your body with a nutritious meal. This could be a smoothie, oatmeal, eggs, or anything that you enjoy and keeps you full.
7. **Plan Your Day:** Review your schedule, set your priorities, and make a to-do list. This can help you stay organized and focused throughout the day.
8. **Praise and Worship:** Listen to some Christian music or hymns as you get ready for your day. This can be a great way to keep your mind focused on God.

Remember, this is just a suggestion and the best routine is the one that suits your lifestyle and strengthens your relationship with God. Feel free to adjust this routine to better suit your needs.