

DAILY REFLECTION GUIDE



“Teach us to number our days, that we may gain a heart of wisdom.” – Psalm 90:12

1. MORNING INTENTION | *Set direction, not pressure*

Word / Focus for Today:

Prayer or Intention:

Scripture or Truth to Return To:

Body Check-In:

How does my body feel this morning?

2. MIDDAY AWARENESS | *Interrupt autopilot*

Energy Level: Low Medium High

What’s been life-giving so far?

What’s been draining?

Do I need to adjust my pace or expectations.

3. EVENING REFLECTION | *Review with grace*

Where did I feel most alive today?

Where did I feel rushed or distracted?

Where did I notice God’s presence?

One thing to release to God:

4. FITNESS & DATA REVIEW | *Insight, not judgment*

- Training / Movement:
- Notes:
- Sleep / Recovery:

What does this data reveal about my pace?

5. GRATITUDE | *Name three gifts from today*

- 1.
- 2.
- 3.

6. NEXT STEPS | *Formation over time*

One thing I'll carry into tomorrow:

One way I can do good for others:

Reminder:

*Productivity is not doing more things –
it is stewarding my life for the glory of God and the good of others. (Adapted from Romans 11:36)*

Created by: Donnie Hinshaw | Rhythms and Roots Podcast