

# *Morning Mindset*

## *Starter Guide*

*A Faith-Filled Morning Routine for Women*

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*"She rises while it is yet night and provides food for her household."*

*— Proverbs 31:15*

■ **FREE PREVIEW**

Welcome to your Morning Mindset Starter Guide! Inside these pages you'll find a gentle, faith-rooted framework for starting each day with intention, Scripture, and gratitude. This preview gives you a taste of Monday's full practice.

*— Mira Rosehart*

# How to Use This Guide

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Each morning in this guide follows a simple, grace-filled rhythm. You don't need to be a morning person — you just need a willing heart and a quiet moment. Even five minutes with God can shift the entire trajectory of your day.

## *Your Daily Rhythm*

### ■ Scripture

Read the verse slowly. Read it again. Let it sink in.

### ■ Prayer Prompt

A simple prompt to open your heart to God.

### 🙏 ■ Reflection

Space to process what you're feeling, hoping, or asking.

### ■ Gratitude

Name three things — big or small — you're thankful for.

### ■ Intention

One word or phrase to carry with you into the day.

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There is no perfect way to do this. Some mornings you'll have an hour; others, just five minutes between the alarm and the chaos. Both are enough. God meets you right where you are.

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

— Matthew 11:28 (NIV)

