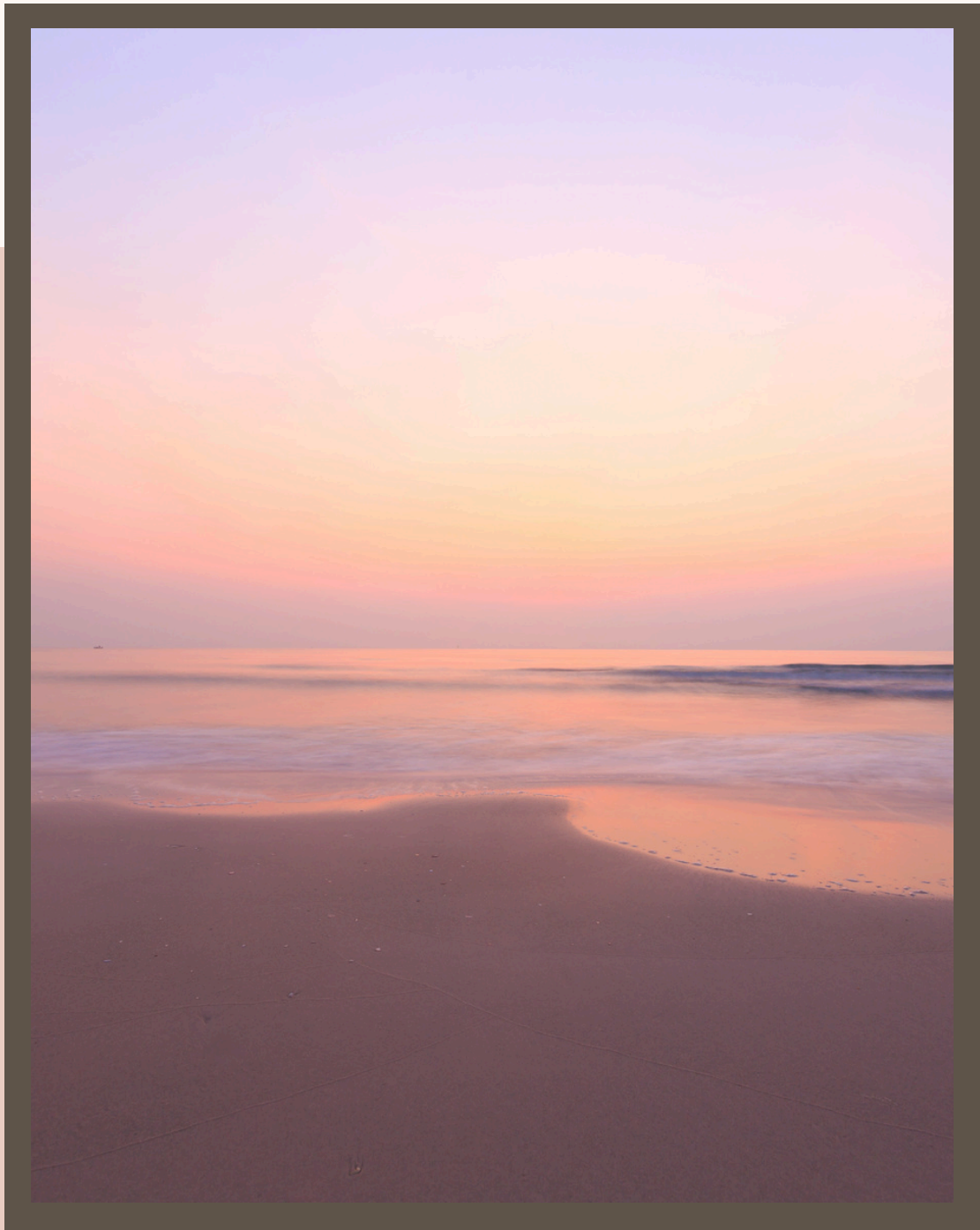


The Faithfully She Morning Routine

10 Minutes to Confidence, Calm, and Clarity



FAITHFULLY SHE

Dear Friend,

The way you begin your morning shapes the way you show up for the day. If your mornings feel rushed, noisy, or heavy — you're not failing, you're simply unanchored. This 10-minute routine will help you reset that rhythm. It blends faith grounding (Tricia) with mindset & behavior tools (Regan) to help you step into each day focused, calm, and confident in who you are and Whose you are. Each section takes just two minutes — five small moments that bring big peace.

All you need is a quiet spot, a journal, and a few deep breaths.

With grace and calm,
Tricia & Regan
Faithfully She



*“Because of the Lord’s great love we are not consumed,
for His compassions never fail.
They are new every morning;
great is Your faithfulness.” — Lamentations 3:22–23*

THE 10-MINUTE FLOW

Minute 1–2: Pray First (Faith Focus)

“In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly.”— Psalm 5:3

Start with stillness.

Whisper a short prayer of gratitude or surrender.

Try this:

“Lord, this day belongs to You. Anchor my thoughts, guide my steps, and let my words carry peace.”

Minute 3–4: Reflect on Truth (Scripture & Identity)

Choose one verse to meditate on. You might write it in your journal or repeat it aloud.

Examples:

- “You keep her in perfect peace whose mind is stayed on You.” — Isaiah 26:3
 - “I am fearfully and wonderfully made.” — Psalm 139:14
- Behavior Tool (Regan):

Repetition rewires the mind — say the verse slowly, breathing with each line.

THE 10-MINUTE FLOW

Minute 5–6: Reset Your Mind (Renewal Practice)

“Be transformed by the renewing of your mind.” —
Romans 12:2

Ask yourself:

“What thoughts am I carrying that don’t align with truth?”
Write them down — then reframe them with Scripture.

Example:

“I’m already behind.” → “God’s timing is perfect for me.”
“I’m not enough.” → “His grace is sufficient.”

Behavior Tip:

Naming and reframing thoughts reduces their power —
truth restores perspective.

Minute 7–8: Gratitude in Motion (Grounding Practice)

Take two deep breaths. Feel your feet on the ground.
Then write down three things you’re grateful for today.
They can be small: morning light, laughter, coffee, or
simply a breath of peace.

Gratitude activates calm — it shifts your brain from
survival to safety, from fear to fullness.

THE 10-MINUTE FLOW

Minute 9–10: Step into Purpose (Action & Prayer)

End your routine by setting one calm intention for your day.

Prompt:

“How do I want to show up today?”

Tricia’s Prayer:

“Father, help me lead from peace, not pressure. Let my presence bring calm, my words bring grace, and my heart stay anchored in You.”



BONUS: THE DAILY ANCHOR CARD

Create a mini “Faithfully She Anchor Card” for your journal, mirror, or desk.

My Daily Declaration:

I am anchored in faith.

I lead with calm.

I trust God’s pace, not pressure.

Tip:

Repeat your anchor statements aloud each morning —
your words create your mindset.



CLOSING

“She is clothed with strength and dignity; she can laugh at the days to come.” — Proverbs 31:25

You don't need a perfect morning to find peace. You just need a moment of intention — to pause, breathe, and remember the God who goes before you.

Your calm leadership begins here.

Want to keep growing in faith and confidence?

Join our Faithfully She Community or the 7-Day Calm Confidence Challenge — where you'll learn to turn peace into a daily rhythm.

👉 Join our Letters of Faith [Here](#)

Or follow @faithfully.she on Instagram for daily encouragement and devotionals.





Hello!

We're a mother-daughter team passionate about helping women of faith overcome anxiety, rebuild confidence, and lead with calm and purpose.

I (Tricia) bring decades of leadership, mentoring, and faith-based teaching experience — alongside a Doctorate in Organizational Leadership and a heart for guiding women through life's transitions.

Regan is a Board-Certified Behavior Analyst (BCBA) who specializes in behavior techniques, mindset tools, and practical strategies for calm living.

Together, we blend faith + behavioral science + mentorship to help women step into their God-given purpose with peace and confidence.

"Our prayer is that through every word and every tool, you'll be reminded of who you are — chosen, equipped, and worthy of calm confidence."

✉ Connect with us:

Facebook: [faithfullyshe.com](https://www.facebook.com/faithfullyshe.com)

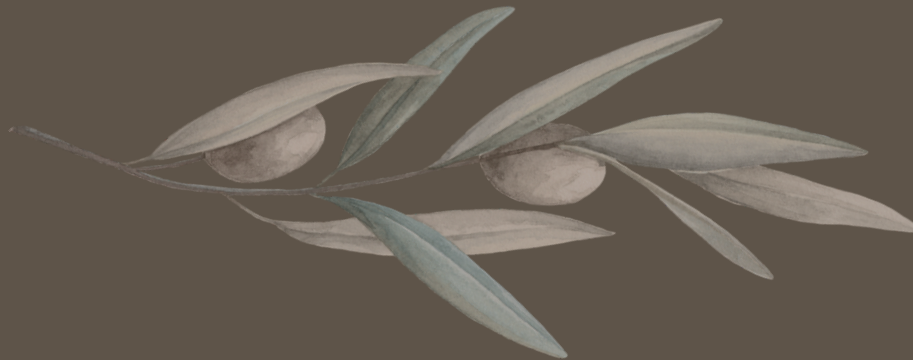
Instagram: [@faithfullyshe](https://www.instagram.com/faithfullyshe)

Tricia and Regan



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We'd love your feedback!

Your voice means so much to us. If Faithfully She resources have encouraged, equipped, or inspired you, would you take a moment to share your thoughts? Your feedback helps us grow, reach more women of faith, and continue creating tools that bring calm, confidence, and spiritual renewal to everyday life. And if you've been blessed by what you've found here, we'd love for you to tell a friend or share the news about Faithfully She with someone who could use a little extra peace and encouragement today. Thank you for being part of this community—your story truly matters to us.