A GENTLE GUIDE FOR TIRED MOMS

!e *5-Minute* Morning Reset

forthemomwhofeels overwhelmed, outofrhythm,& wantsto reconnectwith God

A SIMPLE DAILY RHYTHM

ABIDE & BECOME · BY EMILY

WELCOME, FRIEND

You don't need to strive harder.

Ifyou'rehere,it'sprobablybecauseyouwantto grow — but you're tired of feeling like you're always behind. Me too.

You love God. You want to become who He created you to be: a woman full of joy, anchored in truth, and filled with peace. And yet, in this season, it can feel hard — especially when sleep is broken and the days feel full before they even start.

Maybe motherhood feels heavier than you expected. Maybe your spiritual rhythms don't look like they used to. Maybe you keep wanting to spend time with God, but it just hasn't happened — not because you don't care, but because you're tired, stretched thin, and carrying a lot.

> *"!ere are enough Marthas. Let's be Marys."*

This isn't meant to be another thing on your list. This is just a simple reset. A gentle way to come back to what's already true.

God sees you. He honors your desire to grow. And He is faithfully at work in you — even in the quiet, unseen moments.

Love, Emily



STEP 01 · YOUR DAILY PRACTICE

Morning Rhythm

Four gentle steps. Five minutes. Begin again.



01 Breathe & Be Still

Before grabbing yourphone,just pause. Take a deep breath. Invite God into your morning with a single word — or with silence.

1 MINUTE

02 Speak Truth

Replace stresswithtruth. Speak life over yourself with the scripture-based declarations on the next page. Out loud, slowly, letting the words land.

1–2 MINUTES

03 Connect with God

Read one Bible verse,orjust a few lines. Release your worries — ask God to give you the strength and grace you need for today.

1–2 MINUTES

04 Set Your Focus

Ask yourself:"What matters most today?" Choose 1–3 simple priorities. You don't need to do everything — just the things that truly matter.

1 MINUTE

"This is not about doing it perfectly. This is about creating a small moment to come back to God before the day pulls you in every direction."

Daily Declarations

When we speak God's truth out loud, we are not just encouraging ourselves — we are aligning with what is already true in Him, replacing lies with truth.

↓ READ SLOWLY. LET EACH ONE LAND WHERE YOU ARE.

- I am a daughter of God, deeply loved and chosen, even on hard days.
  1 JOHN 3:1
- I am faithful in what God has placed in front of me today.
  LUKE 16:10
- I am led by the Spirit of God in my parenting, decisions, and daily responsibilities.
  ROMANS 8:14
- !e Lord is ordering my steps as a mother, even when I feel unsure about direction or pace.
  PSALM 37:23
- God gives me wisdom generously to disciple and train up my children today.
  JAMES 1:5
- I have the mind of Christ — I think clearly, wisely, and with discernment as I mother my children today.
  1 CORINTHIANS 2:16
- I am being transformed by the renewing of my mind, even as I navigate ordinary, demanding days.
  ROMANS 12:2
- I have grace for this season, even when I feel stretched or overwhelmed.
  2 CORINTHIANS 12:9
- I can pause, breathe, and begin again at any moment. His mercies are new every morning.
  LAMENTATIONS 3:22–23

STEP 03 · DAILY USE

Simple Reset *Tracker*

Use this page each morning. Print multiple copies, or fill it in digitally.

DATE

Breathe | Speak | Connect | Focus

01 TODAY, I'M FOCUSING ON...

02 TODAY, I'M GRATEFUL FOR...

03 TRUTH I'M HOLDING ONTO TODAY...

"Being confident of this, that he who began a good work in you will carry it on to completion."

PHILIPPIANS 1:6

A REMINDER TO CARRY WITH YOU

You can always *begin again.*

Somedayswillstillfeelmessy. Some morningsyou'llskipthis completely. That's okay.

This isn't about perfection. It's about returning. God is not waiting for you to get it right. He's simply inviting you back.

> *"!e steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning."*
>
> LAMENTATIONS 3:22–23 · ESV