

# 10 HEALTHY RHYTHMS FOR ABUNDANT LIFE

## **Rest Rhythms**

Unplug, slow down, and Sabbath with intention.

## **Spiritual Rhythms**

Stay rooted in prayer, Scripture, and worship.

## **Physical Rhythms**

Move your body, nourish it well, and honor sleep.

## **Relational Rhythms**

Make space for real connection with those who fill you.

## **Mental & Emotional Rhythms**

Create margin for reflection, boundaries, and renewal.

## **Margin Rhythms**

Protect space in your schedule to breathe and hear from God.

## **Celebration Rhythms**

Don't skip the joy—pause to mark wins, holidays, and God's faithfulness.

## **Simplification Rhythms**

Regularly declutter your home, calendar, inbox, and soul.

## **Seasonal Reset Rhythms**

Pause every few months to reevaluate pace, purpose, and priorities.

## **Reflection & Repentance Rhythms**

Ask God to search your heart and lovingly course-correct when needed.