

THE SACRED VESSEL CHECKLIST

Daily Alignment of Mind, Body & Soul

PHASE 1: YOUR MORNING TUNE-UP

- ☐ **The 3-Breath Reset (Clear the Static)**
Before you even get out of bed, take three slow, deep breaths. In through the nose hold for 4 seconds and all the way out. It hits the "Reset Button" on your stress levels and clears the mental fog.
- ☐ **The Temple Stretch (Shake off the Negativity)**
Spend 2 minutes stretching. Pump your calves then reach high and touch your toes. It "oils the hinges" of your body and flushes out the physical tension from the night.
- ☐ **Morning Light (The Circadian Sync)**
Spend a few minutes outside looking at the morning sky (Gazing) with your feet on the grass (Grounding). This recalibrates your internal body clock.

PHASE 2: CHANGING THE OWNERSHIP

- ☐ **Update the Title Deed (The "Boss" Check)**
Say it out loud: "I am the Manager, not the Owner." Hand the keys of your day over to God. This removes the "burden of self."
- ☐ **Set the Filter (The Intake Guard)**
Before checking your phone, ask: "Is this fuel for my temple, or is it just digital trash?" Protect your peace by choosing what you consume.

PHASE 3: STAYING READY

- ☐ **Charge the Battery (Physical Stewardship)**
Treat your body like a High-Value Sanctuary. Drink water, choose real food, and rest when needed
- ☐ **Scan for "Cracks" (Maintenance)**
If you feel stressed or exhausted, stop. Take a minute to breathe and reconnect so that you don't leak spiritual vitality.
- ☐ **Stand in Readiness (The "Ladder Holder" Mindset)**
Keep your antenna up. Be ready to be used as a tool for grace. Your preparation makes you a Master Key in God's hands.

"You are a Vessel of Light"

"Small acts of obedience with daily seeds of discipline, harvest the Glory of God"

"May the source of love & light illuminate my way, dwell within my soul, and guide me every day."
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