



*Her Inner Glow Coaching*

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# Sacred Morning Ritual Guide

*A Christ-Centered Devotional Wellness Practice*

FOR WOMEN OVER 40 • BODY • SOUL • SPIRIT

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*"Beloved, I pray that you may prosper in all things  
and be in health, just as your soul prospers."*

— 3 John 1:2

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A sacred morning practice that blends prayer,  
breathwork, Scripture, nourishing movement,  
and a hormone-supporting breakfast ritual —  
designed for the woman who is ready to stop  
surviving and start glowing.

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# A Note from Tatiana

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Beloved,

You were created for wholeness — not just survival. And if you have been waking up exhausted, feeling disconnected from your body, and wondering if this is really all there is — I want you to know: it is not. There is more for you. And God's desire for you is not just to get through the day. It is to thrive.

I know because I lived the other way. For years I was the woman who had it together on the outside and was quietly falling apart on the inside. My body was exhausted in a way that sleep could not fix. My spirit had grown so dim I had almost forgotten what it felt like to truly glow.

It wasn't until I began to pursue healing the way God designed it — body, soul, and spirit together — that everything began to shift. Not overnight. But deeply. Permanently.

This guide is where that journey begins for you. Each morning practice in these pages is Christ-centered, whole-person, and designed specifically for women over 40. It will take you about 20–30 minutes. And it will change the way you start every day.

You do not have to settle for half of a life. You were created for wholeness — body, soul, and spirit. This is your first step back to it.

With love and faith,

*Tatiana*

Christ-Centered Holistic Health Coach · Her Inner Glow Coaching

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*"Be transformed by the renewing of your mind." — Romans 12:2*

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# How to Use This Guide

## Your Sacred Morning in 5 Steps

Each morning practice follows the same five-part rhythm — anchoring you in Christ, calming your body, nourishing your whole person, and sending you into your day restored.

### 1 Sacred Prayer (3–5 min)

Begin with the morning prayer on the following pages. Speak it aloud if you can — there is power in the spoken word. Let it anchor your identity in who God says you are before the world gets a chance to tell you otherwise.

### 2 4-7-8 Breathwork (3–5 min)

This simple breath practice shifts your nervous system from stress to peace in under five minutes. Do it before you look at your phone, your email, or anyone else's needs.

### 3 Nourishing Breakfast Ritual (10 min)

Prepare and eat your hormone-supporting breakfast with intention — not rushing, not scrolling. This is an act of worship. Your body is the temple of the Holy Spirit.

### 4 Transformational Journaling (5–7 min)

Answer the daily journaling prompt with honesty and grace. This is where soul restoration happens — one truth at a time.

### 5 Gentle Movement & Gratitude (5 min)

Close your morning ritual with three minutes of gentle movement and two minutes of spoken gratitude. End with your eyes open, your heart full, and your spirit revived.

**Suggested time:** 20–30 minutes each morning • **Best time:** Before checking your phone • **What you need:**  
This guide, a journal, and a quiet space

## Sacred Morning Prayer

Speak this prayer aloud each morning to anchor your day in Christ and in truth.

Heavenly Father,

I come before You this morning as Your beloved daughter. Before I do anything else, before I check my phone or face the demands of the day, I choose to anchor myself in You.

You created me for wholeness — body, soul, and spirit. You did not design me to survive. You designed me to thrive. Today, I receive that truth.

I surrender my exhaustion to You. I surrender my worry, my to-do list, and every voice that tells me I am not enough. I choose instead to hear Your voice — the One who says I am loved, chosen, and created for a purpose that is still unfolding.

Renew my mind today. Restore my soul. Nourish my body as the sacred vessel it is. Let me walk through this day rooted in Christ, restored in wholeness, and radiating the glow that only comes from living in alignment with You.

In Jesus' name, Amen.

*"...because as He is, so also are we in this world." — 1 John 4:17*

## 4-7-8 Breathwork

### Calm Your Nervous System in 3 Minutes

Chronic stress keeps your body in fight-or-flight mode — making it nearly impossible to nourish, heal, or restore. This simple breath practice activates your parasympathetic nervous system, shifting you from survival into peace.

Do this before you do anything else.

#### How to practice 4-7-8 breathing:

1 Inhale for 4 counts

Breathe in slowly through your nose for a count of 4. Feel your belly expand — not your chest. Place one hand on your heart and one on your belly.

2 Hold for 7 counts

Hold your breath gently for a count of 7. This is where the nervous system begins to reset. Use this pause to whisper: "He leads me beside peaceful streams. He renews my strength."

3 Exhale for 8 counts

Exhale completely through your mouth for a count of 8, releasing any tension, anxiety, or heaviness. Imagine breathing out everything that is not yours to carry today.

Repeat this cycle **4 times**. That is all. Three to four minutes of this practice can shift your entire morning.

*"He leads me beside peaceful streams. He renews my strength." — Psalm 23:2*

## Nourishing Breakfast Ritual

### Honor Your Body as the Temple It Is

Your body is not a machine to fuel — it is a sacred vessel created by God and designed for wholeness. What you eat in the morning sets the tone for your hormones, your energy, and your mood for the entire day. This is not a diet.

This is an act of worship.

#### The Hormone-Supporting Morning Plate:

- Protein (20–30g):** Eggs, Greek yogurt, smoked salmon, or a clean protein shake. Protein in the morning stabilizes blood sugar and supports cortisol balance.
- Healthy Fat:** Avocado, nuts, olive oil, or full-fat coconut yogurt. Fat supports brain function and keeps you satiated until midday.
- Fiber & Colour:** A handful of berries, leafy greens, or roasted vegetables. These feed your gut microbiome, which directly impacts your mood and hormones.
- Warm Water with Lemon:** Before your meal, drink a glass of warm water with fresh lemon. This supports digestion, liver detoxification, and hydration after sleep.

#### The Ritual:

Prepare your breakfast without your phone. Set the table beautifully — even if it is just for you. Light a candle. Put on soft worship music. Sit down. Eat slowly. Taste your food. Before your first bite, whisper a simple blessing: "Thank You, Father, for this nourishment. May it strengthen the body You gave me to carry Your purpose."

*"Being as healthy in body as you are strong in spirit." — 3 John 1:2*



## Gentle Movement & Gratitude

### Revive Your Spirit to Begin Your Day

Your body was designed to move – not to perform, not to punish, but to worship. These five minutes of gentle movement are not a workout. They are a celebration of the body God gave you and a declaration that you are alive, whole, and ready for this day.

#### 3 Minutes of Gentle Movement:

- Neck rolls** – 5 slow circles each direction. Release the tension you carry in your neck and shoulders.
- Shoulder shrugs & rolls** – 10 repetitions. Breathe in as you shrug up, breathe out as you roll back and down.
- Gentle spinal twist** – Seated or standing, twist slowly to each side 5 times. This activates your lymphatic system and wakes up your spine.
- Arms wide open** – Stand with your feet hip-width apart, arms stretched wide, face lifted. Take one deep breath and say aloud: "I am created for wholeness. Today I choose to glow."

#### 2 Minutes of Spoken Gratitude:

Speak three things aloud – not in your head, but out loud. One for your body, one for your soul, and one for your spirit:

"I am grateful for my body because..."

"I am grateful for my soul because..."

"I am grateful for my spirit because..."

*"I came that they may have life and have it abundantly." — John 10:10*



*You have everything you need.*

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This is your first step toward  
the wholeness you were always meant to live.

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Commit to this practice for 7 mornings in a row. Notice  
what shifts – in your body, in your soul, in your spirit.  
You were not made for half a life. You were made to  
glow from the inside out.

*"Beloved, you were created for wholeness — not just survival!"*

**Ready to go deeper?**

Her Inner Glow Coaching offers Christ-centered,  
whole-person coaching for women over 40 who  
are ready to restore their body, soul, and spirit —  
together, not separately.

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