FREE GIFT FROM ROSALES RECOMMENDATIONS

18 simple habits to make life better

Six things people want more of, three simple habits for each, and a short video behind every one.

How to use it

1. Pick the one you want more of this week.
2. Try the first habit once today. If it helps, keep going.
3. Check a box each day. Come back for a new one whenever you're ready.

🕊️ More peace

Turn the worry into a prayer · Say the name of Jesus when fear hits · Put on worship music

🔥 Closer to God

Meet with God first · Make room to listen · Carry one verse

🏡 More family time

Tell someone what God did · Take a day to rest · Open your home

🎯 Progress on goals

Replace hope with a goal · Do the energizing thing first · Run your ideas by God first

⚡ More energy

Rest instead of pushing through · Charge your phone across the room · Go to bed for tomorrow morning

🌱 Strength for a hard time

Ask a better question on a hard day · Keep a God folder · Prepare while you wait

🕊️ More peace

After your first sip of coffee, pray: *God, I'm worried about ___. I give it to you. What's my next step?*

Naming the worry and handing it to God turns it into a next step.

> *Cast all your anxiety on him because he cares for you.*
> 1 Peter 5:7, NIV

How it helps: Does trust in God mean the fear will just disappear?

Sun	Mon	Tue	Wed	Thu	Fri	Sat

2 MORE IDEAS

Say the name of Jesus when fear hits

When fear hits, say out loud: *Jesus, help me.*

> *That at the name of Jesus every knee should bow, in heaven and on earth and under the earth.*
> From Philippians 2:10, NIV

How it helps: When Fear Wakes You at 3AM: Keep Your Eyes on Jesus

Put on worship music

Play one worship song a day. Try *God I'm Just Grateful for You*.

> *Sing and make music from your heart to the Lord.*
> From Ephesians 5:19, NIV

How it helps: How do you stop forgetting about God?

2 OF 6

🔥 Closer to God

Before you pick up your phone in the morning, pray: *God, this day is yours. Lead me.*

God gets your first minute, before the news and notifications do.

> *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*
> Mark 1:35, NIV

How it helps: What do your rhythms with God look like?

Sun	Mon	Tue	Wed	Thu	Fri	Sat

2 MORE IDEAS

Make room to listen

Once a day, pray: *God, what do you want me to know today?* Then sit quietly for 30 seconds and notice what comes to mind.

> *Speak, for your servant is listening.*
> From 1 Samuel 3:10, NIV

How it helps: Do you remember when God called you?

Carry one verse

Screenshot the verse below and read it each morning this week.

> *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*
> Colossians 3:17, NIV

How it helps: What's your core Bible Verse?

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🏡 More family time

At dinner, share one good thing God did today. Then ask: *What about you?*

Your family learns to notice God's goodness by hearing you do it.

How it helps: Is it possible to multiply God’s miracles?

Sun	Mon	Tue	Wed	Thu	Fri	Sat

2 MORE IDEAS

Take a day to rest

Pick one day this week with no work, just rest and fun together.

How it helps: Daily Routine

Open your home

Invite someone over this week. Pizza is plenty.

> *They broke bread in their homes and ate together with glad and sincere hearts.*
> From Acts 2:46, NIV

How it helps: How do you find Christian friends?

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🎯 Progress on goals

Before you open email, spend two minutes on your biggest goal.

Small steps every day add up faster than big plans you never start.

How it helps: Feeling trapped?

Sun	Mon	Tue	Wed	Thu	Fri	Sat

2 MORE IDEAS

Do the energizing thing first

Start your day with one thing you love, like a walk, before the to-do list.

How it helps: Not enough time to do what God called you to do?

Run your ideas by God first

When a big idea hits, pray before you act: *God, is this from you?*

> *We take captive every thought to make it obedient to Christ.*
> From 2 Corinthians 10:5, NIV

How it helps: How do you know if an idea is from God?

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⚡ More energy

When you reach for more caffeine to push through, pray instead:
God, help me through this day.

Caffeine pushes you through. Prayer brings you to the One who gives rest.

> *Come to me, all you who are weary and burdened, and I will give you rest.*
> Matthew 11:28, NIV

How it helps: How do you know if God is asking you to do something?

Sun	Mon	Tue	Wed	Thu	Fri	Sat

2 MORE IDEAS

Charge your phone across the room

After you brush your teeth at night, plug your phone in across the room with the alarm set. You'll have to get out of bed to turn it off.

How it helps: How to Stop Doomscrolling Before Bed

Go to bed for tomorrow morning

Set a bedtime alarm for 8 hours before you need to wake up.

How it helps: Can being locked in be a bad thing?

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🌱 Strength for a hard time

When something goes wrong, pray: *God, what could this be for? Who could it help?*

It moves your focus from what you lost to what could come next.

> *Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.*
>
> From John 12:24, NIV

How it helps: How Do You Beat a Bad Day? - Faith In Hard Times

Sun	Mon	Tue	Wed	Thu	Fri	Sat

2 MORE IDEAS

Keep a God folder

When something good happens that feels like God, take a photo and add it to one album on your phone.

> *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*
>
> Romans 8:28, NIV

How it helps: How do you see God more?

Prepare while you wait

Write down what you're praying for. Then ask: *God, what can I do today to get ready?*

> *Then the Lord said to Moses, "Why are you crying out to me? Tell the Israelites to move on."*
>
> Exodus 14:15, NIV

How it helps: How do you prepare for a move of God?