

# WEEKLY RHYTHM GUIDE

A one-week planner to help you implement  
rhythms into your daily routines.

REBEKAH  
LYONS



# MONDAY

.....  
DATE

*When you're vulnerable and alone, you're afraid.  
When you're vulnerable and together, you're brave.*

— REBEKAH LYONS

## REST

*Today I will . . .*

- Meditate on Scripture
- Reflect and journal
- Read a book
- Stretch my muscles

### MORNING ROUTINE

## RESTORE

*Today I will . . .*

- Stock a fruit bowl
- Take a walk
- Drink 4 glasses of water
- Break a sweat

### BEDTIME ROUTINE

## CONNECT

*Today I will . . .*

- Write a friend a note
- Encourage someone
- Apologize and forgive
- Pray with someone

### PRIORITIES

## CREATE

*Today I will . . .*

- Journal my goals
- Read something new
- Organize a space
- Daydream



# TUESDAY

.....  
DATE \_\_\_\_\_

*Without great solitude, no serious work is possible.*

—PABLO PICASSO

## REST

*Today I will . . .*

- Enjoy tea or coffee
- Reflect and journal
- Get sunlight
- List today's triumphs

MORNING ROUTINE

## RESTORE

*Today I will . . .*

- Play an inspiring song
- Take a walk
- Make a salad
- Have a dance party

BEDTIME ROUTINE

## CONNECT

*Today I will . . .*

- Work out with a friend
- Encourage someone
- FaceTime a friend
- Make someone laugh

PRIORITIES

## CREATE

*Today I will . . .*

- Take a class
- Read something new
- Color with a child
- Write down ideas



# WEDNESDAY

.....  
DATE

*When anxiety was great within me,  
your consolation brought me joy.*

— PSALM 94:19

## REST

*Today I will . . .*

- Spend time alone
- Reflect and journal
- Declutter my desk
- Get 8 hours of sleep

MORNING ROUTINE

## RESTORE

*Today I will . . .*

- Stretch
- Take a walk
- Cook a favorite meal
- Laugh

BEDTIME ROUTINE

## CONNECT

*Today I will . . .*

- Give a compliment
- Encourage someone
- Listen intently
- Have coffee with a friend

PRIORITIES

## CREATE

*Today I will . . .*

- Use my imagination
- Read something new
- Doodle or draw
- Bake something



# THURSDAY

.....  
DATE

*Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can.*

—RALPH WALDO EMERSON

## REST

Today I will . . .

- Practice contemplative prayer
- Reflect and journal
- Play calming music
- Limit phone use after dinner

### MORNING ROUTINE

## RESTORE

Today I will . . .

- Cut sugar for the day
- Take a walk
- Do a word search
- Watch a comedy

### BEDTIME ROUTINE

## CONNECT

Today I will . . .

- Enjoy deep conversation
- Encourage someone
- Smile at a stranger
- Dance with someone

### PRIORITIES

## CREATE

Today I will . . .

- Write down my dreams
- Read something new
- Play pretend with a child
- Look for inspiration



# FRIDAY

.....  
DATE

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*It is exercise alone that supports the spirits,  
and keeps the mind in vigor.*

—MARCUS TULLIUS CICERO

## REST

Today I will . . .

- Confess my fears
- Reflect and journal
- Limit tech use before work
- Take 10 long breaths

MORNING ROUTINE

## RESTORE

Today I will . . .

- Skip watching the news
- Take a walk
- Try a new experience
- Grab an afternoon snack

BEDTIME ROUTINE

## CONNECT

Today I will . . .

- Have lunch with a friend
- Encourage someone
- Read to a child
- Limit phones at the table

PRIORITIES

## CREATE

Today I will . . .

- Take photographs
- Read something new
- Make a favorite drink
- Learn something new



# SATURDAY

.....  
DATE

*The primary impulse of hospitality is to create a safe and welcoming place where a stranger can be converted into a friend.*

—JOSHUA W. JIPP

## REST

Today I will . . .

- Light a candle
- Reflect and journal
- Take a nap
- Watch the sunset

MORNING ROUTINE

## RESTORE

Today I will . . .

- Create a meal plan
- Take a walk
- Try a new recipe
- Play a board game

BEDTIME ROUTINE

## CONNECT

Today I will . . .

- Journal a memory
- Encourage someone
- Walk with someone
- Have a family movie night

PRIORITIES

## CREATE

Today I will . . .

- Build with my hands
- Read something new
- Style a bookshelf
- Create a playlist



## SUNDAY

## WEEK ONE

## HOW WELL DID YOU DO THIS WEEK?

Check the boxes to indicate which rhythms you completed each day. The tallied total will give you a comprehensive view of your week!

## REPLENISH YOUR WEAKEST RHYTHM

Which of the above rhythms did you practice the least and how can you incorporate that rhythm today to be replenished for the week ahead?



## WEEKEND REVIEW

REFLECT • ASSESS • LEARN

What did you learn about yourself this week? How were your relationships impacted by your practice of each rhythm?

A 10x10 grid of 100 small black dots arranged in a square pattern, with 10 dots in each row and 10 rows in total.

Which rhythm and activity felt most natural for you? How can this become a part of your routine going forward?

A 10x10 grid of 100 small black dots arranged in a square pattern, with 10 dots in each row and 10 rows in total.

How well did you practice your morning and bedtime routines? What adjustments can you make to ensure you practice these daily?

*Check your monthly calendar for upcoming activities and goals.*

# WEEKEND JOURNAL

DATE

*There is no fear in love.  
But perfect love drives out fear.*

—1 JOHN 4:18

