

WOVEN

April NEWSLETTER

TITLE: 15 HEALTHY HABITS TO HELP TRANSFORM YOUR LIFE

Incorporating healthy habits into our daily routines is an essential part of living a fulfilling, happy, well-balanced Christian life. Our bodies are temples of the Holy Spirit, and taking care of them is an act of stewardship. Stewardship consists of 4 components:

Ownership (This task belongs to me), **Responsibility** (Responding with thought-out action and care), **Accountability** (Understanding that we need to manage our situations in accordance with God's will and way), and **Reward** (Consistent faithfulness produces good results and bears good fruit). God ultimately will trust us with more and endow us with abundance. Here are 15 healthy habits that can transform your life and build a path the greater elevation:

1. Start each day with prayer and gratitude.
2. Prioritize daily Bible reading and reflection to direct and order your steps.
3. Exercise regularly to keep your body strong.
4. Eat a balanced diet rich in fruits and vegetables. Minimize unhealthy snacks and processed foods.
5. Remember and schedule your rest. The body uses sleep to regenerate and repair.
6. Stay hydrated by drinking plenty of water.
7. Download a Christian meditation app to help relieve stress and renew focus.
8. Engage in acts of politeness, kindness, and service to others. Giving away a smile is free and will remind someone they are seen and recognized.
9. Limit screen time and take breaks from technology. Designate a time or location to be phone, tablet & or computer-free.
10. Cultivate a spirit of forgiveness and let go of grudges. Refuse to allow small happenings to activate your "Petty".
11. Surround yourself with positive and supportive people.
12. Practice mindfulness and live in the present moment. Recognize that the "here and now" need to be experienced and appreciated.
13. Set achievable goals and work towards them. Reward and/or acknowledge yourself when you achieve them no matter how small.
14. Manage your finances wisely and live within your means. Don't let advertisers dictate to you what you need to be happy.
15. Learn to say "no". Protect your time, energy, and rest periods.

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Matthew 6:33