

R O O T E D A N D T H R I V I N G



FROM OVERWHELMED TO ROOTED

A 7-Day Faith Habit Tracker to Bring
Calm to Your Days and Connection to
Your Heart

Hey Mama, You're Not Alone

I see you, juggling all the things, feeling stretched thin, and wondering when life will finally slow down. You want to feel calm, connected, and close to God, but the days run together, and it feels hard to find that peace you crave.

Here's the good news: peace doesn't come from doing more - it comes from being still with the One who holds it all.

This 7-day tracker is your gentle invitation to begin again - not with overwhelm, but with intention. Each small habit will help you create space to breathe, to notice God's presence, and to root yourself in His peace.

Remember: little by little, little becomes a lot. You're not doing this alone. He's right there with you in every moment.

♥ With grace and gratitude,
Michelle

START SMALL, STAY ROOTED

Think of this week as planting a seed. You're choosing one small act that helps you draw near to God daily - even if it's just for a minute or two.

The power of this tracker isn't in doing something big; it's in showing up with consistency and intention. Over time, these small moments grow into peace, presence, and strength in Christ.

Choose one simple faith habit to focus on for the next 7 days. Don't overthink it - pick something that feels doable and meaningful for where you are right now. Watch how God meets you there.

Examples of Faith Habits:

- Read one Bible verse each morning.
- Write a short gratitude prayer each night.
- Pause midday to breathe and invite God in.
- Journal one reflection about your day with God.
- Pray before picking up your phone in the morning.



FAITH HABIT TRACKER

My Habit For The Week:

DAY	Did I do my habit today? (✓)	How I Felt / What God Showed Me	Gratitude / Reflection
1			
2			
3			
4			
5			
6			
7			

LOOK HOW FAR YOU'VE COME

Take a moment to pause and notice how you feel after these seven days. What shifted? Maybe it was your mood, your mindset, or simply the peace that comes from slowing down and connecting with God.

What did you notice about your mood, mindset, or peace when you made time for your habit?

How did God speak to you through this rhythm?

What made it easier (or harder) to stay consistent?

LOOK HOW FAR YOU'VE COME

How can you continue this habit beyond the 7 days?

Write a short prayer asking God to help you stay rooted in Him daily.

YOU'RE JUST GETTING STARTED!

These seven days were just the beginning of your journey to a more peaceful, faith-filled life.

If you loved this experience, come join our free Facebook community - Rooted in Faith - where we grow together in daily habits that keep us anchored in God's peace.

You'll find encouragement, connection, and other mamas walking this same journey - one small, faithful step at a time.

👉 [Join our Rooted in Faith community](#)

