

# FEELING → HABIT MATCH LIST

*A Body Ministry Guide to Creating the Emotions You Want to Live In*

These habits are **identity activators** — small, embodied choices that create the emotional state of the woman who achieves her 2026 goal.

## IF YOU WANT TO FEEL CLEAR

### △ REST (feeling clear begins with a rested brain)

- Go to bed at a time that will give you 7-9 hours of sleep
- No caffeine after 3p. No foods 3 hours before bed
- Protect the first moments of your day from stimulation
- Give yourself 5 minutes of quiet before engaging with others

### WATER (hydration = mental sharpness)

- Drink a full glass of water before coffee
- 2-3 liters of water consistently through the day
- Add minerals/electrolytes for better focus

### LIVE FOODS (what you eat affects how you think)

- Eat a protein-first breakfast
- Eat whole foods/limit sugar and fried foods
- Eat lunch

### MOVEMENT (motion clears mental residue)

- Take a walk
- Stretch or breathwork mid day
- Morning workout

### KNOWLEDGE OF SELF (inner clarity creates outer clarity)

- Take one intentional breath before responding to anything.

- Journal daily to clear mental clutter
- Ask yourself: “What do I need right now?”
- Read personal development

## IF YOU WANT TO FEEL ENERGIZED

### △ REST

- Wake up same time daily
- Take a 10–20 min afternoon rest (not scrolling)
- 7-9 hours sleep

### WATER

- Drink 8–16 oz first thing in the morning
- Add minerals/electrolytes
- Sip 2-3 liters

### LIVE FOODS

- Eat breakfast and lunch (protein based)
- Eat whole, live foods
- Eat consistently every 3–4 hours (stopping 3 hours before bed)

### MOVEMENT

- Walk 10–20 minutes mid day
- Stretch 3-5x/week
- Morning exercise

### KNOWLEDGE OF SELF

- Do an appreciation practice
- Meditation visualizing achieving your goals
- Journal your progress

# IF YOU WANT TO FEEL CONFIDENT

## △ REST

- Create space to get ready every day instead of rushing
- Honor a nighttime wind-down ritual
- Set a consistent wake time

## WATER

- Drink water before entering meetings or conversations
- Hydrate during transitions
- Keep water visible + accessible

## LIVE FOODS

- Eat breakfast/lunch
- Prioritize protein
- No fast food

## MOVEMENT

- Strength training
- Practice posture resets (open chest, drop shoulders)
- Recovery practice so you can come back strong.

## KNOWLEDGE OF SELF

- Affirmations
- Make a plan/to-do list for your day
- Appreciation practice reflecting on past wins to reinforce self-trust

# IF YOU WANT TO FEEL GROUNDED

## △ REST

- Have a slow morning routine
- Create a predictable evening routine

- No screen time 1 hour before bed

## WATER

- Warm tea or room-temperature water
- Sip 2-3 liters
- Add trace minerals for nervous system stability

## LIVE FOODS

- Eat warm, nourishing meals (no cold food or drink)
- Include healthy fats to stabilize mood
- Separate and sequence your food

## MOVEMENT

- Restorative yoga practice
- Walk barefoot or place feet on the ground daily
- Breathwork practice

## KNOWLEDGE OF SELF

- Debrief daily in your journal
- Appreciation practice
- Read

# IF YOU WANT TO FEEL STRONG

## △ REST

- 7-9 hours of sleep
- Mid-day rest when needed instead of pushing through exhaustion
- Minimize screen time before bed and when you wake up

## WATER

- Hydrate before movement
- Add electrolytes to support physical + emotional resilience
- 2-3 liters throughout the day to prevent fatigue

## LIVE FOODS

- Prioritize protein/fat at each meal

- No fast/processed foods
- No sugar to stabilize blood sugar and reduce crashes

### MOVEMENT

- Lift heavy
- Stretch/yoga practice
- Limit cardio to 30 min steady state

### KNOWLEDGE OF SELF

- Affirmation practice
- Journal daily accomplishments
- Keep a daily to-do list

## IF YOU WANT TO FEEL BEAUTIFUL

### △ REST

- Prioritize deep sleep
- Skin care routine before bed
- Romanticize your bed time/morning routine (nice pajamas, sheets, etc)

### WATER

- 2-3 liters for glowing skin
- Add minerals, lemon, or chlorophyll
- Daily chamomille, rooibos or green tea

### LIVE FOODS

- Eat your collagen (bone broth, eggs, leafy greens, garlic)
- Prioritize omega-3 fats
- No sugar or processed/fast foods.

### MOVEMENT

- Functional movement that requires full body connection
- Good posture
- Recover fully for feminine, powerful, embodiment

## KNOWLEDGE OF SELF

- Dress in a way that reflects HER
- Say a beautiful thought about yourself daily/mirror work
- Praise the beauty in others, there is plenty to go around.

# IF YOU WANT TO FEEL CALM

## △ REST

- Have a morning routine
- Prioritize 7-9 hours sleep
- Reduce multitasking

## WATER

- Sip warm water or herbal tea
- 2-3 liters of water a day
- Reduce caffeine and add electrolytes

## LIVE FOODS

- Seasonal fruits and veggies
- Reduce sugar, processed/fast foods (spikes = anxiety)
- Add magnesium-rich foods

## MOVEMENT

- Gentle yoga or stretching
- Slow walk after meals
- Breath work

## KNOWLEDGE OF SELF

- Read books
- Journal “What do I need?”
- Unfollow accounts that do not serve you

# IF YOU WANT TO FEEL CAPABLE

## △ REST

- Write a to-do list before bed

- Sleep 7-8 hours to support brain function
- Go to bed before midnight

## WATER

- 2-3 liters a day
- 1-2 cups of water before coffee
- Use electrolytes to sustain focus

## LIVE FOODS

- Eat whole foods to keep your mind sharp
- Eat breakfast and lunch
- Remove sugar to not crash your energy

## MOVEMENT

- Functional movement program/routine
- Walk daily
- Train strength for literal capability

## KNOWLEDGE OF SELF

- Appreciation practice
- Read a book on a subject you love
- Affirmations

# IF YOU WANT TO FEEL LIGHT

## △ REST

- 7-9 hours sleep
- Midday pause
- Routine before bed

## WATER

- Hydrate first thing to flush heaviness
- Sip warm lemon water or herbal tea
- Add electrolytes to support ease + flow

## LIVE FOODS

- Choose high-vibration foods (greens, fruits, whole foods)

- No fast food
- Stop eating 3 hours before bed



## MOVEMENT

- Stretch practice to release stored tension
- Daily walks
- Fascia release (ex: foam roll)



## KNOWLEDGE OF SELF

- Daily forgiveness/release practice.
- Journal appreciation
- Affirmations

Chat GPT PROMPT:

“Hi! I’m designing 2–3 healthy habits that match the way I want to feel in my body as the woman who achieves my 2026 goal of \_\_\_\_\_. I am the type of woman who \_\_\_\_\_.

Here are the feelings I want to experience most often:

[insert your top 3 feeling words — e.g., clear, energized, confident]

Please give me a list of simple, realistic habits that support these feelings using the 5 Love Languages of the Body:

Rest

Hydration (Water)

Live/Whole Foods

Movement

Knowledge of Self (mindfulness, reflection, emotional honesty)

Please make each habit:

doable on a normal day

supportive of my nervous system

aligned with the identity I’m stepping into

something I can repeat consistently

Then, give me a micro-habit version of each one for my difficult or low-energy days.

Please format it like this:

1. Feeling Word #1 → 2–3 habits (+ micro-habits)
2. Feeling Word #2 → 2–3 habits (+ micro-habits)
3. Feeling Word #3 → 2–3 habits (+ micro-habits)



Thank you!"