

CHECKLIST

Miracle Morning

A COMPANION RESOURCE AND GIFT FROM THIRTYPOUNDSDOWN PODCAST

Step 1: Feed Your Soul Before You Feed Your Body

- Write your wake-up prayer or scripture and place it near your bed
- Read just one verse. Let that be your anchor so you're not reacting to the world—you're rooted in the Word.

Step 2: Electric Hydration

Hydration is not just about water—it's about mineralized, structured, and alive hydration. This fuels your energy, digestion, and metabolism.

- Prepare your “electric hydration” the night before:
 - Start with a glass of spring water , or if its bottled water add a pinch of sea salt and lemon juice.
 - After 16 oz of water, sip on herbal teas like nettle, hibiscus, or chamomile also hydrate and heal. These are not just beverages—they are all rich in minerals and gentle detoxifiers.

Step 3: Break Your Fast with God's original menu: fruit. They're full of water, fiber, enzymes, and natural sugars that energize without burdening your gut.

- Choose a seasonal water-rich fruit like honeydew, grapes, or papaya
- Or a 4-oz smoothie with greens, berries, and flaxseeds
- Wait 10 minutes before eating heavier foods like oats, nuts, or legumes