



Daily Devotion & Breathwork Mini Journal

A Soul-Centered Practice
for Calm, Healing, and
Inner Connection

Pair this journal with our Guided Meditation Audio
Bundle to experience deeper peace and clarity

Dear Beautiful Soul,

Welcome to your sacred space. This mini journal was created to help you center yourself daily through a combination of short devotional reflections and intentional breathwork.

Whether you're looking to cultivate calm, boost your energy, or release what no longer serves you, this journal offers a gentle beginning. When paired with our audio bundle, each practice becomes a complete mind-body-spirit reset.

Let this be your starting point to something deeply transformative.

With peace



How to Use This Journal

1. Choose a theme for the day based on how you're feeling or what you need: Calm, Energy, Gratitude, etc.
2. Begin with the devotion and short reflection.
3. Follow with the breathwork cue—breathe slowly and intentionally.
4. Journal your thoughts or feelings in the space provided.
5. Enhance your practice with the matching 10 Guided Audio Meditations (MP3 format)





Devotion:

**“Be still, and know that I am God.” – Psalm
46:10**

**Stillness is sacred. When the world rushes, take
a sacred pause.**

Breathwork Cue:

**Inhale for 4... hold for 4... exhale for 6. Repeat
3–5 times.**

Imagine a gentle wave washing over you.

Journal Prompt:

**What can I release today to invite more calm
into my life?**



Energy

Devotion:

“He gives strength to the weary and increases the power of the weak.” – Isaiah 40:29

Divine energy lives within you. Awaken it.

Breathwork Cue:

Inhale deeply for 5... exhale with a strong “ha” breath. Do this 3–5 times.

Feel energy rising through your body.

Journal Prompt:

What ignites my spirit and fills me with life?



Gratitude

Devotion:

“Give thanks in all circumstances.” – 1

Thessalonians 5:18

Gratitude transforms what we have into enough.

Breathwork Cue:

Inhale “thank you”... exhale “I receive.”

Feel appreciation flow with each breath.

Journal Prompt:

What am I thankful for in this exact moment?



Giving & Receiving Care

Devotion:

“Love your neighbor as yourself.” – Mark 12:31

You are worthy of both giving and receiving love.

Breathwork Cue:

Breathe in love... exhale care.

Imagine your heart expanding with each breath.

Journal Prompt:

How can I allow myself to receive care today?



Letting Go of Regret

Devotion:

“Forget the former things; do not dwell on the past.” – Isaiah 43:18

You are not defined by your past. You are renewed.

Breathwork Cue:

Inhale slowly... exhale deeply with the intention to release.

Let each breath wash away guilt or shame.

Journal Prompt:

What regret am I ready to release today?



Muscle Relaxation

Devotion:

“Come to me, all who are weary... and I will give you rest.” – Matthew 11:28

Your body is divine. It deserves peace.

Breathwork Cue:

Scan your body. Breathe into any tension.

Exhale slowly.

With each breath, soften another part of your body.

Journal Prompt:

Where am I holding tension in my body? What might it be trying to tell me?



Pain Relief

Devotion:

“The Lord sustains them on their sickbed and restores them from their bed of illness.” – Psalm 41:3

Even in discomfort, healing is at work.

Breathwork Cue:

Breathe into the place that hurts. Exhale compassion toward it.

Visualize divine light healing that area.

Journal Prompt:

What message is my pain carrying? How can I nurture it?



Releasing Emotions

Devotion:

“The Lord sustains them on their sickbed and restores them from their bed of illness.” – Psalm 41:3

Even in discomfort, healing is at work.

Breathwork Cue:

Breathe into the place that hurts. Exhale compassion toward it.

Visualize divine light healing that area.

Journal Prompt:

What message is my pain carrying? How can I nurture it?



Sleep

Devotion:

“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” – Psalm 4:8

Rest is a spiritual act. You are safe to surrender.

Breathwork Cue:

Breathe in slowly for 4... hold for 7... exhale for 8. Let your breath slow your mind.

Journal Prompt:

What thoughts or worries can I release before sleep?



Stress Release

Devotion:

“Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7

Stress is heavy. You were never meant to carry it alone.

Breathwork Cue:

Box breathing: Inhale 4... Hold 4... Exhale 4... Hold 4. Repeat.

Feel yourself grounded.

Journal Prompt:

What stress am I holding right now? How can I give it to God?



Reflect & Reset

Reflection:

How has this breathwork & devotional journey impacted you today?

Write a message of love and encouragement to your future self.



Reflect & Reset

You've just experienced a taste of what daily breathwork and devotion can do.

✨ Ready to feel even more grounded, restored, and connected?

Explore the Full Guided Meditation Audio Bundle

- ✓ 10+ High-Quality MP3 Meditations
- ✓ Instant Access – Listen Anywhere

[!\[\]\(83f22ed94ec5517769dd76d702c6bfd8_img.jpg\) Click Here & Get the FULL Guided Audio Bundle & Planner](#)



Special Offer on Next Page – Only for Journal Readers



Bonus Page

You've just experienced a taste of what daily breathwork and devotion can do.

Gift for You

As a thank you, we've included a free printable Habit Tracker to support your daily devotion & breathwork journey.

 **Download here: Get Instant Access**

Track your breathwork themes, feelings, and transformation.

