7-DAY MINDFUL CONSUMPTION



A simple and faith-based journey to becoming intentional about what we consume—physically, mentally, and spiritually.

DAY1 AWARENESS OF WHAT YOU CONSUME

Verse: Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Focus: Pay attention to what	Action: Write down everything	Reflect: Pause for 60 seconds.
you consume today—food, media, thoughts.	you consume today.	Did anything energize or drain you?
thoughts.		

Optional:

Choose one small change for tomorrow (reduce news, avoid junk food, etc.).

DAY2 MINDFUL EATING & THE SPIRITUAL MEANING OF FOOD

Verse: 1 Corinthians 10:31 – "So whether you eat or drink, do it all for the glory of God."

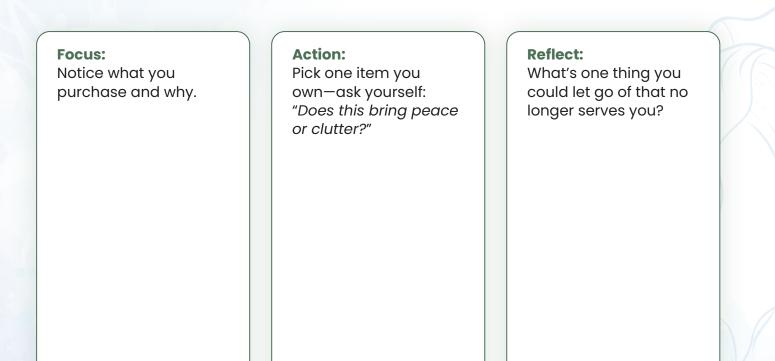
Focus: Eat with awareness—notice the energy behind your food.	Action: Pause before eating, say a prayer, and eat slowly.	Reflect: Did you truly taste your food today? How did it make you feel?	

Optional:

Try removing one processed or mindless food choice tomorrow.

DAY3 THE ENERGY OF WHAT YOU BUY & OWN

Verse: Matthew 6:21 – "For where your treasure is, there your heart will be also."



Optional:

Donate or declutter one item today.

DAY4 MEDIA & ITS IMPACT ON YOUR SOUL

Verse: Philippians 4:8 – "*Fix your thoughts on what is true, honorable, and right.*"

Focus: Be mindful of the media you consume today.	Action: List everything you watch, read, or scroll through.	Reflect: Did any media drain or uplift your spirit?	

Optional:

Reduce one negative source tomorrow (news, social media, gossip).



DAY5 WHO ARE YOU LISTENING TO?

Verse: Proverbs 13:20 - "Walk with the wise and become wise."

entify the top 3 ople you interact h most.	Do these people encourage or drain
	you?

Optional:

Reach out to someone uplifting today.

DAY6 TRANSFORMING YOUR CONSUMPTION HABITS

Verse: Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."



Optional:

Plan to continue this habit beyond today.

DAY7 LIVING WITH INTENTION & FAITH

Verse: Proverbs 16:3 – "Commit to the Lord whatever you do, and he will establish your plans."

Focus: Reflect on the week and commit to intentional living.	Action: Write one key takeaway from this challenge.	Reflect: What is one habit you want to keep long-term?	

Optional:

Say a prayer of gratitude for this journey.

THANK YOU