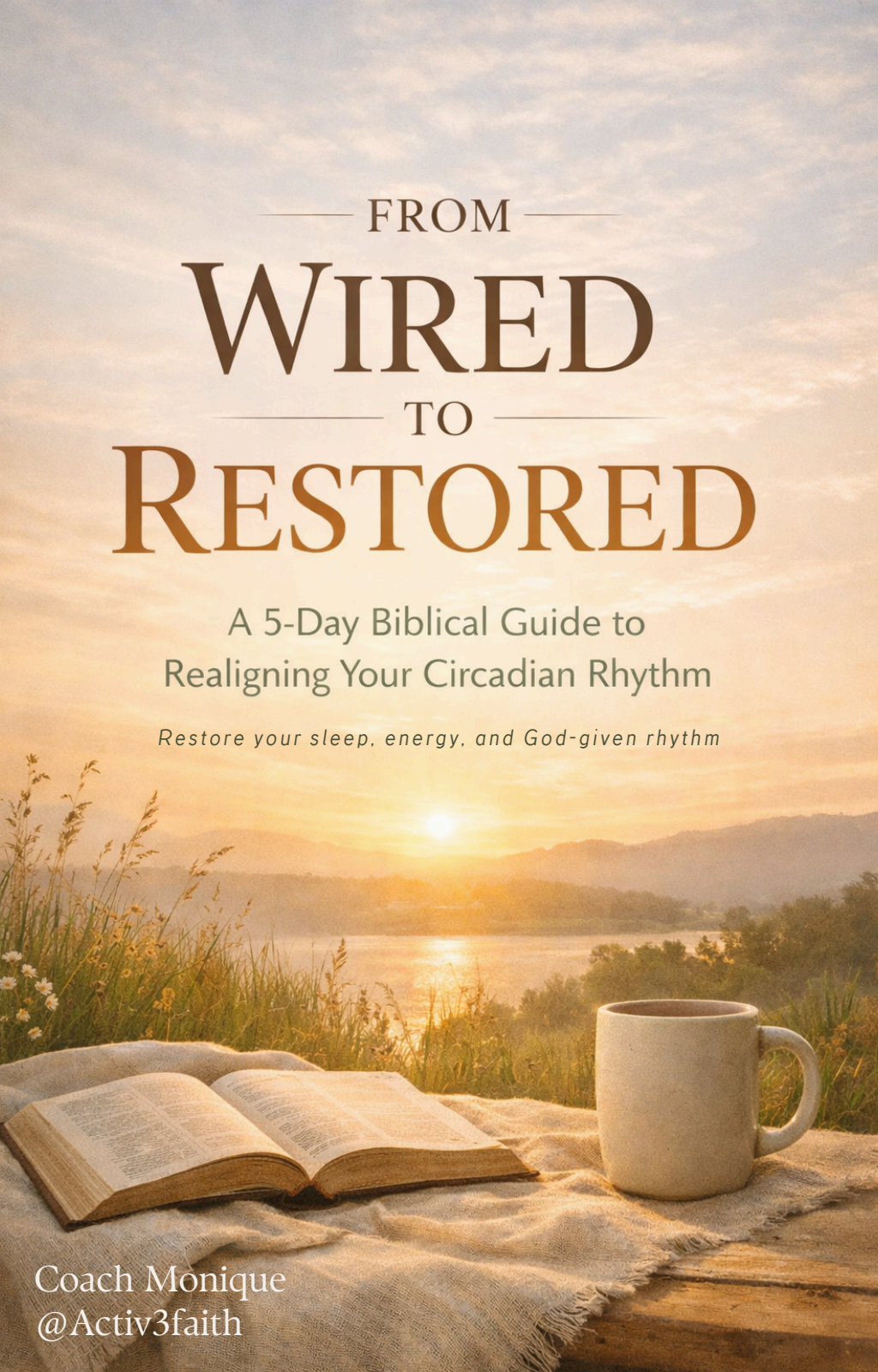

FROM
WIRED
TO
RESTORED
A 5-Day Biblical Guide to
Realigning Your Circadian Rhythm
Restore your sleep, energy, and God-given rhythm
Coach Monique
@Activ3faith

WELCOME

Hey friend, I'm Coach Monique,

and I just want to say thank you for being here.



I'm so honored that you've chosen to join me for this 5-Day Free Circadian Rhythm Reset. Over the next five days, we'll gently explore how God designed your body to function in rhythm with light, rest, and renewal—and how you can begin restoring that rhythm in simple, sustainable ways. My prayer is that during these five days, the Lord reveals something new and meaningful to you about your body, the way He created it, and the care He lovingly built into you from the very beginning. I pray this journey feels encouraging, hope-filled, and maybe even answers something you've been searching for.

Please know this: you are a blessing to me, and I truly look forward to hearing your testimonies and the beautiful ways God meets you during this reset.

With love & expectation
- Coach Monique

How This Workbook Works

- This reset includes 5 video teachings, one for each day
- Each day has a clickable video link so you can watch at your own pace
- The videos are not all the same length—there is no time cap on the Holy Spirit
- After each day, you'll receive reflection prompts and action steps
- These small, intentional steps are designed to lead to big, lasting results

This is not about perfection—it's about progress, awareness, and alignment.

WELCOME VIDEO

RESET THE RHYTHM: GOD'S DESIGN FOR LIGHT & REST

Welcome 🤍

You were not created to feel exhausted, wired at night, and drained during the day.

God designed your body with a **built-in rhythm**—a natural clock that helps regulate sleep, energy, digestion, mood, and healing. This rhythm is called your **circadian rhythm**, and it works in harmony with **light and darkness**.

Today is about awareness, not overwhelm.

What Is Your Circadian Rhythm?

Your circadian rhythm is a **24-hour internal clock** written into every cell of your body. It influences:

- Sleep and wake cycles
- Hormones
- Energy levels
- Mental clarity
- Digestion and metabolism
-

And the strongest signal that sets this clock?
🌞 Natural light

"And God said, 'Let there be light,' and there was light." — Genesis 1:3

When your eyes detect **morning sunlight**, your brain receives a message:
It's time to wake, move, digest, and engage.

At night, as light fades:
It's time to rest, repair, and renew.

This is not random—it is **God's order.**

RESET THE RHYTHM: GOD'S DESIGN FOR LIGHT & REST

Light, Hormones & Healing

In the morning:

- **Cortisol rises** (your natural wake-up hormone)
- **Melatonin decreases** (your sleep hormone)
- Energy, focus, and digestion increase

At night:

- **Melatonin rises**
- Cortisol lowers
- Your body enters deep repair, detoxification, and immune renewal

*Your body heals **while you sleep**—by design.*

A Simple Daily Rhythm (Snapshot)

- **Morning (6–8 AM):** Light, prayer, gentle movement
- **Midday (12–2 PM):** Strong digestion, nourishing meals
- **Afternoon (2–4 PM):** Best time for movement
- **Evening (6–8 PM):** Wind down, reduce screens
- **Night (10 PM–2 AM):** Deep sleep, detox, repair

"It is in vain that you rise up early and go late to rest…
for He gives His beloved sleep." — Psalm 127:2

DAY 1 VIDEO

RESET THE RHYTHM: GOD'S DESIGN FOR LIGHT & REST

Reflection 🤍

Take a moment to pause.

1. Where do I feel most out of rhythm—mornings, evenings, or sleep?
2. What stood out to me about how God designed my body?
3. How would my life change if I honored rest as holy?

Day 1 Action Step 🌿

Choose TWO time windows to support this week:

☑️ One daytime window
☑️ One evening window

Examples:

- Exercise between **2–4 PM**
- Begin winding down between **6–8 PM**
- Reduce screens
- Pray, journal, or read Scripture
- Dim lights in the evening

My two focus windows:

1. _____
2. _____

Grace Reminder ✨

Your body is not failing you.
It is responding to the rhythms around it.
As you return to God's design, healing begins—gently, daily, and with grace.

Want the Full Reset?

This is **Day 1 of a 5-Day Circadian Rhythm Reset** rooted in biblical wisdom, nervous system healing, and sustainable wellness.

👉 *Join the full program to continue restoring your rhythm.*

LIGHT FIRST: HEALING BEGINS WITH THE SUN

Today's Focus 🌞

Before energy.
Before hormones.
Before clarity.

There is **light.**

God designed sunlight to awaken your body, align your mind, and bring your soul back into rhythm with creation.

"But to you who fear My name, the Sun of Righteousness shall arise with healing in His wings." — Malachi 4:2

Why Sunlight Heals

Natural sunlight carries healing frequencies that support your body in powerful ways:

- **Red light:** Supports tissue repair and cellular energy
- **Infrared light:** Improves circulation and detox pathways
- **UVB light:** Triggers vitamin D for immunity, mood, and hormone balance

These benefits are strongest in **natural, unfiltered sunlight**—especially in the **morning and early afternoon.**

A Gentle Morning Reset

Your morning sets the tone for your entire day.
Before caffeine, try:

- Stepping outside for **5–10 minutes of sunlight**
- Drinking water to rehydrate your body
- Starting the day grounded instead of rushed

Small shifts create big change.

DAY 2 VIDEO

LIGHT FIRST: HEALING BEGINS WITH THE SUN

Reflection

1. How much natural sunlight do I get daily?
2. How does my morning routine make me feel—rushed or restored?
3. What would change if I treated light as healing?

Day 2 Action Step

Choose **ONE:**
□ Step outside for morning sunlight
□ Add a hydration drink before coffee
□ Spend time with God outdoors

What I'll try today: _____

LIGHT, HORMONES & BALANCE

Today's Focus ✨

Light doesn't just help you see—it helps your **entire body function**.

Morning sunlight helps regulate:

- Mood and focus
- Sleep quality
- Stress hormones
- Hunger signals

When your rhythm is off, your body feels it.

When Rhythm Is Disrupted

Modern life often interferes with God's design:

- Artificial light at night
- Excessive screen time
- Irregular sleep schedules
- Lack of morning sunlight

This can lead to fatigue, brain fog, mood swings, and weakened immunity.

Awareness is the first step toward healing.

DAY 3 VIDEO

Reflection 🤍

1. Which symptom resonates with me most right now?
2. What habit might be disrupting my rhythm?
3. Where is God inviting me to realign?

Day 3 Action Step 🌿

Choose **ONE habit** to gently adjust:

□ Earlier bedtime

□ Morning sunlight

□ Reduced evening screen time

My focus this week: _____

MOVEMENT AS WORSHIP

Today's Focus 🚶‍♀️

Movement is not punishment.
It is stewardship.

"Present your bodies as a living sacrifice, holy and pleasing to God."
— Romans 12:1

Movement supports circulation, mood, lymph flow, and mental health—without needing a gym.

Redefining Movement

Movement can be:

- Walking
- Stretching
- Gardening
- Housework
- Dancing
- Prayer walks

You don't need perfection—just intention.

DAY 4 VIDEO

Reflection 🤍

1. How do I currently view movement?
2. Where can I move with joy instead of pressure?
3. What feels life-giving to my body?

Day 4 Action Step 🌿

Choose **ONE movement today:**
□ Walk outside
□ Stretch with worship music
□ Do gentle housework mindfully
My choice today: _____

REST, REPAIR & RENEWAL

Today's Focus 🌙

Sleep is not laziness.
Sleep is healing.

Your body restores, detoxifies, and balances hormones while you sleep.

"He gives His beloved sleep." — Psalm 127:2

Why Sleep Matters

Quality sleep supports:

- Emotional balance
- Immune health
- Hormone regulation
- Mental clarity
- Natural detoxification

Lack of sleep places your body under stress.

A Restful Evening Rhythm

- Dim lights at night
- Reduce screens before bed
- Create a calming bedtime ritual
- Invite peace into your space

Darkness signals your body to heal.

DAY 5 VIDEO

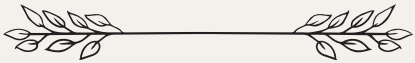
REST, REPAIR & RENEWAL

Reflection

1. What interferes most with my sleep?
2. What helps me feel calm at night?
3. How can I honor rest as holy?

Day 5 Action Step

Choose **ONE sleep-supporting habit:**
□ Earlier bedtime
□ Screen-free wind-down
□ Prayer or Scripture before sleep
My commitment: _____



Final Invitation

This 5-day reset is just the beginning.
If you're ready to restore your rhythm deeply—**spirit, soul, and body**—you're invited into the full **Bible-Based Wellness Coaching Program.**

✨ Greater clarity
✨ Sustainable habits
✨ Lasting transformation

You're building a powerful doorway into healing—and this is going to bless many.

Please reach out to **info@activefaith.co.za** for more info!
Also please feel free to let me know what you experience through these 5 days and what God reveal to you I'd love to hear.