



Purpose by Design

with Dr. Pamela



Spirit

Connect Before You Conquer

10-15 MINUTES



Soul

Renew Your Mind

10-15 MINUTES



Body

Move, Nourish & Energize

20-30 MINUTES

A FREE GIFT FOR YOU

The Purpose by Design Morning Routine

Your Hour of Power: Spirit • Soul • Body

Win your morning. Live your day by design, not by default.

BY

Dr. Pamela Henkel



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For years, my mornings felt rushed and reactive. I was giving my energy to everyone else before investing in myself. Then I realized: if I wanted to change my life, I needed to change my mornings. My Hour of Power is a simple way to begin with intention—nurturing your spirit, renewing your soul, and caring for your body one morning at a time.



1. Spirit — Connect Before You Conquer

10–15 minutes • Begin with God before your to-do list.

- **Gratitude** — Thank God for five things, big or small.
- **Prayer** — Talk with Him, listen, and pray for those on your heart.
- **Scripture** — Read or listen to God's Word.
- **Stillness** — Breathe, reflect, and rest in His presence.

— *Start with God, not your to-do list.*



2. Soul — Renew Your Mind

10–15 minutes • Choose what fills your thoughts.

- **Learn** — Read or listen to an inspiring book, teaching, or podcast.
- **Journal** — Capture a thought, prayer, idea, or insight.
- **Affirm** — Speak words that agree with your values and direction.
- **Focus** — Review your goals and choose your top priority today.

Try saying:

"I am disciplined in spirit, soul, and body. I am focused, confident, and purposeful. I am filled with joy and peace."

— *Be intentional about what gets your attention.*



3. Body — Move, Nourish & Energize

20–30 minutes • *Care for the body that carries your purpose.*

- **Move** — Walk, stretch, practice yoga, or enjoy gentle exercise.
- **Hydrate** — Start with water.
- **Nourish** — Enjoy a satisfying breakfast.
- **Breathe** — Slow down long enough to notice how you feel.

— *Consistent care matters more than intensity.*



The Art of Double Dipping

Double dipping is my favorite time-saving idea: combine activities that naturally work together. It's not about cramming more into the day—it's about making everyday moments meaningful.

- Take a walk while listening to an audiobook.
- Stretch while enjoying an encouraging podcast.
- Listen to Scripture while getting ready.
- Enjoy a teaching while preparing breakfast.

Remember:

Give prayer, stillness, and anything that needs your full attention their own space.

Your Morning, Your Way

Choose the rhythm that fits your season. Each option includes Spirit, Soul, and Body.



- 5 minutes of Spirit
- 5 minutes of Soul
- 5 minutes of Body



- 10 minutes of Spirit
- 10 minutes of Soul
- 10 minutes of Body



- 15 minutes of Spirit
- 15 minutes of Soul
- 30 minutes of Body



My Morning Checklist

- ☐ Gratitude and prayer
- ☐ Scripture and stillness
- ☐ Learning or journaling
- ☐ Affirmations and daily focus
- ☐ Movement
- ☐ Water and breakfast

Today's one priority:

One thing I'm thankful for:

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless..." — 1 Thessalonians 5:23 (KJV)

You don't have to change your entire life in one morning. Start where you are. Small, intentional choices, practiced consistently, create meaningful change.