



RESTORATION RHYTHMS

TOOL 3 | Realign2TheDesign Collection Vol 100

A companion tool inspired by the book How We Got Here: Race, Grief, and Faith—A Testimony of Becoming by Danielle Price

FRAMEWORK: See. Reflect. Realign.

What is Quietly Shaping Me?

Restoration Rhythms help you turn insight into practice through a weekly pattern of alignment that supports peace, presence, and sustainable restoration. Rather than relying on willpower alone, this tool builds gentle structure into your days—creating space for spiritual, physical, relational, and purposeful realignment.

Use this tool when:

- You want to move from awareness to aligned action
- You need a sustainable weekly rhythm that honors your whole self
- You are ready to practice restoration, not just understand it

Instructions:

Read each prompt and map out your action steps using a journal or this worksheet.

WEEKLY ALIGNMENT GUIDE

Theme for this week: _____

SPIRITUAL ALIGNMENT

This week I will:

Pray about: _____

Study: _____

Listen for: _____

Practice: _____

Scripture Meditation: _____

HEALTHY RHYTHMS

Body Check:
What is my body
asking for?

- ☐ Rest
- ☐ Movement
- ☐ Nourishment

- ☐ Silence
- ☐ Sunshine
- ☐ Comforting aromas

Notes: _____

RELATIONSHIPS & FAMILY

Who needs my presence? _____

Who needs encouragement? _____

Where do I need boundaries? _____

Family memory to preserve: _____

PURPOSE & STEWARDSHIP

What matters most this week? _____

What am I building? _____

What deserves less attention? _____

What legacy action will I take? _____

EVENING REFLECTION

Where did I experience shalom? _____

Where did I drift? _____

What restored me? _____

Prayer: _____

CLOSING REFLECTION

Invisible Giant I noticed this week: _____

Truth I am choosing: _____

What I will carry forward: _____

YOUR RESTORATION JOURNEY

Restoration is not a single moment—it is a faithful return, one honest insight and one aligned step at a time. As you **SEE** what has shaped you, **REFLECT** on what is true, and **REALIGN** your rhythms, you create space for shalom to take root and for purpose to become clear again.

You are allowed to move from burdens to abundance—and to build a life that reflects healing, wholeness, and hope. Selah!
