



ROOM 1 – THE SEEKER: REMAIN CONNECTED

Your Result: Rebuild from the inside out.

You're exactly where you need to be.

www.dawnmannsanders.com

Micro-Steps

01

The 5-Minute Abide Reconnection Practice

- Minute 1: Position (Hover)
- Minutes 2-3: Scripture (Remain Connected)
- Minutes 4-5: Listen & Receive (Access Power)

02

The 24-Hour Rhythm Audit

- Sleep: Quality and quantity.
- Devotion: When and how long you connect with God.
- Deep Work: Focused, creative work time.
- Recovery: Rest, play, restoration.

03

Strategic Rhythm Redesign

- Stop One Rhythm
- Start One Rhythm

You'll know you're ready for Room 2 when:

- Your 5-minute abides feel more natural than forced.
- You sense your passion beginning to stir again.
- You have enough light to see one faithful next step.

01

The 5-Minute Abide Reconnection Practice

A strategic positioning practice that reconnects high-capacity leaders to divine creative power in just 5 minutes.

The Structure:

Minute 1: Position (Hover)

- 4-count breathing to center yourself.
- Acknowledge you're positioned above the chaos, not in it.
- "God, I position myself to hover with You."

Minutes 2-3: Scripture (Remain Connected)

- Read one verse related to abiding/connection (John 15:4).
- Let it settle without forcing an application.
- "Speak to me through Your Word, Lord."

Minutes 4-5: Listen & Receive (Access Power)

- Sit in silence, receptive to God's voice.
- No agenda, just connection.
- "I remain connected to You as my Source."



Your Call to Action

This is not just "quiet time"—this is strategic spiritual positioning for leaders who need to access divine creative power.

Want the guided audio version? Join the 5-Day Connection Challenge.

02

The 24-Hour Rhythm Audit

Track these four categories for 24 hours:

Sleep: Quality and quantity.

Deep Work: Focused, creative work time.

Recovery: Rest, play, restoration.

Devotion: When and how long you connect with God.

The Goal

Identify where you're losing creative energy versus where you're gaining it. **High-capacity leaders audit everything. Your rhythms determine your capacity.**

Join Others Doing This Practice

Join the Rebuilders Circle



03

Strategic Rhythm *Redesign*

Based on your audit data:

Stop One Rhythm:

Learn How

Start One Rhythm:

Learn How

Quick Question for Better Support:

What's your biggest obstacle to maintaining healthy rhythms?

- Time constraints
- Inconsistent schedule
- Lack of motivation
- Family obligations
- Work demands
- Other: _____ [Send DM on Instagram sharing the obstacle]

Prefer reminders via:

Email

Text

Both

