



THE LANTERN HOUR RESET GUIDE

A Simple Morning Routine
for Calm, Clarity, and
Courage

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Pray Plan Proceed

Welcome to The Lantern Hour

Dear Friend,

This guide is a gentle companion to help you slow down, reflect, and move forward with intention.

Just like the small lantern that once guided my early mornings, this workbook is meant to give you light for the next step — not the whole journey.

You don't need perfection.

You only need a beginning.

With best wishes,

Samina

The Lantern Hour is a daily reset that helps you:

- Quiet your mind
- Strengthen your faith
- Focus your priorities
- Plan your day with peace
- Build confidence through small actions

All in just 90 minutes a day.

THE 90-MINUTE FRAMEWORK

The Lantern Hour Structure

5 minutes – wash

5 minutes – Stretch

10 minutes – Prayer/Reflection

20 minutes – Plan /Journal/Learn

50 minutes – Growth

A calm morning creates a confident day.

WADHU/WASH

Start With cleansing

Take a quick shower or wash your mouth, nostrils, face, hands, and feet with warm water to awaken your body

How does your body feel after this wash?

STRETCH

Exercise Gently

Stretch your neck, shoulders, hands, back, and feet to get your body ready for the day.

What three body parts do you stretch today?

Do you find it hard to move certain body parts?

GRATITUDE

Be Grateful

Write three things you are grateful for today?

How does gratitude change your mindset today?

FAITH/REFLECTION

Prayer / Reflection

Write a short prayer, intention, or thought for today:

What are you trusting God with today?

PLAN/JOURNAL

Top 3 Priorities for Today:

One small step toward a personal goal:

LEARN

What will you learn today?

Book / Skill / Topic:

One idea I learned:

GROWTH/EXECUTION

Add a 50 minutes of Growth:

The Lantern Hour is not about doing more.

It is about using it wisely.

Each person's last 50 minutes will look different.

Some mornings it will be for:

- health
- faith
- learning
- planning
- projects
- or simple self-care

This 50 minutes will help you discover how to use your hour in the way you need most.

DISCOVER YOUR GROWTH PURPOSE

Take a few minutes to answer honestly:

In this season of my life, what area needs the most growth?

If I had one quiet hour every morning, how would I most like to use it?

What is one goal I keep delaying because I feel I have “no time”?

How could 50 focused minutes each day help me move closer to that goal?

EVENING REFLECTION

End-of-Day Review

What went well today?

What can I improve tomorrow?

What am I proud of?

WEEKLY RESET

Weekly Reflection

This week I accomplished:

My biggest challenge was:

Next week I will focus on:

FINAL ENCOURAGEMENT

You don't need to change your
whole life at once.

One morning.

One step.

One small light at a time.

Keep your lantern burning.

With Warm Wishes,

Samina Muqarab

The background of the page is a repeating pattern of pink flowers with green stems and leaves. The flowers are scattered across the page. In the center, there is a decorative, light-colored frame with a scalloped border. Inside this frame, the words "THANK YOU" are written in a black, serif, all-caps font.

THANK YOU

Samina Muqarab
Author of Pray Plan Proceed