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# CREATE A LIFE YOU LOVE *GUIDE*

7 Pillars for Faithful,  
Joyful, and Intentional Living



A devotional workbook to help you build a more beautiful life, one life-giving rhythm at a time.

# Dear Friend,

Welcome to the Create A Life You Love Guide.



In a world that constantly pulls us in a hundred different directions, it's easy to wake up one day and wonder: Is this the life I actually want to be living?

Maybe you're overwhelmed. Maybe you feel a little lost in the noise. Or maybe you're simply ready to live with more intention—more rooted in faith, more aligned with your values, more filled with beauty, purpose, and peace.

This guide is an invitation to pause and pay attention.

It's not a checklist or a productivity challenge. It's not about “doing more” or chasing perfection. It's about remembering what matters most—and gently reordering your days so they reflect the kind of life you were created for.

A life shaped by biblical truth, not cultural pressure.

A life that makes space for wonder, rest, and deep connection.

A life where your faith anchors you, your family flourishes, and your work flows from a place of peace.

Inside, you'll find seven guiding pillars—habits and rhythms that help you align your life with what matters most. Each one includes a short devotion, a practice to try, space to reflect, and truths from Scripture to root you along the way.

You don't need to implement everything at once. This is not a race. It's a slow unfolding—an invitation to rediscover what it means to build a life that is faithful, beautiful, and deeply loved.



So take a breath. Light a candle. Open your heart.

Let's build something better—together.

*With grace and anticipation,*

**Cayce Fletcher**

A More Beautiful Life Collective

# Pillar One | FAITH FIRST



*“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”*

— Psalm 16:11

Creating a life you love doesn’t begin with chasing goals or perfecting routines. It begins with *desiring* God.

In Psalm 16, David reminds us that the path of life—the beautiful life—is made known in God’s presence. When we seek Him first, joy follows. Not fleeting happiness or the relief of an organized home, but the deep, rooted joy that comes from knowing we are walking with the Lord.

So often, we try to fix our lives by managing the external: decluttering, planning, scheduling, striving. But the internal posture matters more. When we delight in God first, the rest begins to align. This doesn’t mean everything becomes easy or aesthetic. It means our hearts are anchored. Our desires are re-ordered. As Psalm 16:11 promises, “in your presence there is fullness of joy.”

Over time, as we desire God more, our other desires fall into place. The longing for rest, peace, beauty, purpose—He satisfies them not through hustle, but through Himself.

Putting faith first doesn’t require hours of quiet or perfect spiritual disciplines. It just means we start with Jesus. Before we scroll. Before we plan. Before we try to improve or fix. We begin by abiding.

A life you love is not something you build *apart* from God. It’s a life that flows *from* God—where He shows you the path, and you walk it with joy.



## Reflection Questions:

In what ways have you tried to create a “better life” without first seeking God?

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How does Psalm 16:11 shift your understanding of joy, pleasure, and purpose?

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What does it look like to put faith first in your current season?

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## Practice Prompt

Set aside 10 minutes today to simply sit in God’s presence. No agenda. No to-do list. Just you, His Word (try reading Psalm 16 aloud), and a heart willing to listen.

*Over time, when we desire God,  
our other desires will fall into  
place.*



# Pillar Two | WISDOM & JOURNALING



*“The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.”*  
— Proverbs 4:7

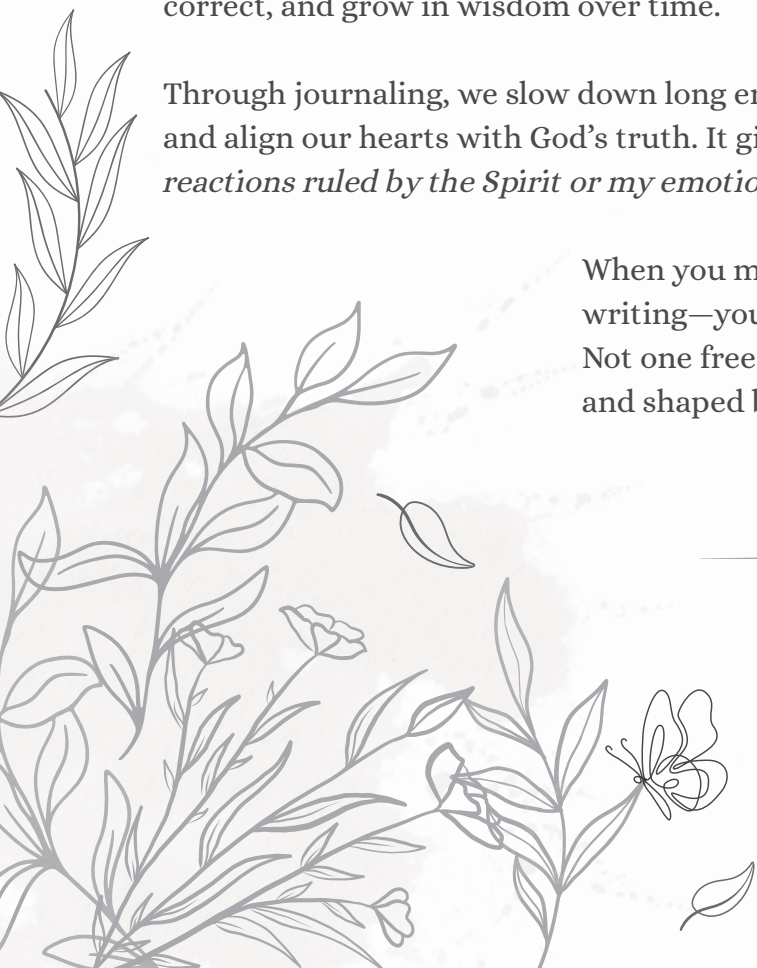
Wisdom is not optional if we want to build a life we truly love. In Proverbs, Solomon urges us to “get wisdom,” even if it costs us everything. That’s how precious and powerful it is.

A wise life is not merely intellectual—it’s practical. It shows up in how we make decisions, how we respond to stress, how we speak to our children, how we prioritize our time. Wisdom shapes our habits and our homes. It’s what allows us to live with peace, purpose, and contentment.

We often think a life we love will come from outer change—new routines, better organization, more margin. But Scripture tells us it’s inner transformation that matters most. And journaling is one of the simplest tools God can use to help us reflect, course-correct, and grow in wisdom over time.

Through journaling, we slow down long enough to process our thoughts, notice patterns, and align our hearts with God’s truth. It gives us space to ask: *Am I walking wisely? Are my reactions ruled by the Spirit or my emotions?*

When you make a habit of wisdom—through reflection and writing—you begin to build a more beautiful, intentional life. Not one free from trouble, but one that is grounded in grace and shaped by understanding.



## Reflection Questions:

What areas of your life could benefit from more wisdom right now?

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How do your daily actions and reactions shape the atmosphere of your home?

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What is one lesson God has taught you recently that you don't want to forget?

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## Practice Prompt

Today, write for 10 minutes in a journal or notebook. Use this prompt: *"What is wisdom inviting me to do differently today?"* Reflect on your response with honesty and grace.

***Our actions and reactions to the events of life will often dictate whether or not we are loving life or hating it.***



Pillar Three

# NATURE & OUTSIDE TIME



*“The heavens declare the glory of God; the skies proclaim the work of his hands.”  
— Psalm 19:1*

Creation is constantly proclaiming the glory of God. Every tree, every breeze, every sky streaked with color is a whisper of His goodness. When we step outside, we are entering into a sanctuary not built by human hands.

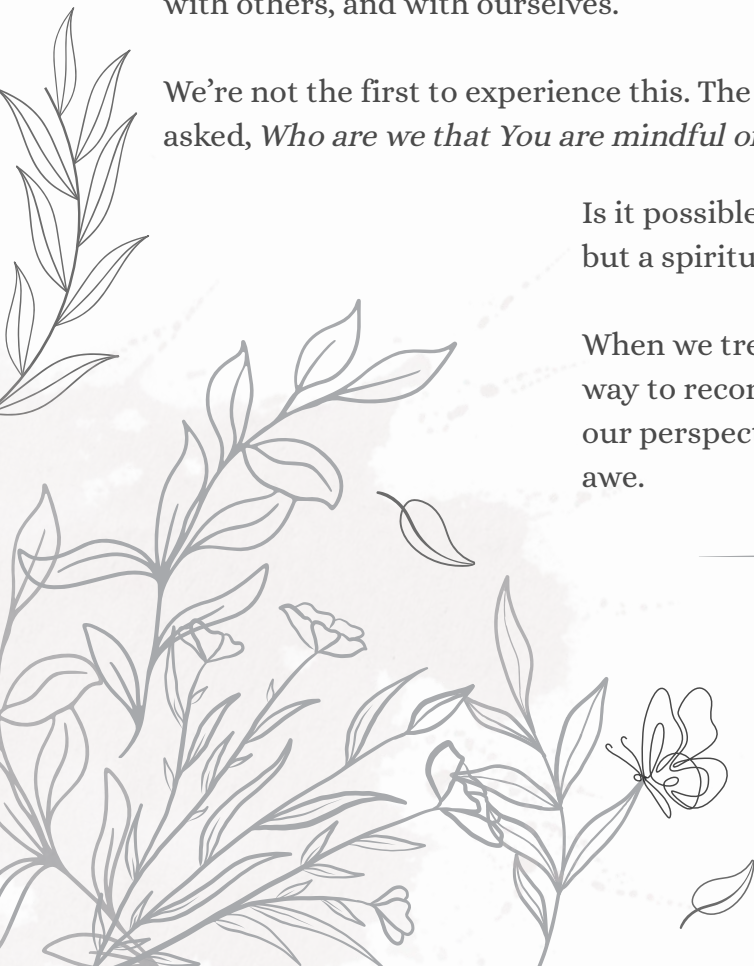
Spending time in nature is more than just good for our bodies—it’s transformative for our souls. Scripture repeatedly links the beauty of creation with the presence and power of God. As Paul reminds us in Romans, creation itself reveals His invisible qualities. When we are still in nature, we are reminded of how small we are—and how great He is.

In a culture that keeps us rushing and indoors, being outside invites us to slow down, lift our eyes, and find rest. It draws us out of our own heads and back into presence—with God, with others, and with ourselves.

We’re not the first to experience this. The psalmists did too. They looked up at the stars and asked, *Who are we that You are mindful of us?* That question is the beginning of worship.

Is it possible that getting outside is not just a lifestyle habit but a spiritual discipline?

When we treat time in nature as a rhythm of restoration and a way to reconnect with our Creator, it becomes holy. It shifts our perspective from self to kingdom, from overwhelm to awe.





## Reflection Questions:

When was the last time you were truly still and present outdoors?

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How does nature change your perspective about what's happening in your life right now?

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In what ways might God be inviting you into rest or worship through creation?

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## Practice Prompt

Step outside for 5–10 minutes today without your phone. Simply observe—what do you see, hear, smell, feel? Breathe deeply and pray: *“God, help me to see Your glory in all that You’ve made.”*

***When people come face-to-face  
with nature, they are brought  
face-to-face with God.***





Pillar Four

# LIFE-GIVING HOBBIES & WORK



*"May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands."*

— Psalm 90:17 (NIV)

We were not made to merely consume—we were made to create.

God designed us in His image, the image of a Creator. He gave us hands, minds, and hearts capable of bringing beauty into the world. From woodworking and baking to sketching and gardening, our hobbies are not hobbies in the shallow sense—they are sacred rhythms of soul care.

In a culture that often defines “self-care” as endless consumption and detachment, we are invited to something deeper: life-giving work. Not work for productivity’s sake, but for joy, beauty, and service. A life-giving hobby is an act of worship—it slows us down, engages our senses, and restores our capacity to serve and love well.

As Stephen Covey put it, productivity isn’t just about what we produce, but about preserving our capacity to produce. We can’t pour out if we are dry. A life that glorifies God must be lived on purpose—caring for the soul, not just the to-do list.

*So how do you care for your soul?*

By engaging in hobbies that bring delight, beauty, and restoration.

By choosing creativity over consumption.

By making space in your week not just for what needs to be done, but for what nourishes your spirit.

Pursue work and hobbies that make you more human, more grounded, more alive to God’s goodness—and you’ll find that these simple acts of creation lead to a richer, more joy-filled life.

## Reflection Questions:

What do I create regularly, just for the joy of it?

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Do I prioritize time for hands-on, soul-nourishing activities—or do I default to passive consumption?

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How might God be inviting me to rediscover the joy of creating with Him?

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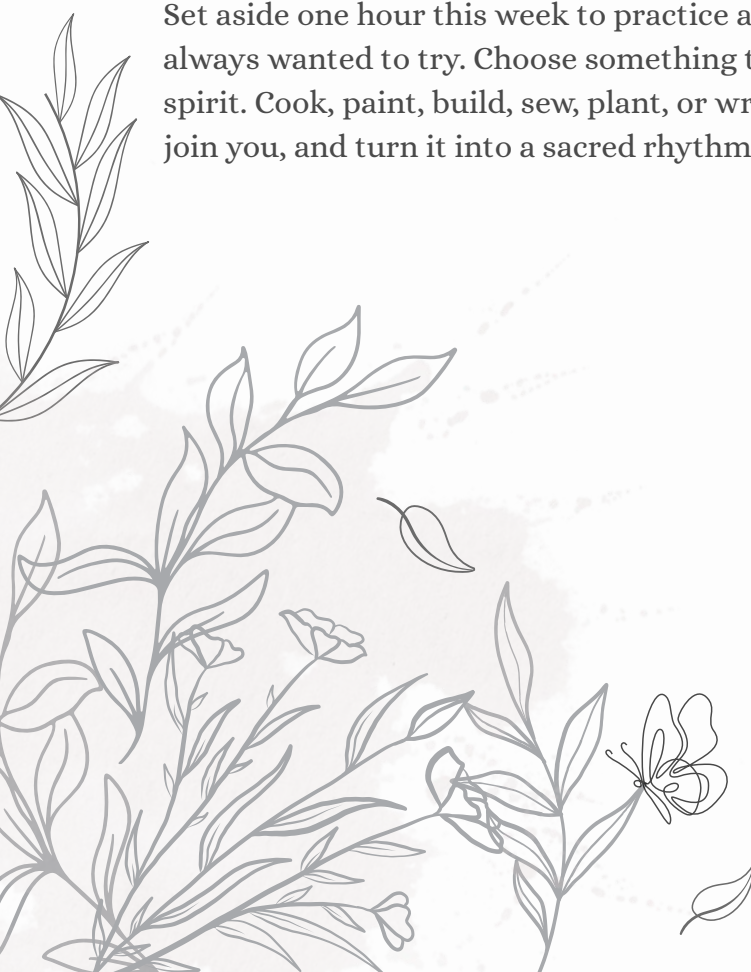
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## Practice Prompt

Set aside one hour this week to practice a hobby you love—or one you've always wanted to try. Choose something that engages your hands and lifts your spirit. Cook, paint, build, sew, plant, or write. Invite your children or a friend to join you, and turn it into a sacred rhythm of restoration and delight.



***"The world is not lacking in wonders, but in a sense of wonder."***

***—G.K. Chesterton***

Pillar Five

# RELATIONSHIPS & HOSPITALITY



*"He who finds a wife finds a good thing and obtains favor from the Lord."  
—Proverbs 18:22 (ESV)*

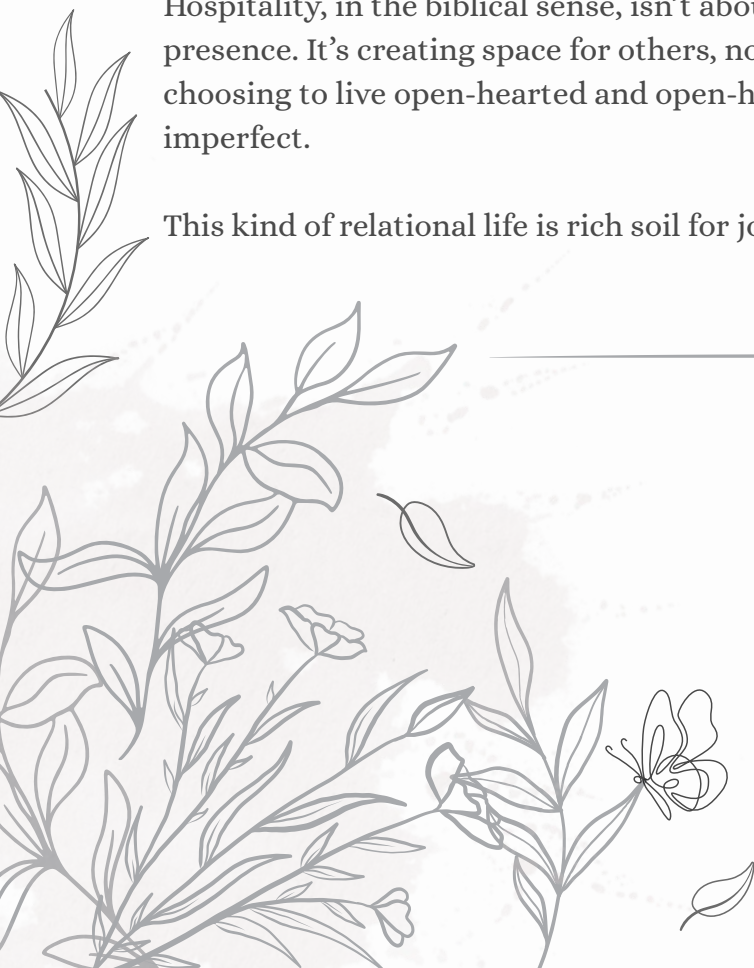
You were made for relationship.

From the very beginning, God designed us not only to walk with Him but also to walk with others. A life you love isn't built in isolation—it's built at the table, in the living room, in the daily and ordinary rhythms of life shared with others.

We live in a time of increasing loneliness, where digital connection often replaces embodied presence. But Scripture paints a far more beautiful vision: a godly marriage rooted in love and honor, children who are shaped and launched like arrows into the world, friendships that sharpen and sanctify, and a church family who worships and weeps together.

Hospitality, in the biblical sense, isn't about Pinterest-worthy perfection—it's about presence. It's creating space for others, not just in our homes but in our lives. And it's choosing to live open-hearted and open-handed, even when it feels inconvenient or imperfect.

This kind of relational life is rich soil for joy, growth, and spiritual vibrancy.



## Reflection Questions:

How am I intentionally cultivating my closest relationships—spouse, children, friends, church family?

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Do I make time for meaningful conversation and connection, or am I always too “busy”?

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What holds me back from opening my home or my heart to others?

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## Practice Prompt

Plan one intentional act of hospitality or connection this week. It could be as simple as inviting someone over for coffee, writing a note to a friend, or planning a special moment with your spouse or children. Pray over it—and show up wholeheartedly, even if your house (or your heart) isn’t perfect.

***"Hospitality is not to change people, but to offer them space where change can take place."  
—Henri Nouwen***





Pillar Six

# SLOW, SIMPLE LIVING



*"But we urge you, brothers, to do this more and more, and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you."*

*—1 Thessalonians 4:10b–11 (ESV)*

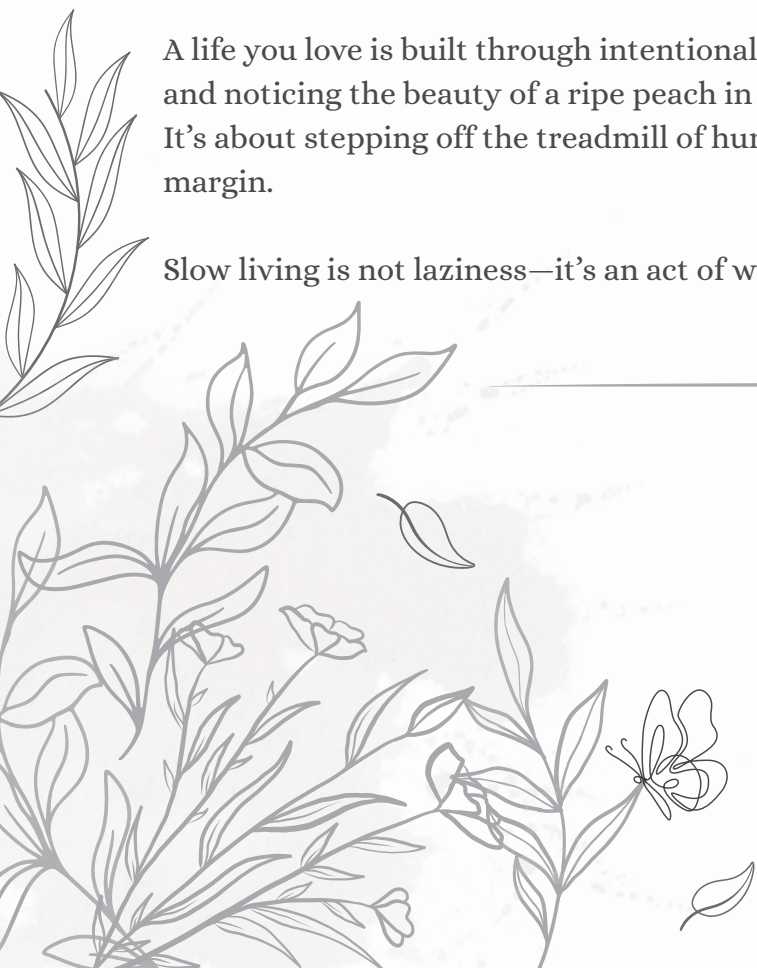
What if the most meaningful life isn't hidden in a dream vacation or a perfectly curated schedule—but in the quiet, faithful rhythms of home?

In today's world, we are surrounded by abundance. There's always more to consume—more screens, more noise, more options, more activity. But instead of leading us to delight, this abundance often leads us to distraction. We gorge on good things, forgetting they were meant to be savored.

Biblical wisdom calls us to live *quiet* and *simple* lives—not for the sake of minimalism, but for the sake of meaning. A strawberry in December is a marvel—but when every day is filled with marvels, we begin to forget the miracle. Slowness helps us remember.

A life you love is built through intentional slowness: guarding time, stewarding your yeses, and noticing the beauty of a ripe peach in season or a shared moment at the dinner table. It's about stepping off the treadmill of hurry and choosing to live with attentiveness and margin.

Slow living is not laziness—it's an act of worship.



## Reflection Questions:

Where have I allowed hurry and hustle to rob me of peace?

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What would it look like to truly enjoy the simple gifts in my everyday life?

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What's one area of my life that needs margin or boundaries?

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## Practice Prompt

Choose one small thing to *slow down and enjoy today*. It could be sipping your tea without your phone, walking outside with your child, or preparing a simple meal from scratch. Pay attention. Give thanks. Let it remind you of the joy of presence.



***"It's not the daily increase but  
daily decrease. Hack away at the  
unessential."  
—Bruce Lee***

Pillar Seven

# LOW-SCREEN LIVING



*"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil."*

*—Ephesians 5:15–16 (ESV)*

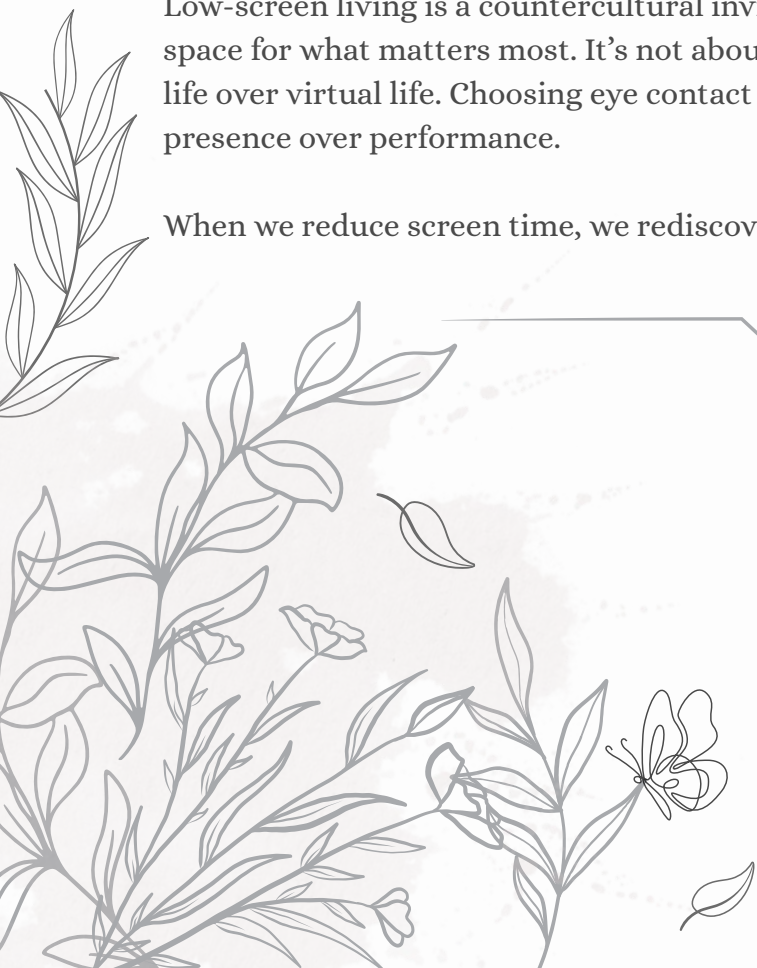
We're more connected than ever—but more distracted, too. Our phones promise convenience, escape, and information. But often, they quietly steal our time, our focus, and even our joy.

It's not that technology is inherently evil. It's that unchecked access to constant input leaves little room for stillness, presence, or reflection. We begin to consume without discernment. We scroll more than we speak to the people in the same room. We feel anxious, hurried, and drained—and we don't know why.

But we were not made to live this way.

Low-screen living is a countercultural invitation to clear out the digital noise and create space for what matters most. It's not about shame or strict rules. It's about choosing real life over virtual life. Choosing eye contact over algorithms. Choosing a life that prioritizes presence over performance.

When we reduce screen time, we rediscover margin. And with margin comes joy.



## Reflection Questions:

How often do I default to screens when I'm bored, anxious, or tired?

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What do I feel like I never have "time" for—yet somehow always have time to scroll?

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What would my day look like if I prioritized in-person presence over online noise?

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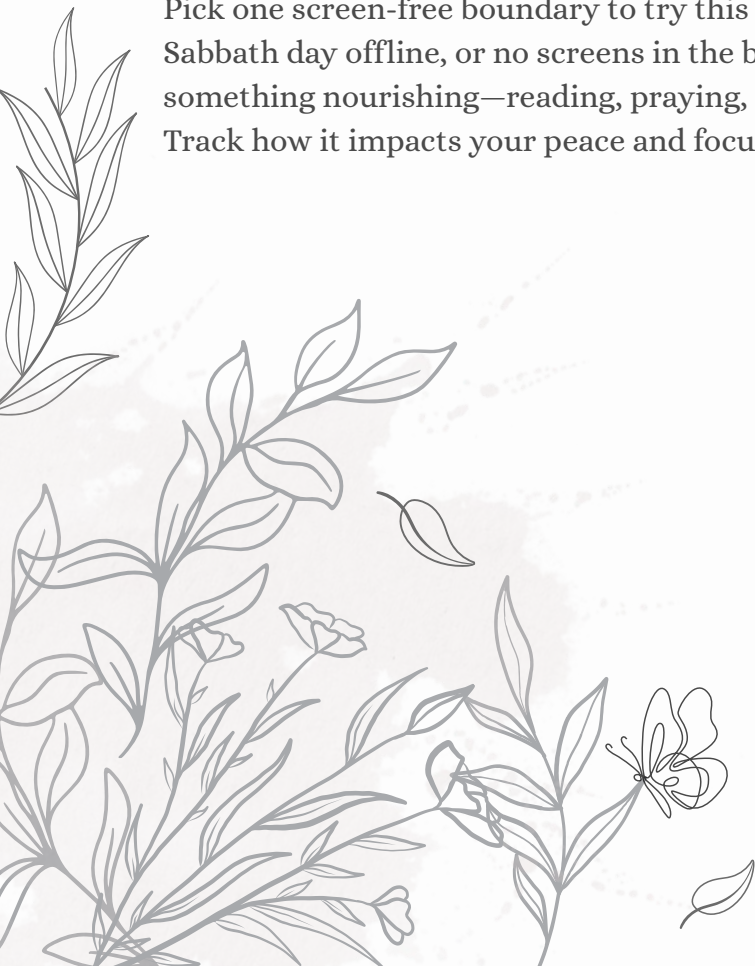
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## Practice Prompt

Pick one screen-free boundary to try this week: No phone during meals, a Sabbath day offline, or no screens in the bedroom. Replace that time with something nourishing—reading, praying, resting, or being with your people. Track how it impacts your peace and focus.

*"Almost everything will work  
again if you unplug it for a few  
minutes... including you."  
—Anne Lamott*





# You're just getting started.

## SOME NEXT STEPS

Friend, thank you for taking the time to walk through these seven pillars. We pray this guide has stirred something in your heart—a renewed vision for your days, a deeper desire for God, and a gentle reminder that the life you love isn't found in hustle or noise, but in rooted rhythms, faithful choices, and grace-filled living.

But this is only the beginning.

The **A Life You Love Toolkit** was created to help you **live this out**—with intention and joy, one small step at a time. Inside the full toolkit, you'll find practical tools and printables that support the pillars you've just explored:

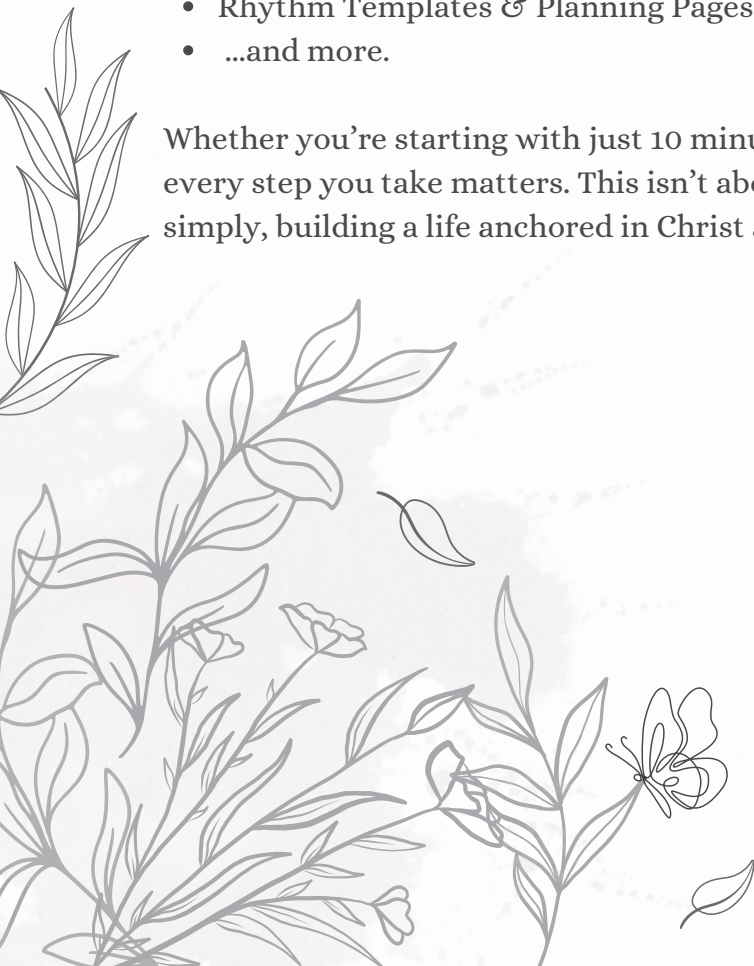
### What's Inside the Toolkit:

- Create a Life You Love Guide (this one!)
- 30 Days of Digital Decluttering Devotional
- Morning Pages Prompts + Journaling Pages
- Outside Time Tracker
- Hobby Exploration Guide
- Scripture Reading & Prayer Tools
- Rhythm Templates & Planning Pages
- ...and more.

Whether you're starting with just 10 minutes a day or diving into a new habit each week, every step you take matters. This isn't about doing it all—it's about walking faithfully and simply, building a life anchored in Christ and full of meaning.

***You won't get it perfect. You're  
not meant to.***

***But you are called to live  
faithfully, and that often starts  
with the quiet, unseen, simple  
things.***





## Next Steps

1. **Reflect** – What stood out most to you from the 7 pillars? Which one feels most life-giving right now?
2. **Pick One Practice** – Revisit the “Try This” prompts and choose one to begin this week. Keep it simple and small.
3. **Download the Toolkit Tools** – Use the trackers, devotionals, and planning pages to support your next step.
4. **Invite Someone In** – Growth is richer in community. Share this journey with a friend, your spouse, or a small group.
5. **Come Back Often** – Revisit this guide at the start of each season or whenever you feel off track. Let it anchor you again.

## A Final Word of Grace

You won't get it perfect. You're not meant to.

But you are called to live faithfully, and that often starts with the quiet, unseen, simple things.

So breathe deep. God is with you. He delights to lead you. And this life—a life you love—is not out of reach.

**Let's build it together—slowly, intentionally, beautifully.**

You are not behind. You are right on time.

With love & purpose,

**Cayce**

