



HOUSE OF
DECADYNCE

THE RITUAL. THE EXPERIENCE. THE LEGACY.



AUGUST RITUAL JOURNAL

REFOCUS

Clear the Noise. Fix Your Eyes. Return to What Matters.



CHAPTER 2



AUGUST 10 – AUGUST 16

COLOSSIANS 3:2



Curated by

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Create Your Atmosphere

Tap into the Edmond Elite App



ROOTED IN FAITH. LED BY PURPOSE. CREATED FOR MORE.



A Letter to the Reader

Refocusing is the practice of returning your attention to what deserves it. It is not about doing everything better. It is about discerning what matters most and releasing the noise that keeps your energy divided.

This week is an invitation to become intentional with your thoughts, time, boundaries, and faith. Some distractions are obvious. Others look productive, urgent, or familiar. Refocus asks you to pause long enough to recognize the difference between what is demanding your attention and what is worthy of it.

Welcome to Week Two. Welcome to Refocus.

“Clarity grows when attention returns to purpose.”

THE REFOCUS ATMOSPHERE

LIGHTING

Clear morning light, focused task lighting, soft candlelight

MUSIC

Instrumental worship, concentration playlists, quiet piano

FRAGRANCE

Refocus Wellness Candle

MOOD

Clarity, discipline, peace, intentional attention

Scripture + Reflection

COLOSSIANS 3:2

“Set your affection on things above, not on things on the earth.”

Where attention goes, energy follows. Scripture invites us to lift our focus beyond immediate pressure and return our minds to what is eternal, true, and worthy. Refocusing does not ignore responsibility; it gives responsibility the proper order.

This week, let your attention become a form of stewardship. Protect it from unnecessary noise. Direct it toward faith, purpose, relationships, and priorities that carry lasting value.

THIS WEEK'S INTENTION

This week, I will quiet unnecessary noise, identify what matters most, and direct my attention with wisdom. I will choose purposeful focus over scattered urgency and faithful progress over constant reaction.

MY PERSONAL REFOCUS INTENTION



Weekly Refocus Practice

Begin each day with a three-part focus ritual. Light your candle. Take three slow breaths. Write down: one spiritual priority, one practical priority, and one relationship priority.

Before adding anything else, ask whether it supports one of those priorities. Let “not now” become a respectful boundary. Refocus is not rejection; it is responsible attention.

“My attention is valuable. I direct it toward what is true, purposeful, and worthy.”

THIS WEEK, I AM CHOOSING TO REFOCUS BY:

MY THREE REFOCUS ANCHORS

ONE PRACTICE I WILL CARRY EVERY DAY



DAY 1

Name What Matters Most

Focus becomes possible when priorities are named. Today, separate what is essential from what is merely loud.

JOURNAL PROMPTS

1. What matters most in this season?
2. What deserves my best attention this week?
3. What can become secondary without guilt?

TODAY'S AFFIRMATION

I can choose what matters without carrying everything at once.

TODAY'S PRAYER

Lord, give me wisdom to recognize what matters most and courage to order my life around it. Amen.

MY PRIMARY FOCUS

DAY 2

Clear the Distractions

Distraction is not always laziness. Sometimes it is avoidance, overstimulation, or an environment that has not been protected.

JOURNAL PROMPTS

1. What repeatedly pulls me away from what matters?
2. What am I avoiding by staying busy or distracted?
3. What distraction can I remove, limit, or postpone today?

TODAY'S AFFIRMATION

I release distractions that divide my energy.

TODAY'S PRAYER

Lord, help me recognize the noise that weakens my attention. Give me discipline to create room for what matters. Amen.

THE DISTRACTION I AM CLEARING

DAY 3

Refocus Your Faith

When circumstances become loud, faith can become reactive. Refocusing returns your attention to God before fear writes the story.

JOURNAL PROMPTS

1. What circumstance has been consuming my thoughts?
2. What truth about God do I need to remember?
3. What would faith-focused action look like today?

TODAY'S AFFIRMATION

My focus is anchored in faith, not ruled by fear.

TODAY'S PRAYER

Lord, steady my attention in You. Help me respond from trust, wisdom, and spiritual clarity. Amen.

MY FAITH FOCUS

DAY 4

Refocus Your Time

Time reveals priority. Refocusing your schedule may require subtraction, boundaries, and more honest expectations.

JOURNAL PROMPTS

1. Where is my time going without intention?
2. What deserves protected time this week?
3. What can I simplify, delegate, or schedule differently?

TODAY'S AFFIRMATION

I use my time in ways that honor purpose and wellbeing.

TODAY'S PRAYER

Lord, teach me to steward my time with wisdom. Help me create space for what matters without glorifying exhaustion. Amen.

MY TIME RESET

DAY 5

Refocus Your Boundaries

Boundaries protect attention from becoming public property. They allow your yes to remain meaningful and your no to remain honest.

JOURNAL PROMPTS

1. Where has my attention become too available?
2. What boundary would protect my peace and priorities?
3. How can I communicate that boundary with clarity and respect?

TODAY'S AFFIRMATION

My boundaries protect the purpose assigned to my life.

TODAY'S PRAYER

Lord, give me courage to set healthy boundaries without guilt and wisdom to honor them consistently. Amen.

THE BOUNDARY I AM ESTABLISHING

DAY 6

Refocus Your Energy

Not every task requires the same intensity. Wise focus places energy where it can create meaningful movement.

JOURNAL PROMPTS

1. What has been draining energy without producing value?
2. Where would focused effort create the greatest difference?
3. What can I approach with less force and more wisdom?

TODAY'S AFFIRMATION

I invest my energy where it can produce purposeful fruit.

TODAY'S PRAYER

Lord, help me direct my strength wisely. Show me where to press, where to pause, and where to release. Amen.

MY ENERGY PRIORITY

DAY 7

Choose the Next Faithful Priorities

Focus is renewed through repeated choice. You do not need to control the entire future; you need clear priorities for the next faithful step.

JOURNAL PROMPTS

1. What became clearer this week?
2. Which three priorities deserve to continue?
3. What will I intentionally leave behind?

TODAY'S AFFIRMATION

I move forward with clear priorities and a peaceful mind.

TODAY'S PRAYER

Lord, thank You for clarity. Help me carry focused attention into the next week with discipline, peace, and faith. Amen.

MY NEXT THREE PRIORITIES

Week Two Refocus Reflection

At the end of this week, notice what changed when your attention became more intentional and your priorities became clearer.

THIS WEEK, REFOCUSING REVEALED:

THE NOISE I NEEDED TO QUIET WAS:

ONE PRIORITY I PROTECTED WELL:

ONE FOCUS PRACTICE I WILL CONTINUE:



Focus Map

Use this page to place attention where it belongs and identify what no longer deserves equal access to your time, mind, and energy.

WHAT MATTERS MOST

WHAT CAN WAIT

WHAT NEEDS A BOUNDARY

WHAT NEEDS CONSISTENT ATTENTION

MY FOCUSED PLAN FOR THE NEXT SEVEN DAYS

Closing Reflection

Refocus is a return to responsible attention. It brings the mind back from scattered urgency and gives purpose room to lead. As you close this week, honor every distraction you released, every boundary you strengthened, and every priority you protected.

CLOSING PRAYER

Lord, thank You for this week of refocusing. Thank You for clarity, discipline, and the wisdom to separate what is urgent from what is important. Help me keep my attention anchored in You and directed toward what carries lasting value. Amen.

“I do not have to chase everything. I can faithfully tend what matters.”

MY WRITTEN DECLARATION OF FOCUS

Additional Notes

Use this space for additional reflections, prayers, reminders, confirmations, or refocus moments from the week.