RENEW

Renew Practice Guide

Living Connected, Becoming Whole

Companion to The Deeper by Design Podcast - Episode 15

The Sixth Movement of the Renovi Flow

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Renewal is not about arriving. It is about continuing to become.

A guided practice for recognizing growth, anticipating drift, strengthening support, and carrying connection into the next 90 days.

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Purpose

Renew is the sixth movement of the Renovi Flow, but it is not a finish line. It is the ongoing work of integrating what you have learned into ordinary life - noticing sooner, returning more quickly, choosing more intentionally, and staying connected to the people and practices that help you become whole.

Growth does not mean you never struggle with the same thing again. It means you are becoming better equipped to respond when you do.

This guide will help you name the evidence of change, write the story you want to keep living, strengthen six dimensions of connection, recognize early signs of drift, map ongoing support, and create a realistic 90-day renewal plan.

How to use this guide

- ☐ Move slowly; complete one section at a time.
- ☐ Choose small practices you can repeat.
- ☐ Return when new stress or insight emerges.
- ☐ Write honestly, not impressively.
- ☐ Use it alone, with a partner, or with support.
- ☐ Let safety and wise boundaries guide the pace.

Renewal is not

NOT THIS	MORE LIKE THIS
Perfection	Earlier awareness and more intentional response
Never drifting	Recognizing drift and knowing how to return
Going back to what was	Making room for what can become
Doing it alone	Living within honest, sustaining support

Use what fits your season. If a relationship includes coercion, violence, retaliation, or ongoing abuse, prioritize safety and qualified support rather than vulnerable disclosure or forced reconciliation.

How Do I Know I Have Changed?

Change is often quieter than we expect. The difficult moment may still come, but it no longer has the same authority. Look for differences in awareness, recovery, choice, responsibility, and connection.

A PROGRESS PORTRAIT

THEN	NOW	NEXT
What I noticed late or not at all	What I notice sooner now	What I want to notice earlier
How I protected myself	How I am learning to respond	The response I want to strengthen
How long disconnection lasted	How I return or repair now	What would help me return sooner

A moment that shows meaningful growth in me:

What is different in my body, story, behavior, or relationships now?

What still becomes difficult under stress?

Renewal is not necessarily a different life. Sometimes it is learning to live the life you have in a healthier way.

My Legacy Narrative

A legacy narrative is the growth story you are choosing to carry forward. It honors where you have been without allowing the past to determine what comes next. It names who you are becoming and how that becoming will shape the people and places connected to you.

The hope of renewal is not that the past disappears. It is that the past no longer determines what comes next.

The old story or protective pattern I no longer want leading my life:

What I now understand with greater honesty and compassion:

The values I want my choices and relationships to embody:

The kind of person I am becoming:

Because I lived this way, I hope the people connected to me experience:

WRITE IT FORWARD

I come from _____. I have learned _____. I am releasing _____. I am becoming _____. I want my life and relationships to make room for _____.

Funnel Forward Plan

Connection is not one thing. You can feel close in one dimension and distant in another. Use the Relational Funnel to notice what is strong, thin, blocked, unsafe, or ready to grow. Rate both connection and safety from 1 (low) to 5 (strong).

DIMENSION	WHAT IT HOLDS	CONNECTION	SAFETY
Physical	Presence, touch, rest, environment, embodied care	1 2 3 4 5	1 2 3 4 5
Experiential	Time, play, shared memories, trying life together	1 2 3 4 5	1 2 3 4 5
Intellectual	Ideas, curiosity, learning, thoughtful exchange	1 2 3 4 5	1 2 3 4 5
Emotional	Feelings, attunement, comfort, vulnerability	1 2 3 4 5	1 2 3 4 5
Spiritual	Meaning, values, faith, prayer, wonder	1 2 3 4 5	1 2 3 4 5
Aspirational	Dreams, purpose, direction, shared future	1 2 3 4 5	1 2 3 4 5

Where is connection already alive and worth protecting?

Where does safety need attention before closeness is pursued?

Funnel Forward Practices

Choose one small, observable practice in the dimensions that matter most right now. A good practice is specific enough to schedule and gentle enough to repeat.

DIMENSION	ONE PRACTICE	WHEN / WHERE
Physical		
Experiential		
Intellectual		
Emotional		
Spiritual		
Aspirational		

Choose, do not overload

- ☐ One daily micro-practice
- ☐ One monthly review
- ☐ One repair conversation, when wise
- ☐ One weekly connection rhythm
- ☐ One boundary that protects safety
- ☐ One shared experience to anticipate

The two practices I will begin with:

What could make these practices easier to keep?

Sustainable renewal is usually built through small rhythms that can survive ordinary stress.

My Ongoing Support Map

Renewal is relational. Support does not remove your responsibility; it gives honesty, encouragement, wisdom, accountability, and care a place to live. Name people and resources before you urgently need them.

KIND OF SUPPORT	WHO / WHAT	HOW I WILL ENGAGE
Personal	A trusted friend, mentor, spiritual director, therapist, or coach	
Relational	A partner, family member, or repair partner who can practice with me	
Community	A group, church, team, recovery community, or circle of belonging	
Professional	Clinical, medical, legal, financial, or pastoral support as needed	
Rhythms and resources	Sleep, movement, prayer, journaling, reading, time outdoors, tools	

Who can tell me the truth with both courage and care?

Who needs to know my early warning signs and return plan?

One support conversation I will initiate this week:

Early Warning Signs of Drift

Drift is not failure. It is a signal. The aim is to recognize the small signs before protection hardens into an old cycle. Notice what happens within you, between you and others, among your communities, and around your environment.

DOMAIN	MY EARLY SIGNS	A WISE RESPONSE
Within Me	Body tension, numbness, shame, urgency, rumination, exhaustion	
Between Us	Defending, pursuing, withdrawing, fixing, appeasing, contempt	
Among Us	Isolation, over-functioning, secrecy, resentment, loss of belonging	
Around Us	Overload, chaotic rhythms, conflict, transitions, depleted resources	

My drift sequence

When I begin to drift, the first small sign is usually:

If I ignore it, the next protective move is often:

The cost to connection is usually:

The earlier you notice the cue, the more choices you have about what happens next.

Return Through the Renovi Flow

The six movements are sequential enough to offer direction and cyclical enough to meet real life. When stress, pain, or an old pattern returns, begin where you are. Moving back through the flow is not starting over; it is how renewal stays alive.

1 REVEAL

Seeing what is true

What is happening right now?

2 REMEMBER

Understanding the story

Where did I learn this response?

3 REFRAME

Seeing with truer eyes

Is my current story the whole truth?

4 REPAIR

Returning after rupture

What needs attention between us now?

5 REHEARSE

Practicing connection

What do I need to practice differently?

6 RENEW

Living connected

Who am I becoming, and how will I return?

The movement I most need to return to right now is:

The smallest next step in that movement is:

Who or what will help me take it?

Real growth often looks like a spiral: returning to familiar themes from a place of greater awareness, experience, and capacity.

My 90-Day Renewal Plan

A 90-day plan is long enough to build rhythm and short enough to remain concrete. Do not try to transform every part of your life. Choose a few commitments that reflect who you are becoming and make returning easier when you drift.

MY RENEWAL FOCUS

Over the next 90 days, I want to become more:

The relationship or domain that most needs intentional care:

The protective pattern I want to recognize sooner:

The connection response I want to make more available:

My core rhythms

RHYTHM	MY COMMITMENT	HOW I WILL TRACK IT
Daily		
Weekly		
Monthly		

Make each commitment observable. Replace 'communicate better' with 'a 15-minute check-in every Sunday evening.'

The 30 / 60 / 90-Day Path

SEASON	FOCUS	MY ACTIONS
Days 1-30 ESTABLISH	Begin small. Create cues, schedule support, and practice consistency before intensity.	
Days 31-60 STRENGTHEN	Notice what is helping. Adjust what is unrealistic. Practice returning after missed days.	
Days 61-90 INTEGRATE	Name evidence of formation. Protect the rhythms that matter. Decide what continues next.	

Milestones worth noticing

- ☐ I notice activation sooner.
- ☐ I pause or regulate before acting.
- ☐ I repair sooner after disconnection.
- ☐ I receive support before reaching crisis.
- ☐ I can name the story beneath my reaction.
- ☐ I share more honestly and respectfully.
- ☐ I keep a boundary without abandoning care.
- ☐ I return after drift without shame.

At day 90, what evidence would tell me this season mattered?

Review, Return, Renew

Set three review dates now. A review is not a verdict. It is a compassionate pause to notice what is working, what is difficult, and what support or adjustment is needed.

REVIEW	DATE	QUESTIONS TO ASK
30 days	_____	What have I begun? What is getting in the way?
60 days	_____	What is strengthening? What needs to be simplified?
90 days	_____	What has become more integrated? What comes next?

My return plan

When I miss a practice or recognize drift, I will resist the story that says:

The truer story I want to remember is:

Within 24 hours, I can take this small return step:

If the old cycle continues or safety declines, I will contact:

A commitment I can keep

When I notice _____, I will pause and _____. I will reach toward _____ for support. I will return to the _____ movement and take the next honest step.

Renewal and Faith

For those who draw on faith, renewal can be held as both grace and practice. You do not have to manufacture a new self through effort alone. You can receive love, tell the truth, take responsibility, practice what is life-giving, and remain open to the slow work of formation.

Faith gives vision. Science increases understanding. Practice embodies change.

An invitational reflection

Where do I sense an invitation toward greater truth, freedom, responsibility, or connection?

What am I ready to release - not deny, but stop allowing to lead?

What grace, wisdom, courage, or support do I need for the next season?

A prayer for renewal

God, help me live with honesty about where I am, compassion for the story that shaped me, courage to take responsibility, and grace to keep practicing connection. When I drift, help me return. Form in me what is true, loving, wise, and free. Amen.

Keep becoming

Renew is not the end of your work. It is the rhythm that helps the work become a way of life. Keep noticing. Keep telling the truth. Keep returning. Keep practicing the kind of connection you want your life to carry forward.

Live more from your design than from your wounds.

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