



# 30 DAY



You've Got This!

## slow & intentional living calendar invitation

Set an intention for the month to come.

Sit in stillness or Meditate for 5 minutes.

Start your morning without your phone.

Listen to your body. 5 minutes - just you and your body. Observe it.

Cook a meal you love.

Take a walk outside. Connect with nature.

Window watching and warm tea/coffee in your hands.

Write a letter (to yourself or a dear one). Pen and paper, baby!

Take a long, warm bath or hold for up to 5 min a relaxing pose (child's pose).

Craft a cozy playlist.

Light Stretching / Yoga

Handmade something. Anything that you can do with your hands.

Read a story out-loud before bedtime.

Play a game.

Massage, sauna or foam roll

Take a walk. + add a podcast or some music

Cook a new meal.

Revisit something you liked (a movie, memories from a trip)

Call someone you care about.

Play another game.

Cuddle/ snuggle. Connect to something fluffy.

Clean "that" drawer/box/ spot in the house.

Jump around to your favorite song(s).

Practice some breathwork. Or simply notice your breath.

Paint /draw/ color or express yourself somehow.

Dance it on!

Enjoy a self-care ritual. Something really dear to you.

Craft a joyful playlist.

Write down your dreams and/or some long postponed goals.

Reflect on this month. And Dance again!



take it one day at a time

EMAIL

[ralucaenetherapy@gmail.com](mailto:ralucaenetherapy@gmail.com)

WEB

[www.ralucaene.net](http://www.ralucaene.net)