

Day 1

Grounding & Gratitude



Build a more positive mindset and reduce stress

Day 2

Body Activation



Increase energy, improve mood, and release tension

Day 3

Creativity & Positive Focus



Train your mind to notice the positive

Day 4

Mindfulness & Awareness



Train attention on the present moment

Day 5

Rest & Sleep Support



Combine light activity with winding-down.

Day 6

Connection & Self-Compassion



Shift how you relate to yourself and others.

Day 7

Reflection & Forward Momentum



Review progress & define new goals

7 Days, Just for You



Day 2

Morning Task:

Do 15–20 minutes of exercising (stretching, Yoga, Pilates).

Evening Task:

5–10 minute body scan – lie down and notice sensations head to toe.

Day 1

Morning Task:

Write down 3 specific things you're grateful for.

Evening Task:

Practice 5 minutes of slow breathing (inhale 4 sec, exhale 6 sec).

Day 4

Morning Task:

10 minutes meditation (close eyes and focus on breath).

Evening Task:

Breathe in a calming scent. Notice what you see, hear, feel, and smell.

Day 3

Morning Task:

15 minutes of creative activity (coloring, drawing, poetry).

Evening Task:

Write about the moments that made you feel good today.

Day 6

Morning Task:

Write down everything you appreciate about yourself.

Evening Task:

Visualize someone you care about. Send them warmth & appreciation.

This is your reminder to slow down and reset. To notice the good, and not to forget.

Your energy matters. Move at your own pace. Take what you need, and give yourself space.

Day 5

Morning Task:

Take a 15 minute walk outside, notice the sunlight and the air.

Evening Task:

20-min wind-down: no screens, herbal tea, reading

Day 7

Morning Task:

Reflect on the week: Write things you learned / noticed the last 7 days.

Evening Task:

Set one small self-care goal for next week. Celebrate.