

Flourish&Flow Self-Care Guide



Sustainable Self-Care Ideas
for a Joyous, Energetic, and
Creative Midlife

What is FLOW?



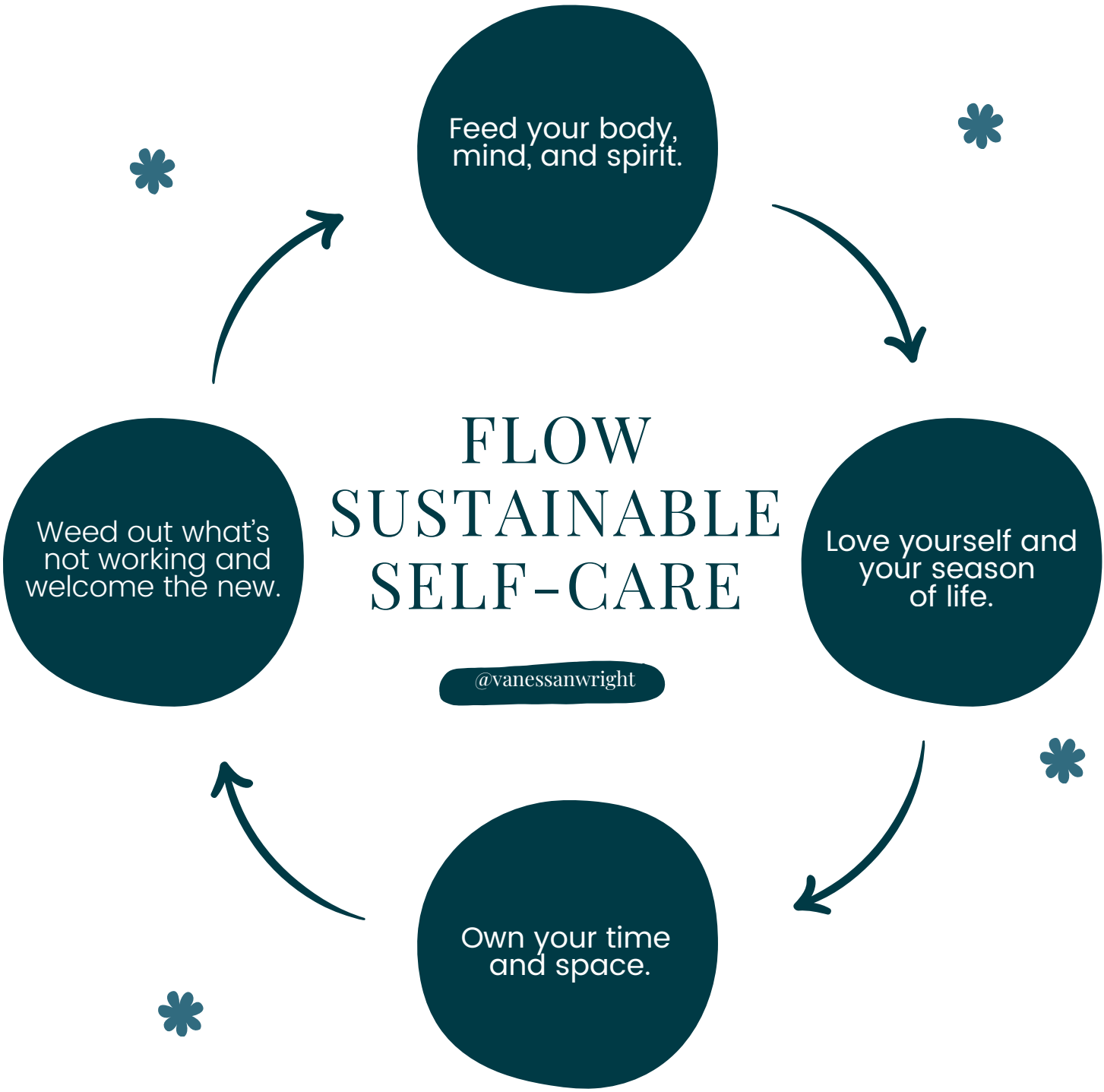
Back in 2018, I was suffering from major burnout. I was feeling pulled in a hundred directions, between homeschooling three kids, working from home, managing health issues, and more.

Nothing was FLOW-ing in my life. At all. After a coaching session, I sat down and wrote the letters F-L-O-W. After lots of brainstorming, I came up with a simple self-care plan.

I began sharing FLOW on social media, and six years later, I've published a book chapter about FLOW, became a certified life coach, speak about self-care, FLOW, midlife momentum, and more, and have the honor of supporting midlife mothers in a variety of ways.

I've put together this FLOW guide, so you can make a simple and sustainable self-care plan to take good care of yourself season after season.

Have fun! And remember, it just takes a few minutes a day to start FLOWING!



FLOW

Your guide to building sustainable + sacred self-care



Feed your body, mind,
& spirit



Love yourself &
your season of life



Own your time & space



Weed out what's not
working & welcome
something new

I identify and
release what no
longer serves
me.

I move my body in ways that make
me happy and strong.

FLOW AFFIRMATIONS

@vanessanwright

I embrace my
creativity and
let it flow
freely.

I welcome the
changes and
opportunities
that midlife
brings.

I prioritize my well-being
and allocate time for
self-care.

“

SELF-CARE MEANS
GIVING YOURSELF
PERMISSION
TO PAUSE.”

Cecilia Tran

Feed Your Body, Mind, and Spirit

- 1. **Body:****
 - Take a morning or evening walk.
 - Try a new healthy recipe.
 - Do a quick home workout.
 - Make your favorite smoothie or hot drink.
 - 2. **Mind:****
 - Read a book from your summer reading list.
 - Listen to a podcast on a topic you love.
 - Write in a gratitude journal.
 - Solve a crossword puzzle or Sudoku.
 - Learn a new skill or hobby online.
 - 3. **Spirit:****
 - Meditate for 10 minutes in the morning.
 - Practice yoga in your backyard.
 - Draw or paint something.
 - Write poetry or start a journal.
 - Create a vision board.
- ## Love Yourself and Your Season of Life
- 4. **Self-Compassion:****
 - Take a long, relaxing bath.
 - Write positive affirmations about yourself.
 - Treat yourself to a home spa day.
 - Wear your favorite outfit just because.
 - Enjoy a cup of tea or coffee in peace.
 - 5. **Embrace Change:****
 - Reflect on your achievements and set new goals.
 - Declutter a small area of your home.
 - Make a list of things you love about your current stage of life.
 - 6. **Body Positivity:****
 - Dress comfortably and confidently.
 - Appreciate your body by listing things you love about it.
 - Take a selfie to celebrate your beauty.
 - Dance to your favorite music.
 - Go for a leisurely walk and appreciate nature.

Own Your Time and Space

- 7. **Time Management:****
 - Plan your day with a focus on self-care activities.
 - Set aside 15 minutes daily for personal reflection.
 - Create a weekly schedule that includes "me time."
 - Limit social media usage to reclaim your time.
 - Use a planner to organize your tasks.
- 8. **Space Organization:****
 - Declutter your workspace.
 - Rearrange a room to create a more relaxing environment.
 - Set up a cozy reading nook.
 - Organize your wardrobe.
 - Create a calming corner for meditation or relaxation.

Weed Out What's Not Working and Welcome Something New

- 9. **Evaluate:****
 - Reflect on what's causing you stress and make changes.
 - Write down habits you want to change or improve.
 - Set boundaries with your time and energy.
 - Identify and eliminate activities that drain you.
 - Review your commitments and let go of unnecessary ones.
- 10. **Welcome New Experiences:****
 - Join a local community group.
 - Try a new hobby like gardening or knitting.
 - Take a day trip to explore a nearby town or attraction.
 - Attend a free local event or festival.
 - Try cooking a dish from a different culture.

Here are some FLOW
ideas to get you started.
Have fun, explore, and
embrace your FLOW!

FLOW Self-Care

FEED MY BODY,
MIND,
AND SPIRIT

LOVE MYSELF AND LEAN
INTO
MY SEASON OF LIFE

OWN MY TIME AND SPACE

WEED OUT WHAT'S NOT WORKING
AND WELCOME THE NEW



Daily FLOW

AFFIRMATION

FLOW IDEAS



NOTES

Weekly FLOW Check-In

What was the best thing that happened this week?

What happened this week that I am grateful for?

What did I learn this week?

Did I make time for myself this week?

What was my overall mood like this week?

How did I show kindness this week?

How was I shown kindness this week?

What did I do to take care of myself this week?

Was there anything that made me feel down?

What do I want to change next week?

Weekly FLOW

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SUN

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NOTES

Month:

MONTHLY SELF-CARE

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FLOW IDEAS

Blank area for writing flow ideas.

NOTES

Month:

MONTHLY SELF-CARE

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FLOW IDEAS

Blank area for writing flow ideas.

NOTES

5 SENSES FLOW



FIND TIME EACH DAY TO ENGAGE YOUR SENSES

How many ways can you engage your senses today? Sights, sounds, tastes, scents, and touch--explore them all to help keep you flowing.



LET YOUR INTUITION GUIDE YOU

What is visually appealing? Which sounds will relax or energize you? What feels good? It might be a unique scarf, a favorite song, or a lovely photo. Your intuition will guide you each day--listen!



OPEN YOURSELF UP TO NEW EXPERIENCES

Burn a new candle or try a new essential oil. Listen to a new genre of music. Taste a new fruit or go walking in a different location. Mix it up to keep things interesting!



WRITE IT DOWN

Keep a list of your favorite five senses items that help you FLOW. Perhaps make seasonal lists to keep on hand for easy reference.

YOU DID IT! ENJOY YOURSELF!

The purpose of your FIVE SENSES FLOW is to take moments during your week to be intentional. This is simply a framework to keep going, growing, and flowing.

CREATE A FLOW SPACE



FIND YOUR PEACEFUL PLACE

Choose a spot in your home where you naturally feel at ease. This could be a cozy chair, a sunlit corner, or a quiet outdoor area—wherever you can disconnect from the chaos and reconnect with yourself.



LIGHTEN THE ENERGY

Clear the space of clutter and distractions. Bring in elements that create lightness and calm: soft lighting, uplifting artwork, soothing scents, or anything that elevates your mood and energy.



OPEN YOUR SENSES

Take a few moments to sit and observe. How does the space feel? What can you see, hear, smell, or touch? Let your senses guide you into the present moment, grounding you and deepening your connection to this peaceful spot.



WELCOME STILLNESS & REFLECTION

In this space, allow yourself to simply be. Breathe deeply, pause, and embrace the stillness. Whether through journaling, meditation, or just sitting in silence, let this be a time to witness your thoughts, emotions, and the beauty around you.

CELEBRATE YOUR NEW SPACE

Don't forget to celebrate YOURSELF too!

Enjoy it and be inspired!

NOTES

Date: / /

NOTES

Date: / /

Ready for more support? Here's what other midlife women are saying...

"Having the support and guidance of a midlife mama who just gets it has been priceless!" -Ora R.



"I have loved working with Vanessa over the last year in both 1:1 and group coaching. I always felt seen, understood, and valued.

She is invested in her client's well-being, and it is evident how much she truly cares. She has a love for life, and it shines through in her coaching!"

-Katie P.

"Joining the midlife mamas' group with Vanessa was one of the best things I've done for myself in a long time. I gained joy, clarity, support, comfort, and ease. I would do it again in a heartbeat."

-Maggie V.

"Coaching from Vanessa was exactly what I needed during this season, and let's be honest, really any season. This 3-month fall coaching opportunity helped me take an honest look at where I wanted to make improvements and gave me the encouragement and accountability to make progress toward my goals. Vanessa's weekly emails and monthly coaching calls challenged and encouraged me. It's easy for me to set unachievable goals and then feel discouraged. Vanessa's coaching was exactly what I needed to keep me focused during the fall, and I already miss her weekly emails in my inbox!"

-Mary W.

"Vanessa is a fantastic coach! She offers warmth, humor, and compassion while listening deeply and asking insightful questions. I've recently had a couple of areas in my life where I've been feeling stuck and Vanessa's coaching has been instrumental in discovering effective solutions. I highly recommend Vanessa as a coach."

— Sarah T.

Flourish & Flow with 1:1 Voxer Coaching

Life doesn't pause. Between career demands, family needs, and personal goals, finding time for yourself can feel impossible. But here's the truth: you deserve care and support that fits your full life. That's why I created Flourish & Flow 1:1 Voxer Coaching—personalized guidance that meets you exactly where you are.

How It Works

Using the free Voxer app (think modern walkie-talkie), we connect through voice messages and texts when it works for you. No scheduled calls, no rigid timeframes—just consistent support that flows with your day.

What We'll Work On Together

- **Self-Care SOS****: Develop a realistic self-care approach that actually fits your life
- **Habit Harmony****: Build sustainable practices with steady guidance and accountability
- **Life Transitions****: Navigate change with clarity, whether personal or professional

The Details

Personal support via Voxer
every Monday, Wednesday, and Friday
(9 AM - 6 PM ET)

Choose your commitment:

- 1 Month Immersion: \$200.
- 3 Month Journey: \$550 (save \$50)

Your Coach

As a Certified Life Coach and fellow midlife mama, I bring both professional expertise and real-life understanding to our work together. No fluff, no judgment—just authentic support and practical strategies.

**READY TO SCHEDULE? EMAIL ME AT:
HELLO@COACHVANESSANWRIGHT.COM**

About me



Vanessa Novissimo Wright is a writer and certified life coach for midlife creatives.

She helps them navigate menopause with creativity and joy so they can show up vibrantly for their community. Using her FLOW self-care method, Vanessa guides clients to embrace this age and stage of life with clarity, creativity, and curiosity.