

# THE 30 DAY *Soft Reset*

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Sleep in 30 minutes later, no guilt	Make your bed and place a flower (real or fake) on your pillow	Brew something warm. Sit down. Don't scroll while you drink it	Text one person you love just to say you're thinking of them	Take a 10 minute walk with no destination in mind
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Unfollow 5 accounts that don't make you feel good	Cook (or order) one meal that truly excites you	Put your phone in another room for 2 hours tonight	Write down 3 things your body did for you today. Say thank you.	Spend 20 min doing something purely fun--no productivity allowed
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Declutter one small space: a drawer, a bookshelf or your bag	Take a long shower. Use the good stuff. Light a candle	Say no to one thing that drains you today	Watch the sunrise or sunset. Just watch	Put on an outfit that makes you feel like yourself. Even if you're at home
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Skip the added sugar	Make a playlist of songs that feel like a warm hug	Stretch for 10 min before bed. No screens after	Eat a meal at a table, sitting down, without distractions	Write yourself a little love note and put it somewhere you'll find it
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Do absolutely nothing for 15 minutes. Sit. Breathe. Just be	Start your day with gratitude	Rearrange something small in your space to refresh the energy	Read or listen to something that makes you feel inspired	Say one honest compliment to yourself in the mirror
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Take a personal day	Drink your water. Set a reminder if you have to, babe.	Give yourself a daily facial	Write down what 'soft living' means to you personally	Reflect on this month. Celebrate how far you've already come (go to page 2)

# REFLECTION PAGE

**What am I proud of this month?**

Big or small – it all counts. Write it down so you can actually SEE it

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**What does my body need more of right now?**

Rest, movement, nourishment, touch, stillness – listen to yourself here



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**What am I ready to release?**

A habit, a thought, a relationship, an old version of you. Let it go on paper first

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