

a soft whisper

FROM ONE SLOW MORNING
GIRLY TO ANOTHER

hey soft girl

Okay, here's the schedule I follow most weekdays. The only real exception is when I'm traveling. Otherwise, this is my slow start and soft day flow.

This schedule is meant to be a **BLUEPRINT**, not a rulebook. Think of it as a **soft guide** - a foundation you can build on, not a rigid map you have to follow.

Personalize it based on your life, your wake-up time, your job schedule, or your season. Whether you're a working mama with a 9-5, a full-time creative, deep in your soft hustle era, or simply learning how to put yourself first - this template is here to **support you**.

Let me be clear! I'm not a 5am girly. Not even a little bit. And to be quite frank? I have no desire to be. Most weekdays, I start my slow morning at 7:00am as an entrepreneur building a **SOFT EMPIRE**.
That's what works for me!

If your life calls for an earlier start, or if you're blessed enough to sleep in a bit - do that. Do what works for YOU!

*Just choose a schedule and commit to it.
Structure breeds success.*

*Your highest self is already there - structured, disciplined, and living in rhythm with a soft schedule, just waiting on you to catch up. Have fun discovering your soft schedule starting with this blueprint. Take what works, tweak what doesn't, and let it grow with you. The goal isn't perfection.
It's ease.*

Let's glow up...SOFTLY, of course!



SOFT START SCHEDULE

slow morning routine 7:00AM - 9:00AM

- 7:00 AM – 7:20 AM: Wake up & quiet time with God
- 7:20 AM – 7:30 AM: Recite affirmations + short meditation
- 7:30 AM – 7:35 AM: Hydrate with warm lemon water
- 7:35 AM – 8:05 AM: 30-minute energizing movement (with stretch & cool down)
- 8:15 AM – 8:30 AM: Shower & skincare
- 8:30 AM – 8:45 AM: Listen to a podcast or YouTube video (education)
- 8:45 AM – 9:00 AM: Journal + reflect



productive work block 9:00AM - 12:00PM

- Power hour meetings
- Business deep work: projects, outreach, creative development
- Handle key emails, calls, & texts (business only - not personal)

intermittent fasting nourishment 12:00PM - 12:30PM

- Eat a nourishing, intentional meal

purpose-driven work 12:30PM - 3:30PM

- Focused research, client communication, content, or sales
- Systems building or brand development

personal reset 3:30PM - 4:15PM

- 3:30 PM – 3:50 PM: Quiet time (no screens)
- 3:50 PM – 4:15 PM: Self-care (read, nap, mask, power walk, dance)

home & life stewardship 4:15PM - 5:10PM

- 25-minute home reset or cleaning zone
- Quick financial check-in

evening unwind 5:10PM - 7:00PM

- Cook or enjoy dinner
- Light conversations
- Reflect on the day

intentional connection or free time 7:00PM - 8:00PM

- Personal time, hobby indulgence, creative outlet, scroll social media, watch tv, or simply resting
- Be present and joyful

wind down + nourish the soul 8:00PM - 9:30PM

- 30 minutes of Bible reading
- 30 minutes of a good book
- Pray, journal, and prep for rest

lights out 10:00PM

- Rest well girlfriend, you deserve it!