

Welcome to Your Sacred Pause

A 30-Day Self-Care Challenge for Mamas

Dear Mama's.

This invitation isn't about doing more, it is about softening into yourself. Over the next 30 days, you will gently reconnect with your inner rhythm through small nourishing acts of care. Each prompt is an offering not a task. There is no right way to move through this guide. Honour your energy and follow what feels tender, true and timely.



You may wish to explore on prompt each day or choose intuitively when you feel the call to pause. Let it be flexible just like you.

We invite you to pair this journey with your Sacred Pause journal, a soft place to land as you reflect, jotting down your feelings or set your intentions along the way.

Take your time. Be gentle with yourself. This is your sacred pause

With Love

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