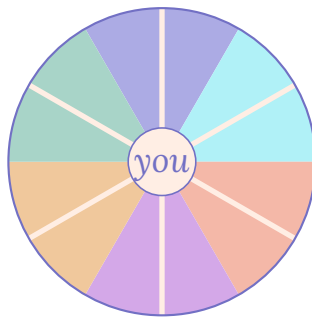


30-Day Wellness Reset

~ a soft return to whole-self wellness ~
physical · mental · emotional · spiritual · social · environmental



This isn't a punishment. It isn't a cleanse. It's thirty days of small, no-pressure invitations across all six dimensions of wellness — five days for each. Show up softly, not perfectly.

Some days you'll do all of it. Some days you'll do one small thing. Both count.

- **Physical** — *moving, hydrating, sleeping, nourishing*
- **Mental** — *reading, learning, slowing, unplugging*
- **Emotional** — *naming feelings, releasing, forgiving*
- **Spiritual** — *silence, gratitude, making, connecting larger*
- **Social** — *reaching out, sharing meals, real compliments, boundaries*
- **Environmental** — *clearing space, time outside, bringing nature in*

come home to yourself, gently
~ one day at a time ~

♦ Your thirty days

~ tear out, tape up, take with you ~

1 MENTAL

Set your intention

Before you begin anything, write down what you want this thirty days to feel like. Not a goal, not a list — just a feeling you're returning to. Keep it somewhere you'll see it.

tip: Try one word or one sentence. The smaller the intention, the more likely it is to actually root.

☐ completed

2 PHYSICAL

Move for fifteen minutes

Whatever your body asks for. A walk, a stretch, a dance in the kitchen. The point isn't intensity — it's tuning in. Notice how it feels to be in your body today.

tip: If you're tired, choose gentle. If you're restless, choose vigorous. Let the body lead.

☐ completed

3 ENVIRONMENTAL

Clear one small space

One drawer. One shelf. One corner of your desk. The smallest possible space. Clear it, wipe it down, put back only what serves you. Notice what shifts inside when the space outside opens.

tip: Set a timer for 10 minutes. When it dings, you stop — even if you're not done.

☐ completed

4 EMOTIONAL

Name three feelings

Before bed, write down three feelings you noticed today. Not 'good' or 'bad' — actual feelings. *Tender. Restless. Quietly proud.* Naming a feeling is the beginning of holding it gently.

tip: If you struggle, search 'feelings wheel' online. The vocabulary opens up the inner world.

☐ completed

5 SOCIAL

Reach out to one person

Text someone you've been meaning to text. No agenda, no apology for the silence. Just: 'I was thinking of you.' Connection is a muscle.

tip: Pick someone the past version of you would have called regularly. Re-thread the line.

☐ completed

6 SPIRITUAL

Sit in silence for ten minutes

No phone, no podcast, no music. Sit somewhere quiet — outside if you can — and let your mind do whatever it needs to. This isn't meditation, just *presence*.

tip: If silence feels uncomfortable, that's information. Sit with the discomfort softly.

☐ completed

7 MENTAL

Read for thirty minutes

Pages, not screens. A book, a long-form article you printed, even a beloved old paperback. Let your brain stretch into a story or an idea instead of scrolling.

tip: *If you can't focus, that's normal — give it ten minutes before you decide to switch.*

☐ *completed*

8 PHYSICAL

Hydrate like it matters

Drink a full glass of water when you wake up, before each meal, and before bed today. Pay attention to how your body feels different at the end of a hydrated day.

tip: *Add a slice of lemon, cucumber, or a sprig of mint. Make it feel like care, not chore.*

☐ *completed*

9 ENVIRONMENTAL

Spend twenty minutes outside

Sit, walk, or stand. No headphones. Notice five small things — a leaf, a smell, the way the light moves. Outside time is medicine, even when it's grey.

tip: *If the weather is rough, sit by a window with it cracked open. Half counts.*

☐ *completed*

10 EMOTIONAL

Write what you can't say

Take fifteen minutes and write something you've been holding — to someone who hurt you, to your past self, to whoever needs to hear it. You don't have to send it. Sometimes the writing is enough.

tip: *Burn it, shred it, or save it. Whatever feels most cleansing.*

☐ *completed*

11 SOCIAL

Have a meal with someone

In person if you can. On a video call if you can't. The point is sharing food and presence, not performance. Phones face down.

tip: *If alone, eat one meal mindfully — phone away, no screen. Be your own good company.*

☐ *completed*

12 SPIRITUAL

Practice gratitude, specifically

Write five specific things you're grateful for. Not 'my family' but 'the way my mother laughs when she's caught off guard.' The specificity is the practice.

tip: *Boring gratitude doesn't shift anything. The detail is where the magic lives.*

☐ *completed*

13 MENTAL

Do one thing slowly

Pick one task you usually rush — making coffee, washing dishes, tying your shoes — and do it at half speed. Pay attention. This is mindfulness without the meditation app.

tip: *The world won't end. It might even feel quieter inside afterward.*

☐ completed

14 PHYSICAL

Sleep like you mean it

No screens for the hour before bed. Lights dim, room cool, water by the bed. Sleep is the most underrated form of self-care — treat tonight like an appointment with rest.

tip: *If you can't fall asleep, don't fight it. Read by lamplight until your body catches up.*

☐ completed

15 ENVIRONMENTAL

Bring nature inside

Pick a flower, a branch, a stone, a few leaves. Bring something living (or once-living, beautifully) into your space. Halfway-point check-in: what's softening?

tip: *Foraged is free. A small bouquet from the grocery store works too. Just one beautiful thing.*

☐ completed

16 EMOTIONAL

Watch something that makes you cry

Or laugh until you can't breathe. Catharsis is medicine. Pick the movie or song you avoid because it stirs you — and let it stir you.

tip: *Tears aren't weakness. They're release. Let them come and let them go.*

☐ completed

17 SOCIAL

Give a real compliment

To someone, today, in person or in writing. Not 'nice shirt' — something you've actually noticed about who they are. Specific, sincere, and unsolicited.

tip: *It costs nothing and changes the temperature of the day for both of you.*

☐ completed

18 SPIRITUAL

Reconnect to something larger

Whatever 'larger' means to you — God, ancestors, the universe, the rhythm of the moon, the land beneath you. Spend ten minutes acknowledging that you're part of something bigger than your to-do list.

tip: *There's no right way. Look at the sky. Light a candle. Put your hand on a tree. Let it be simple.*

☐ completed

19 MENTAL

Take a real break from your phone

Two hours minimum. Three if you can swing it. Phone in another room, on do-not-disturb. Notice the urge to reach for it, and let the urge pass without acting on it.

tip: Tell one person you'll be offline so you don't worry about who might need you.

☐ completed

20 PHYSICAL

Cook one whole-foods meal

Made from ingredients that look like themselves. Vegetables, grains, herbs, real protein. Slowly. The act of cooking is part of the nourishment.

tip: Simple is plenty. Eggs, greens, toast. Soup. Don't perform — just feed yourself well.

☐ completed

21 ENVIRONMENTAL

Make your bed beautifully

Today (and every day going forward, if you can). A made bed is a small daily promise to yourself. The space you wake into and return to should feel cared for.

tip: Smooth the sheets, plump the pillows, layer something soft on top. Five minutes, real difference.

☐ completed

22 EMOTIONAL

Forgive something small

Not the big wound — yet. A small one. The driver who cut you off. The friend who didn't text back. The version of yourself who didn't know better. Practice the muscle on something easy.

tip: Forgiveness isn't approval. It's setting down what you've been carrying.

☐ completed

23 SOCIAL

Set one boundary

A small one. 'I can't make it.' 'I need to log off at five.' 'No, thank you.' Boundaries are love — for yourself and for the relationship.

tip: Practice saying it once aloud before you say it for real. Your voice will be steadier.

☐ completed

24 SPIRITUAL

Make something with your hands

Bake, draw, knit, bead, garden, build, paint, write. Anything that takes raw material and turns it into something. Creating is a spiritual act, however ordinary the result.

tip: The point isn't quality. The point is the doing. Keep what you make or give it away.

☐ completed

25 MENTAL

Learn one new thing

A word in a language you don't speak. A fact about your neighborhood. How something works. Curiosity is a muscle — flex it.

tip: YouTube has free everything. Pick something useless and delightful.

☐ completed

26 PHYSICAL

Stretch before bed

Fifteen minutes of slow stretching tonight. Hips, neck, shoulders, low back. Wherever your body holds the day. Breathe into the tightness — don't force it.

tip: Search 'bedtime stretches' on YouTube — pick a 10-minute video and follow along.

☐ completed

27 ENVIRONMENTAL

Reduce one source of clutter

Pick one drawer, shelf, or category — and donate or discard ten things. Things you've been holding out of guilt, not love. Lighter spaces, lighter mind.

tip: If you haven't used it in a year and it doesn't spark love, it can move on.

☐ completed

28 EMOTIONAL

Write a letter to yourself

To the version of you from before this thirty days began. Tell her what you've noticed, what's softer now, what you wish she had known. Be tender with her.

tip: Save it. Read it again in a year. Past-you will be moved.

☐ completed

29 SOCIAL

Thank someone who shaped you

A teacher, a mentor, a parent, a friend. Reach out specifically to thank them for something they may not even remember doing. Gratitude given back to its source closes a circle.

tip: An email, a card, a voice note — whichever feels truest. Specific is everything.

☐ completed

30 SPIRITUAL

Choose what stays

Of these thirty things, which three are you keeping past today? Pick three small practices to weave into your ordinary life. Write them down. *This is how thirty days becomes a lifetime.*

tip: Three is plenty. Less is more sustainable than more.

☐ completed

you did this

~ thirty whole days of coming back ~

Notice what's different. Maybe your sleep. Maybe your skin. Maybe how you move through a Tuesday. Maybe the quiet you carry now that wasn't there before.

Three things you're keeping forever:

- ◇ _____
- ◇ _____
- ◇ _____

One thing you're letting go of:

- _____

with love & gentle returns ◇

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