



LIFEADVE'S *wellness guide*

Index

1. Morning routine
2. Night Routine
3. Take care of yourself like a human plant
4. New Month Prompts
5. Digital detox ritual
6. Little act of self love
7. How to reset a bad vibe
8. Romanticize your life
9. Habits that give back to you
10. Screen free hobbies
11. Daily Reflection
12. How to become “disciplined
13. Things to do on a NO spend day
14. Nourishment beyond food
15. Sleep Hygiene
16. Affirmations for heavy days
17. Schedule your month like this

Morning Routine

- Make a bed
- morning stretch
- take a cold shower
- make a to-do list
- eat a healthy breakfast
- listen to podcast
- drink a cup of tea
- Read one chapter of a book
- go screen free for one hour
- listen to music



Night Routine

- wash my face
- brush my teeth
- moisturize
- set my alarm
- turn off my phone
- lay out clothes for tomorrow
- review my planner/ to-do list
- pray- gratitude to the universe
- Read one chapter of a book



Take care of yourself like a human plant

- Always stay hydrated
- Nourish yourself with what your soil needs
- Catch some daily sunshine
- Use support when you need it
- Give yourself space to grow
- Let go of things that no longer help you
- Remember life can cut you down, but you will always grow back stronger



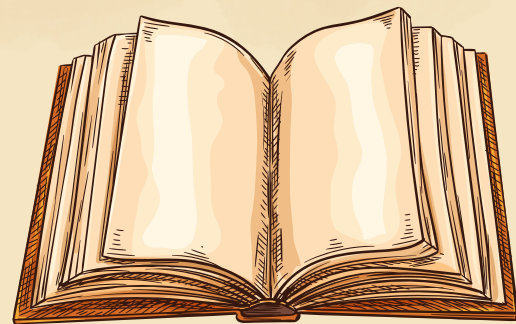
New Month Prompts

- My top 3 goals for this month
- How do i want to feel this much?
- What kind of energy do i want to emanate?
- This month's mindset-
- Unhealthy habits I will leave in
- Healthy habits I will maintain
- A creative activity I will do this month



Digital detox ritual

- Go on a walk with no phone
- Write a letter to your future self
- Do your skincare
- Listen to music
- Tidy your space by candlelight
- Read some books
- Journal what your nervous system needs
- Drink tea and daydream
- Lay down with your eyes closed



Little act of self love

- Compliment yourself out loud
- Light a candle for yourself
- Play your favorite song
- Sit in the sun for 5 minutes
- Wear a scent you love
- Be kind about your mistakes
- Celebrate even a tiny win
- Replace one negative thought
- Repeat- i deserve peace
- Treat yourself with your favorite food
- go for a outing



How to reset a bad vibe

- Clean your space
- Listen to uplifting music
- Take a few deep breaths
- Get some fresh air
- Move your body
- Burn a calming candle
- spend time in nature
- spend time in nature



Romanticize your life

- Buy yourself flowers
- update a mood board
- take all the pictures
- create playlists for everything
- start an herb garden
- light candles
- pamper yourself
- use the good dishes
- social media detox
- read amazing books
- talk a walk outside
- buy yourself a new plant
- bake something from scratch



Habits that give back to you

- Breakfast before coffee
- Morning sunlight in your eyes
- Prayer
- Reading novels
- Laughing with the people you love
- Nutrients from the food
- A high protein breakfast
- Prioritizing 7-8 hrs of sleep
- 2L water per day+ electrolytes
- Learning how to cook
- Daily movements & lifting weights



Screen free hobbies

creative

- journaling
- drawing
- playing musical instruments
- collage art or vision board making
- creative writing
- DIY home decor
- origami
- dancing



useful

- reading physical books
- cooking new recipes
- gardening
- hiking or nature walks
- practicing meditation
- learning a new language
- doing self-care routine
- meal prepping



Daily Reflection

Morning

1. My intention for the day is..
2. Read your affirmations out loud
3. three things I'm grateful for today are...
4. the highlight of my day will be...
5. the #1 most important task i need to focus on today is



Evening

1. what went well today?
2. what could have gone better?
3. what can i let go of before bed?
4. how will i remember this day?
5. if today were the last day of my life, would i be content with how i spent it?

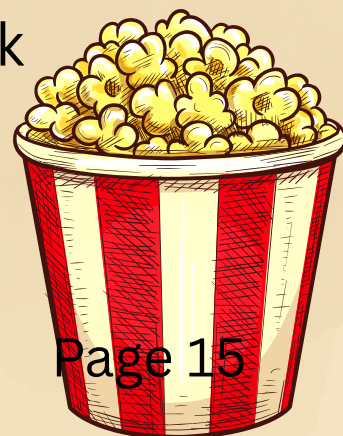
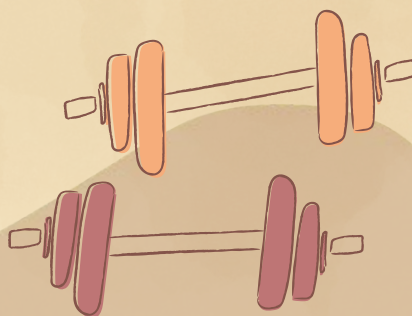
How to become “disciplined”

- plan your day the night before
- prep a healthy lunch in advance
- smile first thing in the morning
- leave your workout clothes next to your bed
- do one squat (trust me, you'll do more)
- have a dance party while getting ready
- take the stairs instead of the escalator
- tackle the biggest task first
- look at your emotions from the outside
- visualise the outcome of completing task

Things to do on a NO spend day

- Declutter and organize your space
- Do an at-home workout or yoga sessions
- Journal or plan your goals
- Cook a meal using only what's in your Pantry or fridge
- Read a book you already own
- Play board games or card games with family
- Watch a movie or show you've been meaning to see
- Work on a DIY or craft project with supplies you have

Take a walk or explore a local park



Nourishment beyond food



Regular movement

Time outdoor

Cellular hydration

Time with friends

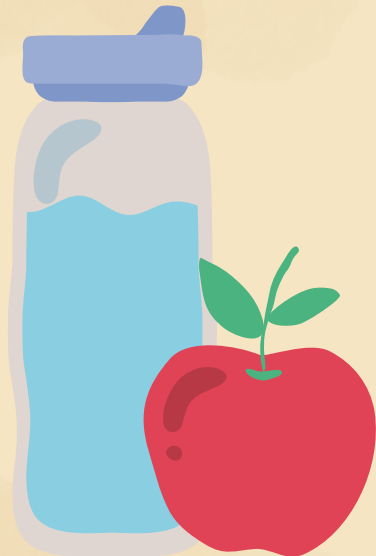
A stellar cup of coffee

Afternoon naps

Writing down your thoughts

Listen to your favorite music

A clean and tidy place



Sleep Hygiene

- Limit caffeine
- Do a brain dump on paper
- Write your to-do's for the following day
- No screens 1 hour before bed
- Stretch- do something to get into your body
- Use lavender essential oils
- No working from bed during the day
- Keep a consistent bedtime



Affirmations for heavy days

- you don't have to do it all
- you are doing your best
- you are allowed to rest
- it's okay to slow down
- you are not alone
- you grow through challenges
- your feelings are valid
- your heart deserves kindness
- you are stronger than you doubt
- better days are coming
- one step at a time
- you deserve peace and joy



schedule your month like this

- 1 lunch date with a friend
- 1 full day out in nature
- 24 hours no social media
- 1 day doing absolutely nothing
- 1 day trying something brand new
- 1 at-home movie night with your family
- 1 day of serving others
- 1 day of self-care/ pamper day just for yourself
- 1 day wake up early to watch the sunrise
- 1 day watch the sunst

