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# Healthy Habits & Routines

*Inspiration guide*

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Love yourself.  
Take care of yourself.  
Create healthy habits & routines to raise your vibration and  
create your "pinch me" life.

## *How this guide works*

Use this guide for inspiration to set up healthy habits and routines that will change your life.

Remember that you don't need to set up routines that involve all the same things every single day. As long as you are consistently nurturing yourself you can pick new habits and release old ones at any time.

# *From Me To You...*

When we feel overwhelmed, anxious, stressed out, unmotivated, "disconnected" from your self and/or short-fused it is a clear message that our needs are not being met. Our needs can include rest, relaxation, proper nutrition, support, balance, to feel understood, exercise, water and spiritual connection to name a few.

When these needs are not met, it creates imbalance. It may manifest as weight gain, pain in the body, lack of inspiration, anxiety, allergies, low energy, mood swings, overwhelm and stress.

How would it feel to put your needs as top priority?

When you put your basic needs first, its not selfish, it's self care. Creating healthy habits and routines will ensure that self care becomes normal, regular and effortless. It will become who you are when you regularly visit these habits.

This guide provides you with acts that you can incorporate into your life daily and start a nurturing relationship with yourself.

*The smallest acts are the most important*

A close-up photograph of a person's hand and forearm. The hand is open, palm facing up, with fingers slightly curled. The person is wearing a white long-sleeved shirt and a bracelet made of several smooth, rounded, light-colored stones. The background is a soft-focus landscape of tall grasses under a bright sky.

*Habits/Actions to feel.....*

## Nurtured

A long epsom salt bath or hot shower

Yoga classes

Hiking

Sharing with a friend and receiving support

Massage

Cook a healthy meal

Read a book

Drink hot water & lemon

Stretch

Meditate

Write in a gratitude journal

A walk in nature

Reading a book wrapped in a blanket somewhere  
comfy

Rest

Connect with someone

Write

Create a manifesting/scripting journal

A soft, pink watercolor splash graphic with a textured, painterly appearance.

An nurturing attitude toward  
yourself is the foundation of self  
care



*Habits/Actions to feel.....*

## Energized

Drink 2-3L of water per day

Do an active hike or trail run

Exercise class

Bike ride

Pray to have any blocks dissolved and to uncover your inner energy

Listening to music loud as you clean your space

Set up healthy meals for the week

Declutter

Try a new hairstyle or cut

Organize and declutter your office

Invest in your personal / spiritual development

Paint

Play music

Hydrotherapy shower - alternate between hot and cold water for an energy boost!

Write

Have a funky solo dance party (get into it!)

# Habits/Actions to feel.....

## Clear

Keeping your mind &  
body clear will help  
you move into self  
care easily

Identify your intentions & goals for the week

"Brain Dump" get out all the to-do's floating around in your head to paper.

Perform a clearing exercise for any areas of conflict or stress in your life

Visualize successes in the coming week

Go through an area of your house and donate un-needed items

Buy a haul of healthy groceries

Carve out "you time" in the week ahead and put it in your day-timer.

Plan & prep new healthy meals for the week

Pray for clarity and to have your thoughts of stress replaced with feelings of love.

Do a 24-48 hour cleanse / liquid fast



*Habits/Actions to feel.....*

## Healthy

Make sure you are giving attention to your dental health  
Journal for your mental health - get out your thoughts and feelings

Set up a routine to give your body love (anything that nurtures your body in any way)

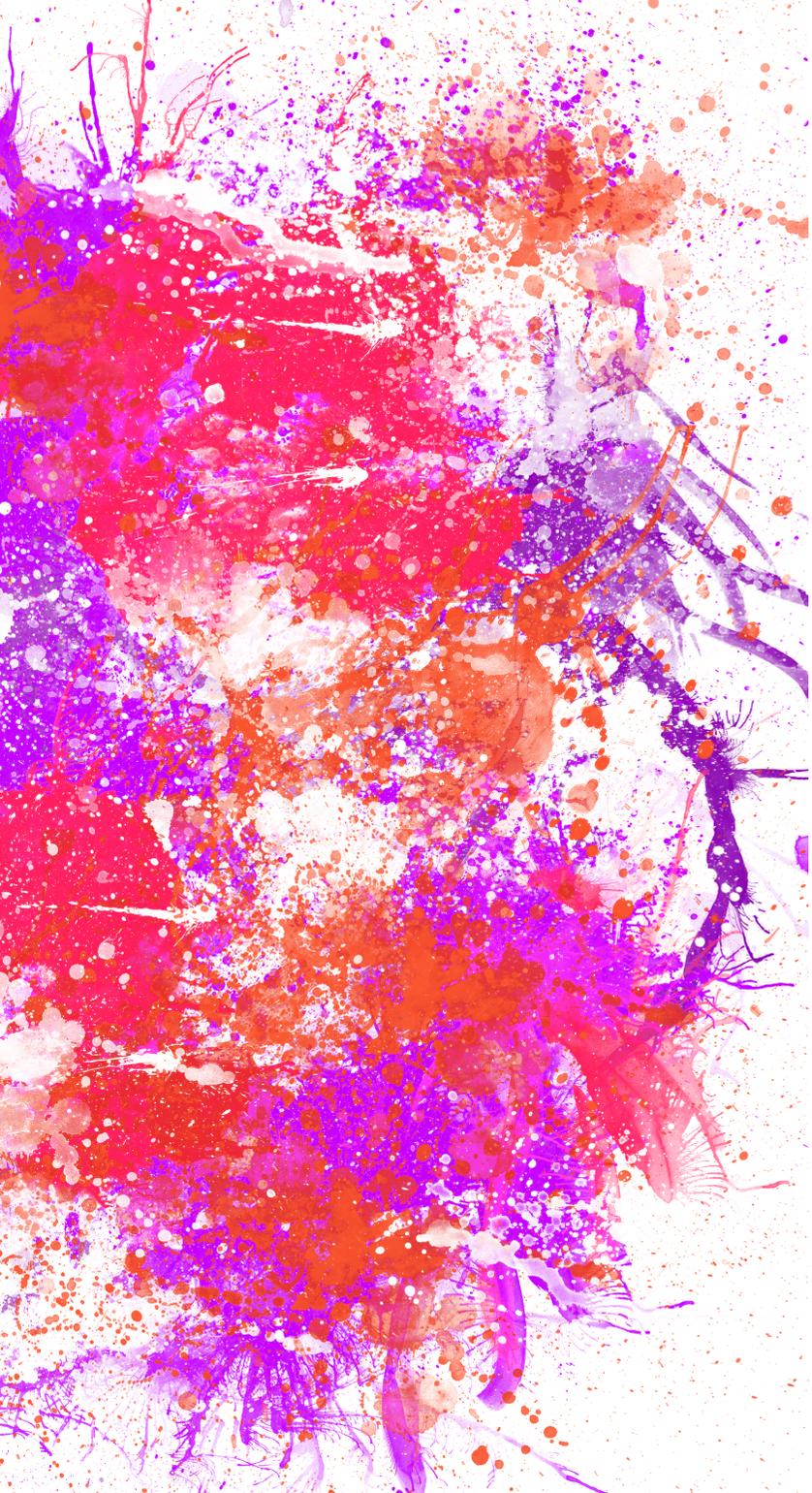
Ask yourself daily "*what am I doing to nurture my mind? body? soul?*"

Eat vegetarian/vegan meals more often

Try a new healthcare service such as acupuncture or energy work

Buy new activewear that makes you feel excited

Create an active buddy (walking, running, yoga or anything else with a friend)



*Habits/Actions to feel.....*

# Creative

Paint / Draw

Create a vision board

Sew

Dance

Play music

Paper Mache

Garden

Work with clay/pottery

Sing by yourself or for others

Start a blog to express your thoughts & feelings

Write poetry

Journal

Re-arrange or make-over your bedroom, office, kitchen or living room

Get creative with meals & cooking

Thank you for who you are. Thank you for being a women with a deep longing to love herself and find peace in her life.

We need your heart, inspiration and powerful feminine energy making an impact on this planet.

I can't wait for you to see the value in a high level of regular self care & truly unlock your most powerful self.

*Take care of yourself, trust self love*