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# THE SIMPLE WELLNESS GUIDE: 7 DAYS TO MORE ENERGY, CALM & BALANCE

FREE E-BOOK DOWNLOAD



QUICK DAILY RITUALS - SIMPLE RECIPES - MINDFUL PRACTICES

# WELCOME

Hi there!

I'm so glad you're here! This guide is for busy people—like you—who want to feel more energized, calm, and balanced, without adding more to their to-do list.

Inside, you'll find quick, practical ways to care for your mind, body, and life. Each day is designed to be simple, doable, and uplifting, so you can create small but powerful shifts in just a few minutes.

Complete each day in under 15 minutes!

Let's get started on bringing more ease, joy, and glow into your everyday life.

# HOW TO USE THIS GUIDE

Each day focuses on three simple areas: Mind, Body, and Life, so you can feel calm, energized, and balanced without adding stress.

Here's the structure for each day:

## **Mind**

Take 2–3 minutes to do a mini mindfulness exercise or reflection. This helps calm your mind, set your intentions, and create space for joy.

## **Body**

Enjoy a quick nutrition tip, smoothie, or simple 5-minute movement to energize your body. These small habits add up to big benefits over time.

## **Life**

Take one small action to simplify, declutter, or create ease in your life. Even tiny shifts can make your day feel lighter.

Optional: Print or screenshot the daily tracker at the end of this guide to track your progress and reflect on your journey.

# LET'S GET STARTED

Each day will introduce you to practical steps you can complete for your mind, body, and life, in under 15 minutes.

## Day 1

**Mind:** 5-min morning breathwork - inhale deeply for 4 counts, hold 2, exhale for 6. Repeat 5 times.

**Body:** Stretch gently for 2 minutes in ways that feel good.

**Life:** Write down one thing you choose to release today—thoughts, worries, or clutter.

## Day 2

**Mind:** 3-min mindful pause. Close your eyes and notice your breath. Is it deep? Shallow? Try to deepen your breath.

**Body:** Make a simple snack—like fruit with nut butter. Hydrate with water or herbal tea.

**Life:** Write down one thing you choose to release today—thoughts, worries, or clutter.

## Day 3

**Mind:** Mindful listening exercise— make a humming sound and focus fully on the sound of your voice.

**Body:** Snack on veggies or nuts. Stretch shoulders and neck for 3 minutes.

**Life:** Declutter one digital space (phone, email, or computer folder).

## Day 4

**Mind:** 3-min visualization of a peaceful day ahead.

**Body:** Drink a healing smoothie or infused water. Take a short walk or 2-min movement break.

**Life:** Identify one thing you can simplify in your schedule today.

## Day 5

**Mind:** Guided breathing—inhale positivity, exhale tension (3 min).

**Body:** Quick energy snack (fruit, nuts, or smoothie). Gentle stretch or yoga flow.

**Life:** Tidy one small space in your home or workspace.

## Day 6

**Mind:** 3-min visualization of a peaceful day ahead.

**Body:** Drink a healing smoothie or infused water. Take a short walk or 2-min movement break.

**Life:** Identify one thing you can simplify in your schedule today.

## Day 7

**Mind:** Reflective meditation—review your week, notice wins (3 min).

**Body:** Treat yourself to a nourishing snack or meal. Hydrate and move gently.

**Life:** Celebrate one small win or accomplishment from your week.

## Journal Prompts:

“I am proud of myself for...”

“One intention I set for today is...”

“I feel most at peace when...”

“Something that brought me joy today was...”

“Today I choose to feel...”

“One thing I love about myself today is...”

# NEXT STEPS

Look at you go! You're officially on your way to more energy, calm, and balance—yay! 🎉

**Stay connected and continue your wellness journey** by joining the email newsletter for weekly tips, recipes, and mini exercises. For more personalized support, explore coaching, guided breathwork sessions, and retreats at [SimpleMomWellness.com](https://SimpleMomWellness.com).

## ABOUT

Hi! I'm Catalina, founder of Simple Mom Wellness. I understand how challenging it can be to balance stress, challenge negative beliefs, and create a life that feels like peace. Through my journey, I've created simple, effective practices for nurturing your mind, body, and life—even when time is limited.

My mission is to help people like you connect to the peace within and feel energized and radiant every day.

Let's connect on LinkedIn!