



#### Day 1

Today is a great day to tell the children/teens in your life:

how proud you are of them

How well they are navigating the challenges in their life

How much you appreciate their energy, love, and insights.





### Day 2: Schedule Your Self Care

The best version of you, the one that meets the day and is ready to serve and support those around you...requires a consistent investment of self care.



Make sure it gets on the calendar this week.



Today we remember that facts are different than thoughts.

Facts are circumstances that are out of our control and can't be changed.

Unlike thoughts, which create most of our suffering, and can be changed.

Choose your thoughts wisely and they just might result in new facts.





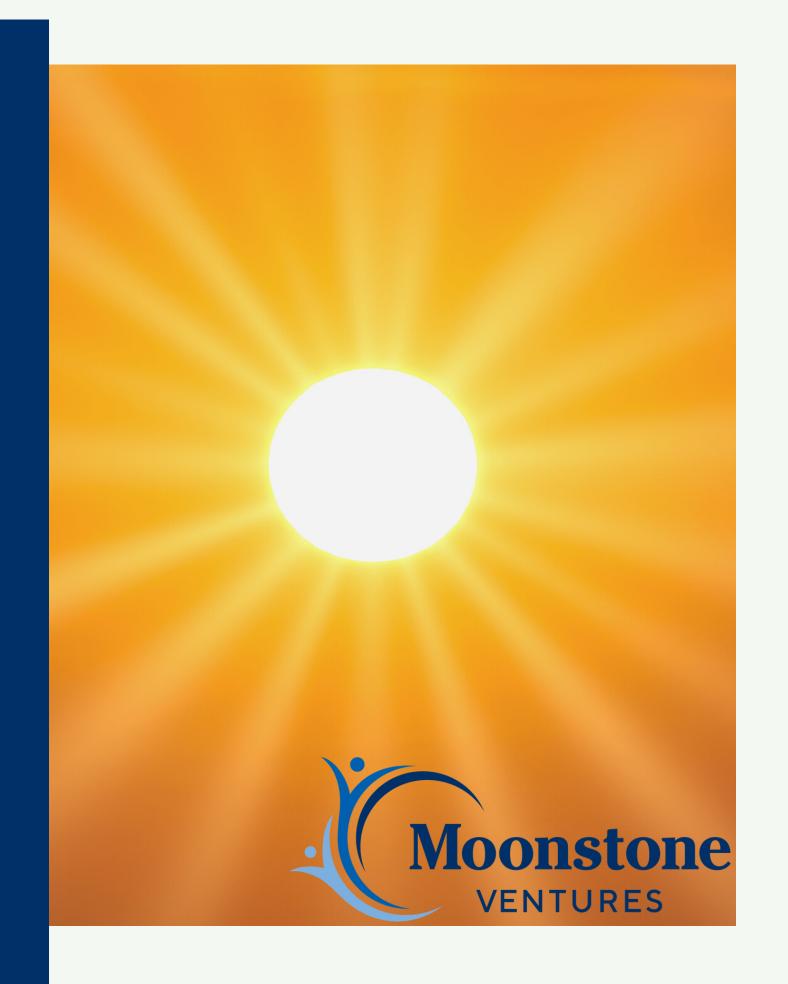


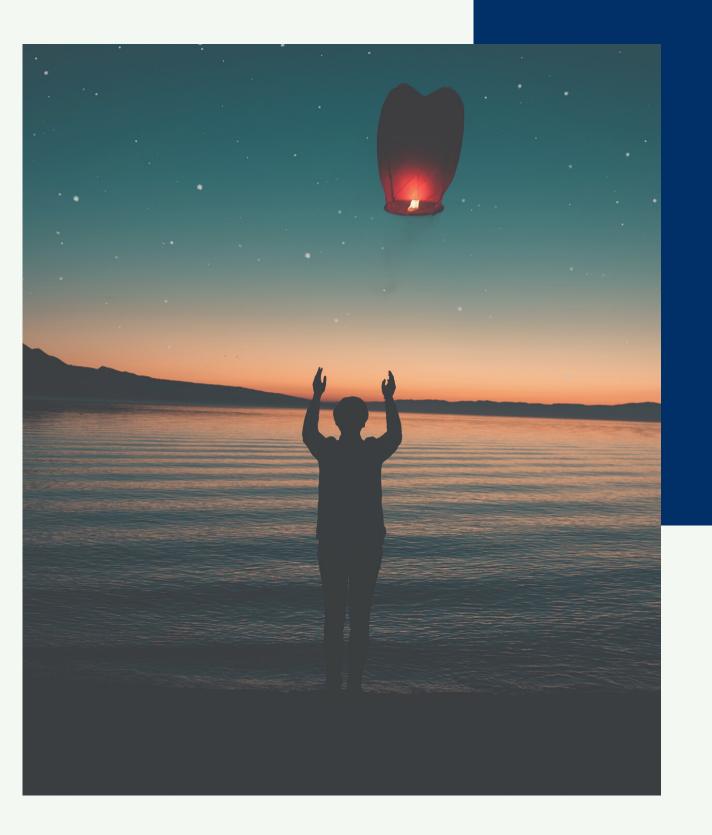
Day 4: Today is a day to indulge in blasting your favorite inspirational or soulful song ...even better, sing it at the top of your lungs.

Day 5: FACE THE SUN
Set your timer for 5 minutes

Go outside - put your face toward the sun.

Close your eyes and breathe in the light, warmth, and energy with an intention toward health and healing.





# Moonstone VENTURES

# 30 Days Tiny Shifts

### Day 6: Release the Pressure

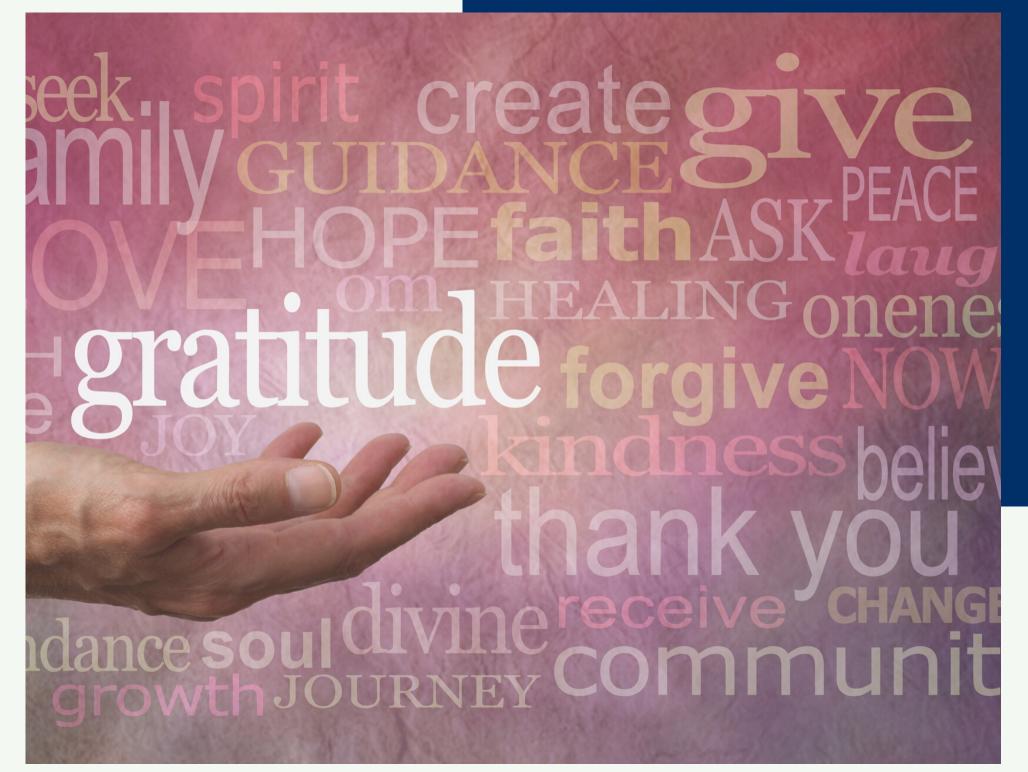
Some days, giving our best is giving 100%'
Some days, giving our best is giving 25%
Whatever today is for you....release the pressure,
you've done enough for today.

Day 7: Savor
"to taste and enjoy completely"

Whether its a cup of coffee, a moment of joy, your favorite food, or a feeling...

Today, allow yourself some time to savor.





## Day 8: Practice Gratitude

Who are you grateful for today? What nourishes your spirit of resilience?

Take time today to take inventory of gratitude for both the positive and negative experiences and how they have shaped you into the incredible person you are.







Day 9: Today- move your body for at least 10 minutes in a different way than normal. Stretch, walk, run, push ups, yoga, dance.... whatever sounds good, but do it differently today (for a focused 10 minutes).

Day 10: 5 minute miracle Clear the Clutter- voicemail

Set the timer for 5 minutes - head on over to your voicemail and clean out old messages. If you haven't responded- ask yourself: Do I need to respond? If yes, schedule a time to respond that works for you. If your voicemail is already cleared....enjoy 5 minutes of rest or play.







### Day 11: Serving Others



Today is a great day to think about how you can be of service in your community. Is it giving your time, talents, financial or emotional support? Think of some small way you can have an impact by serving others.

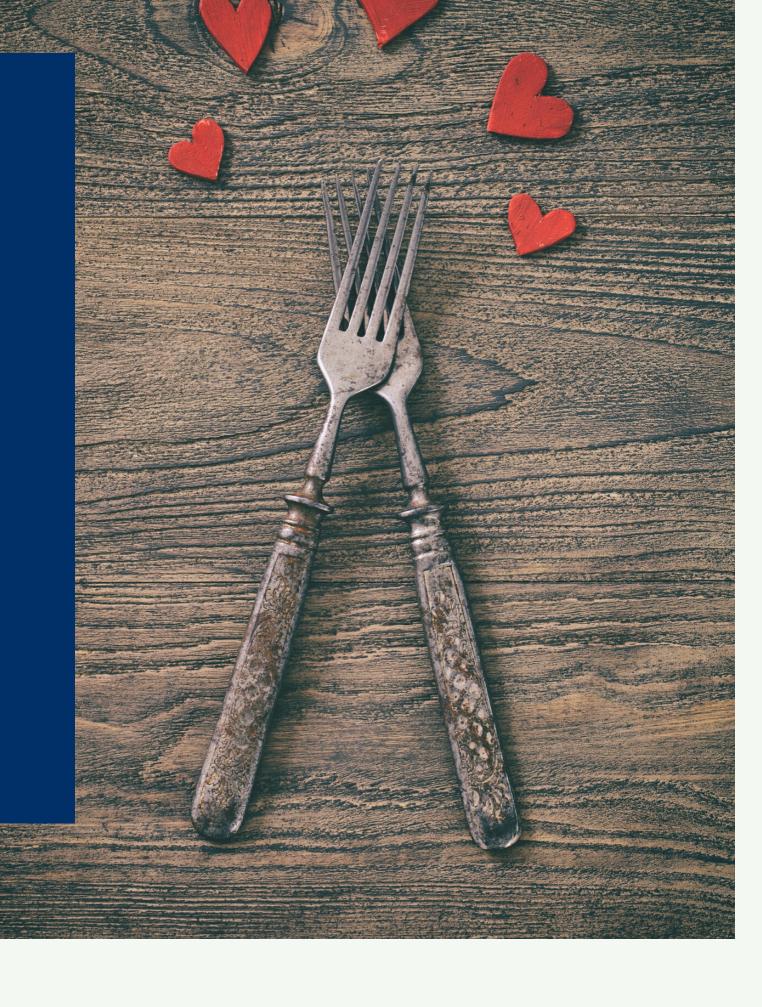


#### Day 13: Evening Ritual

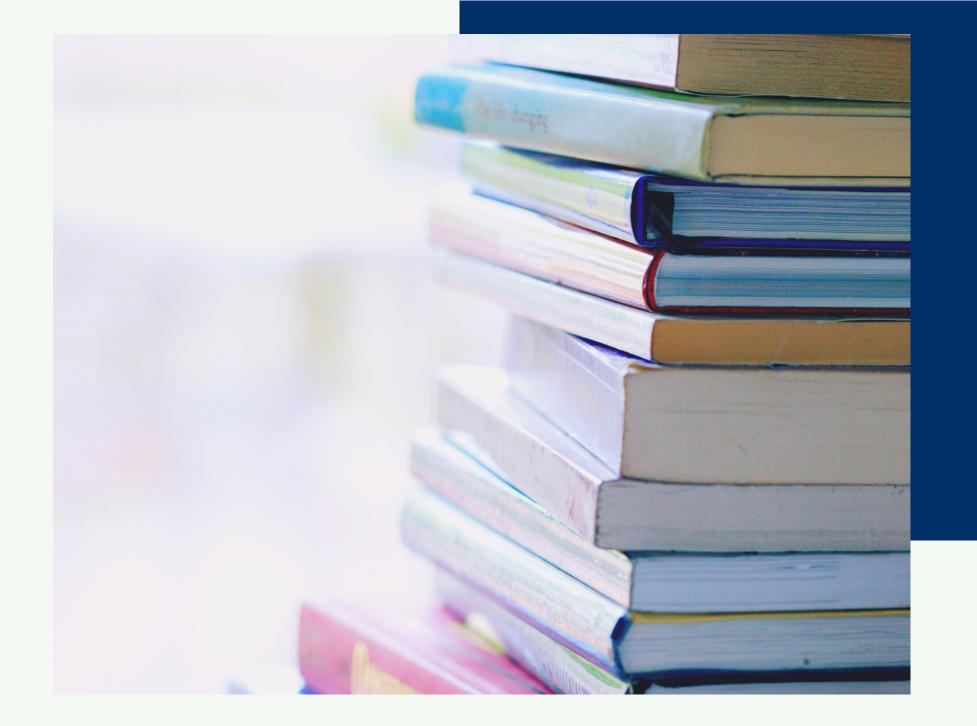
Putting some intention toward reflection at the end of the day can build connection with yourself and others. Try this simple recipe for reflection at dinner (can be done by yourself or with family where everyone takes a turn).

#### Share your:

- high point of the day
- low point of the day
- something you are proud of
- something you are grateful for
- something you look forward to







Day 14: One Chapter



There is a book hanging out on your shelf and you know that "someday" you will get to it after you read all the things you need to read and do all the things you need to do. Today, grab that book by its cover and read just one chapter. Maybe one will lead to two or maybe one will be enough for you to let it go.

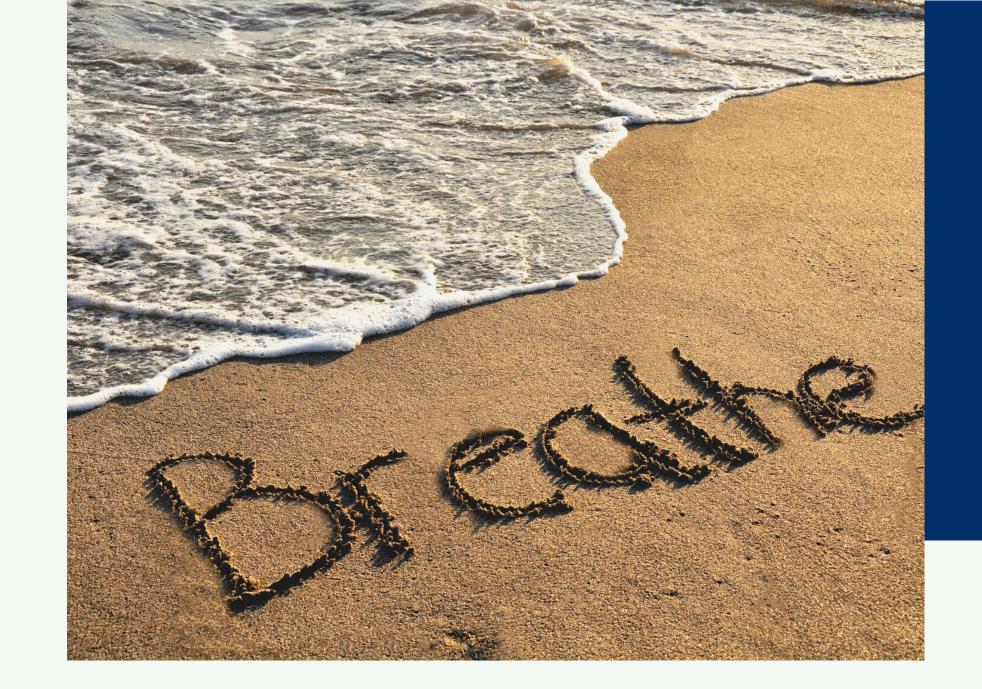


Day 16: Advisory Council

Today- make a list of the top 7 people you would want on your personal/professional advisory council and why. These can be fictional, historical, family, celebrity, or people in your own community. What are the qualities about each person that attracts you toward their advice? How have they already helped you on your journey?







#### Day 17: Just Breathe



Today, commit to taking ten deep breaths. Breathe in for 3 seconds, hold for 3 seconds, out for three seconds. Do this ten times. What do you notice when you slow down this way?



Day 18: Feel the Feels

Its so easy to want to minimize both positive and negative emotions during challenging times.

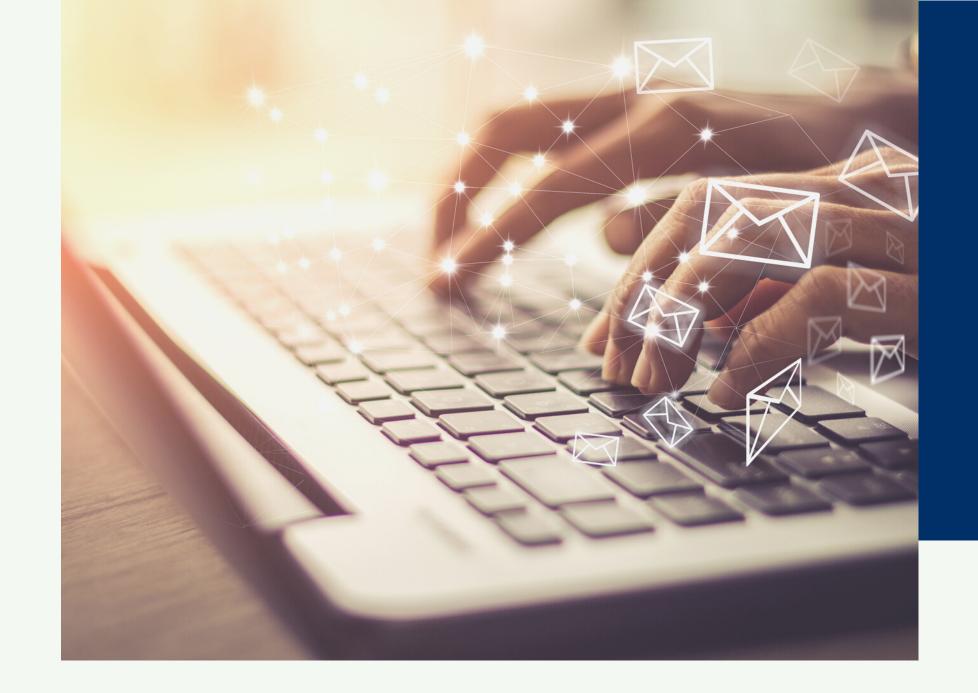
Today, allow yourself to feel whatever you are feeling,...no questions, no judgments, no fixing, no blame, just feelings.

Day 19: Hug

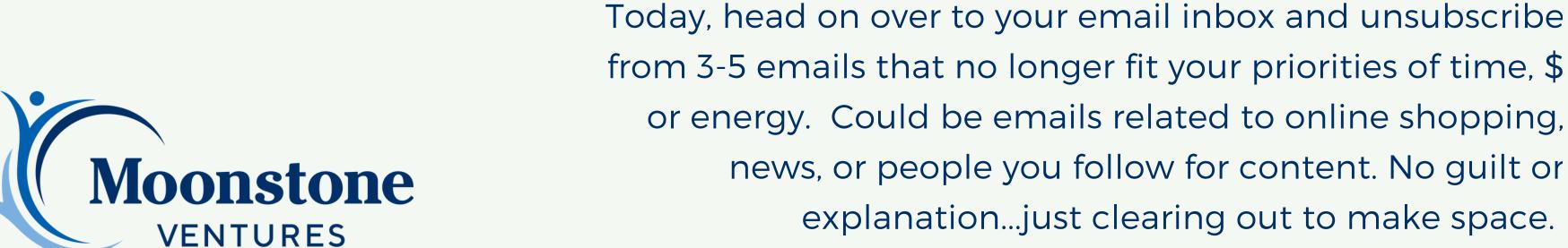
Orab a pillow, a stuffed animal, your pet, or a loved one from your household and give them a big squeeze (with their permission of course). Not the quick kind, but the kind that lingers (3-5 minutes)...where you focus on the connection of your embrace and the transaction of love and support. This is especially important if you are isolated from friends and family and craving connection. The act of embracing yourself or others can release stress and create connection, presence and feelings of joy.







#### Day 20: Unsubscribe







Day 22: Laugh Out Loud

Google your favorite comedian or call a friend or family member that makes you laugh. You can even just start fake belly laughing until you are really laughing. The point is....today is a good day to LOL.







### Day 23: What are your favorite smells?



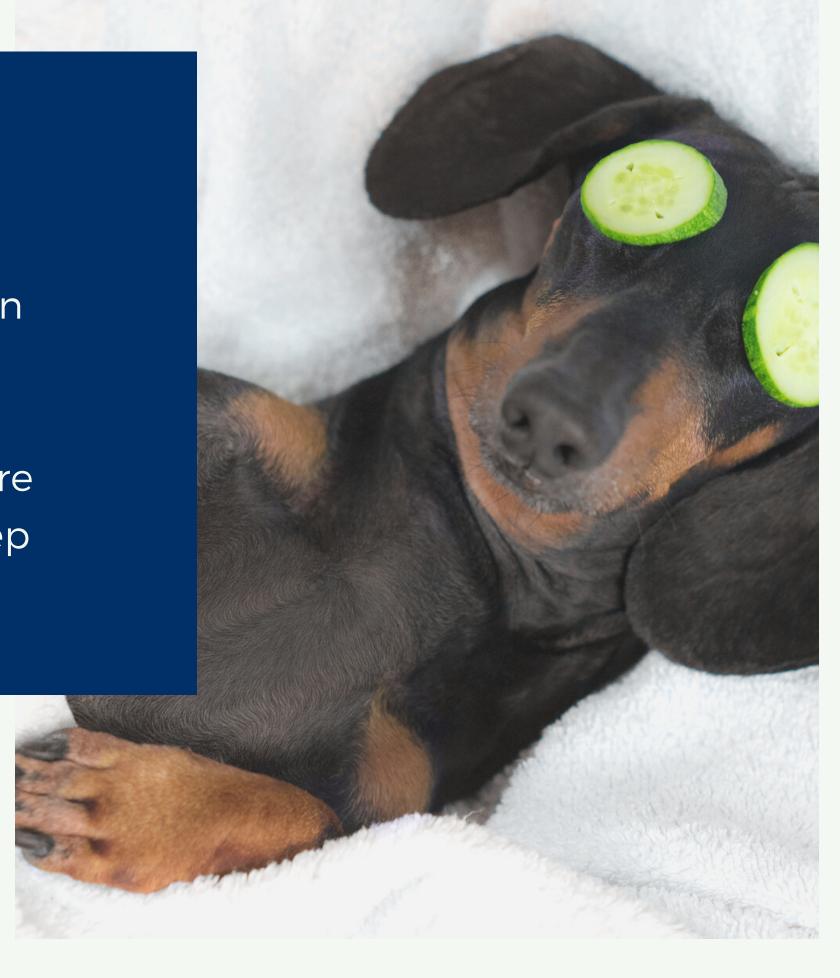
Sometimes we forget to notice the things in life that fill up our senses. Today, think about your favorite smells...baked goods, flowers, candle, a certain dish. If you can't access the smell today...make a plan for when you can.



Day 25: Deep Rest

Today, make plans for when you can completely unplug, removing distractions and unneccesary stimulation, and create a time where you can give yourself the gift of deep rest.







#### Day 26 Hydrate, Hydrate, Hydrate



Today, remember to drink water...to cleanse and to hydrate from the inside out.



Day 28: Walk On

Today, go for a walk down a different street, on a different path, with a different pace. Maybe its slower and more mindful than usual...maybe its quicker and gets your heart rate up. Maybe you don't usually walk...and today you will :).







### Day 29: 10 minute tidy

Find that spot in your home that gives you the least satisfaction because its cluttered! Set your timer for 10 minutes and tackle it. Don't overthink...just put things away, in the trash, in recycling or in a give away bin. Just for 10 minutes!!!



