

30 Days Tiny Shifts

Welcome to 30 days tiny shifts!
These are tiny actions to inspire
more creativity, mindfulness and
resilience in your day to day life.

welcome

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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.





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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.

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Day 3

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.





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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.

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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.





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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.



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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.





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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.



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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).

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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.





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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.

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Day 12: Sometimes we have to go slow to go fast, right? Just like these tiny shifts, often its the turtle steps that create the most change over time. What is one teeny tiny turtle step you can take toward your goals today?



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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





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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.

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Day 15: Today- take an extra couple of minutes to shine up your kitchen sink before you go to bed. Clear the dishes out and have it empty waiting to greet you tomorrow when you start the day.



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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?





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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?



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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.

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Day 19: Hug

Grab 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.





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Day 20: Unsubscribe

Today, head on over to your email inbox and unsubscribe from 3-5 emails that no longer fit your priorities of time, \$ or energy. Could be emails related to online shopping, news, or people you follow for content. No guilt or explanation...just clearing out to make space.



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Day 21: Make a Playlist

Make a playlist of 10-20 songs that carried you through the past year. What is it about these songs? What feelings do they bring up?



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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.





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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.

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Day 24: Morning Ritual

Do you create sacred time for YOU in the morning? Starting the day with an intentional practice sets the tone for energy of the day. Today- schedule some sacred time for you tomorrow morning. Maybe with coffee, a book, a journal, or just to sit by candle light.



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Day 25: Deep Rest

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





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Day 26 Hydrate, Hydrate, Hydrate

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





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Day 27: Team Building

Who is on your team? Whether you work alone or with a group, make a conscious effort to build up your TEAM today. Ask for help, share a "win", offer your assistance, Recognize contributions.

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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 :).





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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!!!



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Day 30: Pat on the Back

Give yourself a big pat on the back for committing to 30 days of tiny shifts and for all of the ways you have cultivated a creative, mindful and resilient spirit. Well done.

