



THE GENTLE BEGINNING COLLECTION

Your First 7 Days of Self-Care

Seven simple exercises to help you make room for yourself. Begin anywhere. Return whenever you need.

One small step. A little space for you.

WELCOME

Begin where you are

This is a gentle invitation to explore everyday self-care. You can complete one exercise each day, repeat a favorite, or take longer than a week.

01 / Make it yours

Choose a pen and a comfortable place. Most activities take 3-7 minutes. No special equipment, app, purchase, or experience is needed.

02 / Take what fits

Read the exercise, try a small version, then reflect if you wish. Each day includes an alternative. Skip anything that feels uncomfortable or impractical.

03 / Return freely

Missed a day? Start with the page that interests you. Blank spaces are allowed. These pages are not a scorecard.

A note about these pages

These are general reflection and planning resources. They do not diagnose, treat, or replace professional care. Choose activities that are comfortable and appropriate for you.

DAY 1 / 5 MINUTES

Make a little space

TRY A SMALL STEP

Choose one small area you use often: a corner of a table, a chair, or a spot beside a window. Move just one item so there is room for a quiet moment. You do not need to tidy the whole room.

MAKE IT YOURS

Choose a place you can reach comfortably, or simply imagine a space you would enjoy.

Where could a small moment of care fit today?

One thing I can make easier tomorrow

DAY 2 / 3 MINUTES

Listen to your day

TRY A SMALL STEP

Pause between two everyday tasks. Notice what is asking for your attention: a break, a drink, a little quiet, or company. Choose one response that fits your day. There is no correct feeling to find.

MAKE IT YOURS

Write a single word, draw a shape, or skip the writing and just notice.

What do I notice about my energy right now?

One small response I could choose

DAY 3 / 5 MINUTES

Choose an everyday ritual

TRY A SMALL STEP

Pick something you already do, such as opening the curtains or making a warm drink. Add a brief moment of attention. Notice one color, sound, or texture. Let the ordinary activity be enough.

MAKE IT YOURS

Use any sense that feels comfortable. A familiar object can be your starting point.

Which ordinary moment felt worth noticing?

A cue that could remind me next time

DAY 4 / 5 MINUTES

Follow your curiosity

TRY A SMALL STEP

Choose one small thing you enjoy or would like to try: a song, a few lines of a book, a sketch, or looking at the sky. Spend a little time with it without measuring how well you do.

MAKE IT YOURS

Listen, watch, imagine, or ask someone to help you set it up.

What held my interest, even briefly?

Something I would like to return to

DAY 5 / 5 MINUTES

Make a connection

TRY A SMALL STEP

Think of a person, place, or community where you feel welcome. Choose an easy connection: a greeting, a short note, or time in a familiar shared space. You decide whether to reach out.

MAKE IT YOURS

A remembered conversation or a letter you do not send can be enough today.

What kind of connection feels comfortable to me?

One way I can make room for connection

DAY 6 / 3 MINUTES

Leave a little room

TRY A SMALL STEP

Look at one optional task on your list. Could it become smaller, move to another day, or be left undone? Choose one adjustment that gives your day a little more breathing space.

MAKE IT YOURS

If nothing can move, choose a brief pause between tasks instead.

What could be smaller or simpler today?

A kind boundary I can practice

DAY 7 / 7 MINUTES

Notice what stays

TRY A SMALL STEP

Look back at the week. Choose one moment that felt useful, pleasant, or possible. Decide whether to repeat it, adapt it, or leave it behind. Your next week can look different.

MAKE IT YOURS

Use memory rather than completed pages. There is no catching up to do.

Which small moment would I like to carry forward?

My next step and a realistic time to try it

CARRY IT FORWARD

A week that fits you

Choose one small ritual, then decide when it could fit. Leave room to change your mind.

The moment I want to repeat

After this everyday cue, I could try...

If the day changes, my smaller version is...

A PLACE TO RETURN

My small-step menu

Use these ideas as invitations. Add your own. You never need to do them all.

[] Notice the light at a window.

[] Listen to a song you enjoy.

[] Make one everyday task a little easier.

[] Send a greeting to someone you trust.

[] Set aside an optional task for another day.

My own idea

Keep this booklet nearby. The Daily Harmony and Weekly Reset pages can help you explore what fits next, without setting a streak or target.

CLOSING REFLECTION

A note to future me

You do not need a new version of yourself to begin again.

Something I learned about what works for me

A reminder I would like to find on a busy day
