

# 28 Day Wellbeing Programme

*Nurture your body, mind, and soul in harmony with your natural rhythm*

Please consult with a doctor if you have any underlying health issues that would affect your ability to complete this programme.

## Resting Phase: Deep Rest & Reflection

*Days 1-3: This is a time to turn inward, focusing on restorative practices and gentle nourishment.*

### DAY 1

#### *Meditation & Journalling*

- Begin with a grounding meditation. Journal prompts:
- "How am I feeling today?"
- "What do I want to release from the last cycle?"
- Nourishment Focus: Recipe for an iron-rich smoothie or herbal tea for comfort.

### DAY 2

#### *Self-Care & Gentle Movement*

- Self-Care Ritual: Suggest a warm bath with Epsom salts or a heating pad for muscle relief.
- Gentle Movement: Restorative yoga (Child's pose, Legs up the wall, Soft supta baddha konasana, Reclining bound Angle pose, Supported bridge pose, Supported fish pose, Happy baby pose, Savasana).

### DAY 3

#### *Reflection & Comfort Food*

- Self-Care Ritual: Suggest a warm bath with Epsom salts or a heating pad for muscle relief.
- Gentle Movement: Restorative yoga.

## Dreaming Phase: Intuition & Vision

*Days 4-6: This phase is ideal for inner reflection, tuning into intuition, and setting intentions.*

### DAY 4

#### *Visualisation & Journalling*

- Visualisation: short visualisation exercise, imagine your intentions for the cycle.
- Journaling Prompt: "What vision do I have for this month?"
- Self-Care: Create a comforting herbal tea blend or suggest using a favourite relaxing tea.

### DAY 5

#### *Exercise & Nourishment*

- Intuitive Exercise: Free-writing or drawing to explore ideas and visions for the upcoming weeks.
- Complete a 30 minute body-weight workout.
- Nourishment Focus: Consume complex carbohydrates (white and sweet potatoes, peas, corn, beans, lentils and wholegrains) and healthy fats (seeds, nuts, olive oil, eggs, ground flaxseed, beans) to stabilise your energy.

### DAY 6

#### *Movement*

- Movement: Gentle yoga or nature walk to encourage light physical engagement.
- Prompt: "What inner wisdom surfaced for me today?"

## Grounding Phase: Building Strength & Focus

*Days 7-13: As energy builds, this phase is ideal for goal setting, planning, and light physical activities.*

### DAY 7

#### *Goals & Nourishment*

- Goal Setting: Write down 1-3 goals for the cycle.
- Nourishment: Consume nutrient-dense foods, such as leafy greens, nuts, and seeds.

### DAY 8

#### *Exercise & Journalling*

- Activity: Engage in light aerobic exercise, such as brisk walking or cycling.
- Prompt: "What small steps can I take toward my goals today?"

## DAY 9

### *Creativity*

- Creative Expression: Try a creative exercise, like painting or drawing, to encourage self-expression.

## DAY 10

### *Self-Care*

- Self-Care Focus: Skin or hair care routine, with suggestions for natural ingredients like honey or avocado.

## DAY 11

### *Physical Activity & Journalling*

- Physical Activity: Continue with moderate exercise, such as yoga or low-impact cardio.
- Prompt: "What personal strengths can I nurture this cycle?"

## DAY 12

### *Nutrition*

- Nutrition: Focus on protein-rich foods (quinoa, pulses, tofu, nuts and seeds, chia seeds, buckwheat, oats, brown and wild rice) for muscle recovery and energy.

## DAY 13

### *Reflection*

- Reflection: Reflect on goals for the month ahead and any new ideas.

## Re-emerging Phase: Full Expression & Completion

*Days 14-28: This phase emphasises outward expression, social connection, and preparing for the next cycle..*

## DAY 14

### *Affirmations & Self-Care*

- Affirmation Exercise: Create a personal affirmation or mantra for the rest of the cycle.
- Self-Care: Facial massage or skincare routine to boost confidence.

## DAY 15

### *Social Connection & Journalling*

- Social Connection: Reach out to a friend or family member, focusing on connection.
- Prompt: "What am I grateful for in my relationships?"

## DAY 16

### *Movement*

- Movement: Moderate workout like dance or strength training, if energy allows.

## DAY 17

### *Journalling & Reflection*

- Reflection: "How can I show up authentically in my relationships and commitments?"

## DAY 18

### *Nourishment*

- Nourishment: Include magnesium-rich foods, like dark chocolate and leafy greens.

## DAY 19

### *Productivity Focus*

- Completion Focus: Organise or finish outstanding projects.

## DAY 20

### *Journalling*

- Journaling Prompt: "What am I looking forward to achieving?"

## DAY 21

### *Reflection, Gratitude & Activity*

- Reflection and Gratitude: Spend a few minutes writing down three things you're grateful for in this cycle.
- Activity: Gentle stretching or a short walk outside, focusing on mindful breathing.
- Prompt: "What has brought me joy this cycle?"

## DAY 22

### *Self-Care, Journalling & Nourishment*

- Self-Care Ritual: Treat yourself to a foot soak or hand massage with a soothing lotion or essential oil. Focus on grounding, as this helps in slowing down the mind.
- Reflection Prompt: "What have I accomplished, and how do I feel about my progress?"
- Food Focus: Encourage a grounding meal with root vegetables like sweet potatoes or carrots.

## DAY 23

### *Mindfulness & Journalling*

- Mindfulness Practice: Take a few minutes to sit quietly, practicing mindful breathing. Focus on letting go of tension, especially as you near the end of this cycle.
- Journal Prompt: "What areas of my life feel balanced? What could use more balance?"
- Self-Care: Set a timer to begin winding down earlier than usual, aiming to support rest.

## DAY 24

### *Creativity, Reflection & Nourishment*

- Creative Reflection: Spend some time doodling, drawing, or coloring. Let your mind wander while you create without judgment.
- Reflection Prompt: "What moments from this cycle stand out?"
- Nourishment: Enjoy a warm, comforting tea like chamomile or ginger, supporting calm and digestion.

## DAY 25

### *Declutter, Organise, Journal & Self-Care*

- Declutter and Organise: Choose a small space (desk, drawer, or a corner) to organise or declutter, symbolising wrapping up tasks.
- Journal Prompt: "What would I like to release to start the next cycle fresh?"
- Self-Care: Spend time stretching in the evening, focusing on your neck and shoulders.

## DAY 26

### *Body Awareness & Journalling*

- Body Awareness Exercise: Sit or lie down comfortably and practice a body scan, paying attention to each area of your body from head to toe, noticing where there's tension or relaxation.
- Journal Prompt: "How has my body felt throughout this cycle? What self-care has worked best?"
- Evening Routine: Turn down lights and avoid screens for an hour before bed to support restful sleep.

## DAY 27

### *Body Awareness & Journalling*

- Affirmation Creation: Write an affirmation or mantra for the upcoming cycle, such as, "I embrace rest and renewal."
- Journal Prompt: "What intentions will I bring into the next cycle?"
- Self-Care: Prepare a cozy bedtime ritual, perhaps with a favorite book or a warm drink.

## DAY 28

### *Reflection, Journalling & Self-Care*

- End-of-Cycle Reflection: Take time to reflect on your journey throughout the month. Acknowledge your achievements, challenges, and areas of growth.
- Journal Prompt: "What have I learned this cycle about myself?"
- Self-Care: Treat yourself to an act of kindness, whether a warm bath, an early bedtime, or simply savouring a favourite comfort food.



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