

— A GIFT FROM MINDFULLY MODERN —

The 30-Day Soft Life Starter Guide

Four gentle weeks of small habits that build a softer, more livable life.

How This Works

One soft habit per week. No drastic overhauls. Each week builds on the last. By the end of 30 days, your nervous system will feel different — calmer, more spacious, more like yours.

Skip a day if you need to. Pick it up the next. Softness, after all, is what we're practicing.

Week 1 — Soft Mornings

Habit: Phone-free first 30 minutes after waking.

- Day 1: Place phone in another room before bed.
- Day 2: Drink a glass of warm water before checking anything.
- Day 3: Open a window and take 5 slow breaths.
- Day 4: Stretch slowly for 2 minutes.
- Day 5: Sip your morning drink without scrolling.
- Day 6: Sit in silence for 5 minutes.
- Day 7: Reflect: what feels different this week?

Week 2 — Soft Spaces

Habit: Make one corner of your home feel like a sanctuary.

- Day 8: Swap one harsh overhead light for a warm-toned lamp.
- Day 9: Add a soft blanket to your favorite chair.
- Day 10: Light a candle while you wind down.

- Day 11: Clear one cluttered surface and keep it clear.
- Day 12: Add a small plant or fresh flowers.
- Day 13: Spend 15 minutes in that corner doing nothing.
- Day 14: Reflect: does your home feel softer?

Week 3 — Soft Boundaries

Habit: Protect your energy.

- Day 15: Identify one commitment that drains you. Say no to it next time.
- Day 16: Turn off non-essential notifications.
- Day 17: Schedule one block of completely unstructured time.
- Day 18: Practice saying "I'll have to think about it" instead of an automatic yes.
- Day 19: Take a social media break for 24 hours.
- Day 20: Cancel one thing on your calendar that you don't want to do.
- Day 21: Reflect: where does your energy go that doesn't serve you?

Week 4 — Soft Rituals

Habit: Anchor your days with one daily soft moment.

- Day 22: Pick a signature evening ritual (tea, candle, journal — your choice).
- Day 23: Do it tonight. And the next night. And the next.
- Day 24: Add a morning ritual that pairs with it (3 deep breaths counts).
- Day 25: Create a soft transition between work and home — even 5 minutes.
- Day 26: Add one weekend ritual — a slow Sunday, a long bath, a walk.
- Day 27: Light a candle at the start of any meal.
- Day 28: Practice doing one thing slowly today.
- Day 29: Look back at the past 4 weeks. What stuck? What didn't?
- Day 30: Choose 3 habits to keep forever.

What Comes Next

Softness is not a 30-day project. It's a lifelong practice of choosing gentleness over force. Keep the habits that fit your life. Let go of the ones that don't. Build slowly. The whole point is that you don't have to do anything quickly.

Softly,

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