

The 30-Day Soft Life Starter Guide

One small, slow practice a day for a month.

Begin where you are. Skip when you need to.

The soft life isn't a destination. It's a thirty-day rehearsal in slowing down, choosing yourself, and letting enough be enough. Each day on this calendar is small on purpose. Five minutes is enough. Two minutes counts. Beginning at all is the practice.

Print it. Put it on the fridge. Cross off the days. Be gentle on the ones you miss.

01

Light one candle while you make coffee.

02

Three slow breaths before your phone.

03

Drink water before you drink coffee.

04

Tidy one drawer. Just one.

05

Eat lunch away from any screen.

06

A five-minute walk outside, no headphones.

07

Write one thing you're proud of today.

08

Make your bed slowly, with attention.

09

Bath, shower, or feet in warm water.

10

Phone in another room for one meal.

11

Light a candle at dinner, even alone.

12

Read ten pages of something kind.

13

Move slowly for an hour. Notice.

14

Buy yourself flowers. Any kind.

15

Unfollow three accounts that tighten you.

16

Bake or cook one thing from scratch.

17

Say no to one small obligation.

18

Sit in a chair for ten minutes. Just sit.

19

Write a short letter to your past self.

20

Make a playlist of slow songs. Save it.

21

Have tea instead of a scroll.

22

Notice five beautiful things outside.

23

Diffuse lavender for one full hour.

24

Wear the soft thing. Yes, that one.

25

Take a nap, even a short one.

26

Cook one meal with one extra ingredient.

27

Phone off for one full evening.

28

Send a kind text. Expect nothing back.

29

Re-read your favorite essay or poem.

30

Choose one practice to keep. Begin again.

"You don't need a softer life all at once. You need thirty soft minutes, then thirty more, until the softness becomes the shape of your days."