

# PLAN #1

## Day 1 (Monday)

- ☐ Morning Heiwa check-in
- ☐ Drink 2 glasses of water
- ☐ Spend 30 minutes tech-free
- ☐ Write down 1 thing that drains you emotionally
- ☐ Evening Heiwa check-in

## Day 2 (Tuesday)

- ☐ Morning Heiwa check-in
- ☐ Try 1 minute of box breathing
- ☐ Text someone you feel safe with
- ☐ Rate your emotional energy (1–10) and reflect
- ☐ Evening Heiwa check-in

## Day 3 (Wednesday)

- ☐ Morning Heiwa check-in
- ☐ Take a 10-minute mindful walk
- ☐ Say aloud one thing you're proud of
- ☐ Read a calming quote or poem
- ☐ Evening Heiwa check-in

## Day 4 (Thursday)

- ☐ Morning Heiwa check-in
- ☐ Write a kind sentence to yourself ("You are doing enough")
- ☐ Silence 1 stress-triggering notification
- ☐ Hug something soft for 30 seconds
- ☐ Evening Heiwa check-in

## Day 5 (Friday)

- ☐ Morning Heiwa check-in
- ☐ Sit in silence or stillness for 3 minutes
- ☐ Journal 3 thoughts to release
- ☐ Write an encouraging message to your future self
- ☐ Evening Heiwa check-in

## Day 6 (Saturday)

- ☐ Morning Heiwa check-in
- ☐ Sit by a window or get 5 minutes of sunlight
- ☐ Tidy one corner of your space
- ☐ Name 1 thing that made you feel safe today
- ☐ Evening Heiwa check-in

## Day 7 (Sunday)

- ☐ Morning Heiwa check-in
- ☐ Apply lotion mindfully to your hands
- ☐ Play calming music for 5 minutes
- ☐ Write 1 sentence that describes your mind today
- ☐ Evening Heiwa check-in

## Notes:

Use this space to reflect on any patterns, surprises, or small wins from the week. Honor your progress.

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