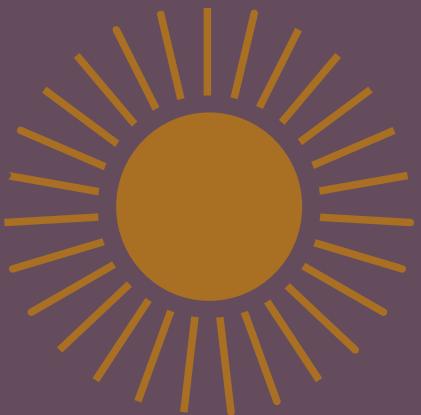


TWISTED GYPSY'S 30 DAYS OF SOULFUL LIVING

*A Boho Guide to Align Your
Mind, Body & Spirit*

By Sherri Milam



Introduction

Welcome from Twisted Gypsy (Sherri)

Hey beautiful soul,

Welcome to Twisted Gypsy's 30 Days of Soulful Living!

This is more than a guide — it's a vibe, a journey, and a reminder that life isn't meant to be lived on autopilot.

Here, we're ditching the hustle-and-grind hamster wheel and stepping into a slower, more intentional flow — one that fills your cup, lights your fire, and reconnects you with your truest self.

Whether you're curled up with this on your phone in your cozy nook or have it printed out and tucked in your favorite journal, this is your invitation to press pause, breathe, and soak in the magic of the present moment.

Why Soulful Living Matters

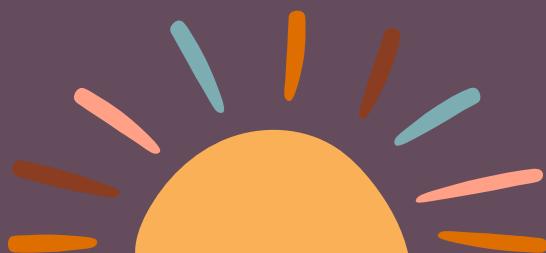
Soulful living is about making everyday life feel good from the inside out.

It's about choosing experiences, habits, and thoughts that feed your spirit instead of draining it.

It matters because when you live in alignment with your soul, you:

- Wake up with more energy and excitement for the day ahead
- Attract better opportunities, relationships, and blessings
- Feel grounded, balanced, and confident in your own skin
- Notice the beauty in the smallest moments — and let them change you

We spend so much time chasing the “big” things in life, but soulful living teaches you that the little daily rituals are where the real magic hides.



How to Use This Guide

You can use this guide two ways:

Digital – Save it to your phone, tablet, or laptop and follow along daily.

Bonus: perfect for spontaneous coffee shop reading sessions.

Printable – Print it, hole-punch it, and slide it into a cute binder or journal so you can jot down thoughts, doodles, and progress.

Each day's activity can be done in under 30 minutes — because soulful living should fit into your life, not take it over.

You can follow the days in order for a 30-day challenge, or pick and choose what calls to you.





Tools You'll Need

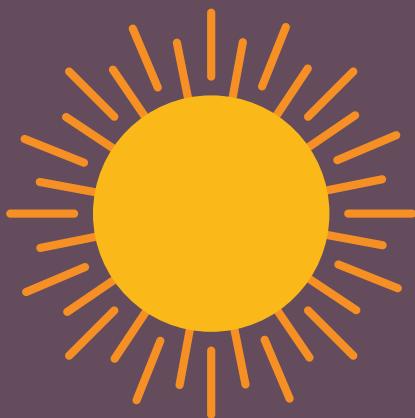
Before we dive in, let's set you up for success.

Gather your soulful living starter kit:

- Journal & Pen – For jotting down reflections, ideas, and aha moments
- Comfy Space – A chair, pillow pile, or cozy corner that feels like “home”
- Candles or Incense – To set the mood and shift the energy instantly
- Playlist – Your personal soundtrack for inspiration and good vibes
- Water Bottle – Because hydration is sexy and good for your soul

Optional but fun:

Crystals, plants, cozy blankets, oracle cards, or whatever else makes your space feel magical.

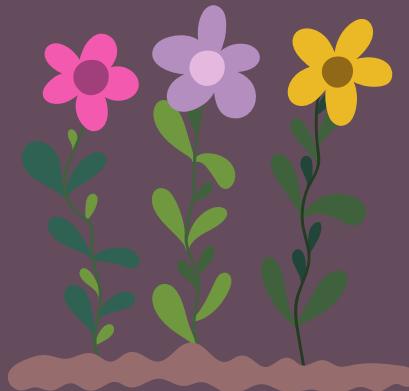


Section 1:

Setting the Soulful Foundation

Before we dive into adventures, moon magic, and soul-nourishing rituals, we've got to set the foundation.

Think of this as the strong, steady roots your soulful life will grow from. These first five days are about grounding yourself, getting clear, and making space for all the beauty that's about to show up.



Day 1:

Morning Ritual Reset



Theme: Create Your First Soulful Morning Routine

Your mornings set the tone for your entire day – so why not make them sacred?

Instead of rolling over, grabbing your phone, and letting the news or notifications hijack your vibe, you're going to create a soulful morning that feeds you before you feed the world.

Your Ritual Ingredients:

- Wake Gently – No blaring alarms. Use a soft tone or music.
- Hydrate First – A glass of water before coffee (your body will thank you).
- Move Your Body – Stretch, sway, or do a gentle yoga flow.
- Mindful Moment – 3–5 minutes of breathwork, meditation, or prayer.
- Set an Intention – One sentence that shapes your day. Example: “Today, I flow with ease and grace.”

Soul Tip: Light a candle or incense while doing this to signal to your brain, “We’re in sacred mode now.”

Day 2: Hydration with Intention

Theme: Blessing Your Water & Tracking Your Flow

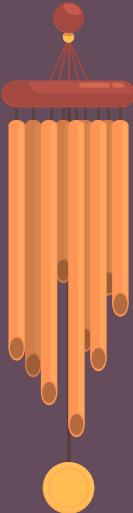
Water isn't just H₂O – it's liquid magic. Science shows it holds memory, and your thoughts can influence its structure. So, why not make every sip a blessing?

Your Ritual Steps:

- Infuse with Love – Hold your glass and think (or speak) your intention into it. Example: “This water refreshes, heals, and energizes me.”
- Flavor It Naturally – Try lemon, cucumber, berries, or mint.
- Track It – Use your hydration tracker in this guide to hit your daily goal (aim for 8–10 cups).

Soul Tip: Every time you sip, imagine it washing away negativity and filling you with light.





Day 3: Declutter Your Energy

Theme: Smudging, Sound Cleansing & Letting Go

Clutter isn't just physical – it's emotional and energetic. If you've been feeling heavy or stuck, it's time for an energetic deep-clean.

Your Ritual Options:

- Smudging – Burn sage, palo santo, or cedar while walking slowly through your space.
- Sound Cleansing – Use a singing bowl, chimes, or simply clap your hands in corners.
- Letting Go – Pick 5 items you don't love/use and donate or toss them.

Soul Tip: Play uplifting music while cleansing – it shifts energy faster.

Day 4: Gratitude Groove

Theme: The 5-Things Daily Practice

Gratitude is the quickest way to raise your vibration. It takes you from “not enough” to “overflowing” in minutes.

Your Daily Practice:

- Write down 5 things you’re grateful for every morning or evening.
- Be specific – instead of “I’m grateful for my family,” write “I’m grateful for my sister’s laugh on the phone today.”
- Feel it. Don’t just list it – close your eyes and let the gratitude warm you up inside.

Soul Tip: Keep your gratitude lists and read them on tough days for an instant mood lift.

✨
Gratitude✨



Day 5: Sacred Space Creation

Theme: Your Home Altar or Meditation Nook

Your environment shapes your energy. Creating a dedicated “soul spot” at home will give you a place to recharge daily.

How to Create It:

- Choose a Space – A corner of a room, a shelf, a window ledge.
- Add Meaningful Items – Crystals, candles, plants, spiritual symbols, or travel mementos.
- Make It Comfy – A floor cushion, cozy throw, or chair you love.
- Set the Mood – Soft lighting, incense, or essential oils.

Soul Tip: Spend at least 5 minutes in your sacred space each day — even if it's just sipping tea in silence.



Section 2: Nourishing the Body

When your body feels good, everything else feels easier.

This section is about feeding yourself in a way that fuels your soul, moving your body with love (not punishment), and reconnecting with the magic of mindful nourishment.

No extremes. No guilt. Just feel-good, boho-luxe self-care from the inside out.





Day 6: Soulful Eating

Theme: Mindful Meal Prep & Blessing Your Food

Eating isn't just about filling your stomach – it's an energetic exchange between you and the food. When you slow down and add intention, your body responds in the most beautiful way.

Your Ritual Steps:

- Prepare with Love – Whether it's a salad or a smoothie, put on music, light a candle, and make it an experience.
- Bless Your Food – Before your first bite, take a moment to thank the farmers, the earth, and the hands that helped it arrive on your plate.
- Eat Mindfully – Put your phone away and chew slowly, tasting every flavor.

Soul Tip: Keep a “feel-good food” list in your journal – the meals that make you feel light, energized, and happy.

Day 7: 10-Minute Morning Stretch (Knee-Friendly)

Theme: Gentle Movement to Wake Your Energy

You don't have to do a sweaty bootcamp to feel amazing in the morning. A few gentle stretches can open your body, boost your circulation, and wake you up naturally.

Flow Example:

- Seated neck rolls (5 each direction)
- Shoulder shrugs & rolls (10 reps)
- Seated side bends (5 each side)
- Gentle seated twist (hold 5 breaths each side)
- Forward fold in a chair (relax your neck)

Soul Tip: Play calming music and imagine your body “waking up” with each stretch.





Day 8: Boho Kitchen Magic

Theme: Herbal Teas & Healing Spices

Your kitchen is a little apothecary – full of herbs and spices that can heal, energize, and soothe. Today you'll create a “soul tea” ritual.

Your Steps:

- Choose Your Herb – Chamomile (calm), peppermint (digestion), ginger (energy), hibiscus (heart health), or a mix.
- Prepare Intentionally – Boil water slowly, breathe in the steam, and infuse your intention while it steeps.
- Sip Slowly – Let each sip be a mindful moment.

Soul Tip: Keep a small jar of cinnamon, turmeric, or ginger handy to sprinkle into smoothies or warm milk for extra magic.

Day 9: Walking Meditation

Theme: Nature Connection & Mindful Movement

This isn't power walking – this is walking like your soul is in charge. No phone, no rush, no “exercise mindset.” Just you and the world around you.

How to Walk Soulfully:

- Walk somewhere with greenery, fresh air, or open sky.
-
- With each step, notice your surroundings – colors, sounds, textures.
-
- Sync your breath with your steps (inhale for 3, exhale for 3).

Soul Tip: Imagine with every exhale you release stress, and with every inhale you pull in life force energy.





Day 10: Hydration Challenge 2.0

Theme: Flavor-Infused Water Recipes

By now you're drinking more water – but let's make it fun and crave-worthy.

Flavor Ideas:

- Cucumber + Mint
- Lemon + Blueberry
- Strawberry + Basil
- Orange + Rosemary
- Watermelon + Lime



Soul Tip: Use a pretty glass or bottle. When your water looks inviting, you'll drink more of it without even trying.



Section 3: Mind & Spirit Alignment

Now that your body is feeling more energized and grounded, it's time to align your mind and spirit.

This is where we call in the dream life, tune into our intuition, and create inner harmony so the outer world starts shifting in your favor.





Day 11: Vision Boarding

Theme: Dream It, See It, Feel It

If you can see it in your mind, you can hold it in your hand.
Vision boards are more than a pile of pretty pictures — they're a map for your soul.

Your Ritual Steps:

- Gather Supplies – Magazines, printed images, scissors, glue, or a digital tool like Canva.
- Get in the Mood – Light a candle, play your favorite music, and take a few deep breaths to center yourself.
- Choose Images & Words – Pick what makes you feel lit up inside, not just what looks good.
- Display It Where You'll See It – Somewhere you'll glance daily (bedroom wall, phone background).

Soul Tip: Don't worry about "how" it'll happen — your only job is to dream vividly.

Day 12: Meditation Made Simple

Theme: 5-Minute Daily Breathwork

Meditation doesn't have to be an hour-long silent retreat. Just 5 minutes of stillness a day can change your life.

Simple Method:

- Sit comfortably with your back supported.
- Close your eyes and place one hand on your chest, the other on your belly.
- Inhale through your nose for 4 seconds, hold for 2, exhale through your mouth for 6.
- Repeat for 5 minutes, focusing only on your breath.

Soul Tip: If your mind wanders, gently bring it back without judgment – you're not “bad” at meditation, you’re human.



I am amazing

Day 13: Affirmations That Stick

Theme: Twisted Gypsy's Soulful Mantra List

Affirmations rewire your brain, but they only work if they feel true to you. Today, you'll choose (or create) mantras that light you up.

Your Ritual:

Say them aloud while looking in the mirror every morning – bonus points if you smile at yourself.

Examples:

- “I attract miracles daily.”
- “I am a magnet for joy, love, and abundance.”
- “I am worthy of the life I desire.”
- “My energy is sacred, and I protect it fiercely.”

Soul Tip: Write one affirmation on a sticky note and place it somewhere unexpected (fridge, mirror, wallet).

Day 14: Journaling Prompts for Self-Discovery

Theme: Meeting the Real You

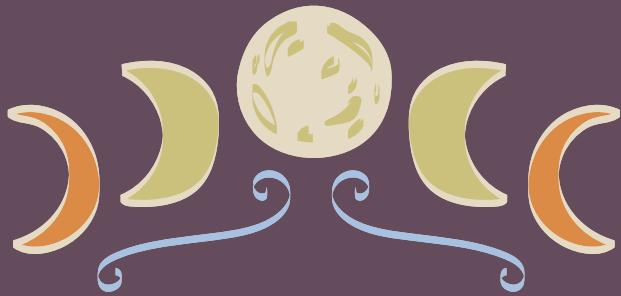
Your journal is your most loyal therapist, coach, and best friend. Today, you'll use prompts to dig deep.

Prompts:

- What would my dream day look like if there were no limits?
- What's one thing my soul has been trying to tell me lately?
- What do I need to forgive myself for?
- What lights me up so much that I lose track of time?

Soul Tip: Write without editing or overthinking – let the pen flow like a river.





Day 15: Moon Magic

Theme: Syncing Your Energy with Lunar Cycles

The moon isn't just pretty – she's a guide for your energy. Learning her rhythm can help you manifest, release, and recharge with the natural flow of the universe.

Quick Moon Guide:

- New Moon – Set intentions, start new projects.
- First Quarter – Take inspired action.
- Full Moon – Celebrate wins, express gratitude.
- Last Quarter – Release what's not serving you.

Your Ritual: Step outside tonight and spend 5 minutes looking at the moon. Speak your intention or gratitude out loud to her.

Soul Tip: Keep a moon journal to track how each phase affects your mood and energy.

Adventure AWAITS

Section 4: Play, Creativity & Adventure

A soulful life isn't just about grounding and self-care – it's also about PLAY.

Fun is high-vibe medicine. When you create, explore, and let your inner child run wild, you become magnetic to joy, opportunities, and inspiration.



Day 16: Soulful Playlist

Theme: Music That Lifts Your Vibration

Music can instantly shift your mood, energy, and even your thoughts. Today, you'll create a playlist that makes your soul dance — literally or figuratively.

Your Ritual Steps:

Open your favorite music app.

- Add songs that make you feel unstoppable, calm, inspired, or magical.
- Mix genres — let it be as eclectic as your soul.
- Play it during cooking, cleaning, or morning rituals.

Soul Tip: Title your playlist something fun like Gypsy Goddess Energy or Magic in Motion.





Day 17: Boho Craft Day

Theme: DIY Mala Beads or Dreamcatcher

Crafting with your hands is like therapy for the soul – it's grounding, creative, and deeply personal.

Ideas:

- Mala Beads – String beads with intention, using each bead to set a positive thought.
- Dreamcatcher – Use hoops, string, and feathers to weave beauty and protection.

Soul Tip: If you don't want to buy supplies, get creative – use natural materials from nature walks or thrifted beads and fabrics.

Day 18: Photography with Intention

Theme: Capturing Beauty Daily

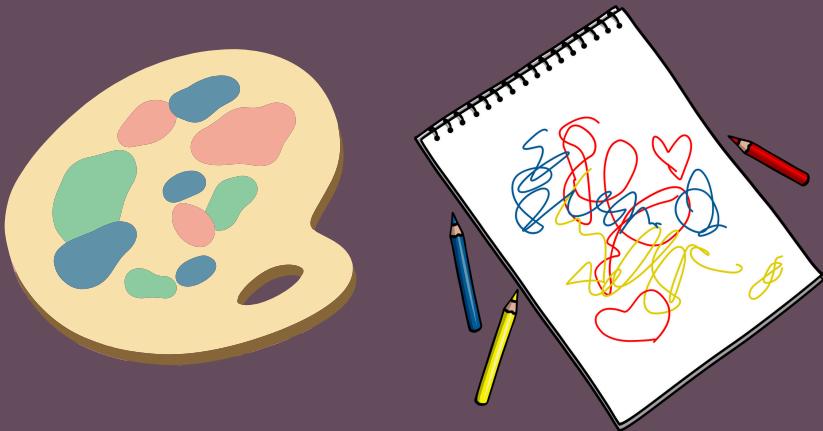
Photography isn't just for "photographers" – it's a way to notice the magic hiding in plain sight.

Your Ritual:

- Keep your phone or camera handy today.
- Look for things that spark a little joy – sunlight through leaves, a stranger's smile, a colorful wall.
- Snap a photo, no pressure for perfection.

Soul Tip: At the end of the week, scroll through and notice what patterns or themes you naturally capture. They might reveal your soul's current desires.





Day 19: Color Your Mood

Theme: Art Journaling for Emotions

You don't have to be an "artist" to create something beautiful and healing. Colors speak a language your mind sometimes can't.

Your Ritual Steps:

- Gather markers, paints, or even colored pencils.
- Close your eyes, breathe, and ask yourself, "What color do I feel today?"
- Fill a page with shapes, patterns, and colors – no rules.

Soul Tip: If heavy emotions come up, let them pour out onto the page instead of holding them inside.

Day 20: Micro-Adventures

Theme: Local Day Trip & Exploring

You don't have to cross the globe to find adventure. You can shift your energy by exploring somewhere new nearby.

Ideas:

- Visit a park, garden, or nature trail you've never been to.
- Explore a neighboring town's thrift stores, art galleries, or cafes.
- Take a different route home just to see what's there.

Soul Tip: Treat the day like you're traveling — dress up a little, bring a snack, and take pictures as if it's a once-in-a-lifetime trip.





Section 5: Deep Connection

True soulful living isn't just about how you treat yourself – it's also about how you connect with others, your environment, and the unseen magic that's always guiding you.

These next five days will open your heart, deepen your relationships, and strengthen your trust in divine timing.





Day 21: Soul Check-In

Theme: Honest Self-Reflection

Life moves fast – and sometimes we forget to stop and ask ourselves how we really are. Today is about checking in without judgment.

Your Ritual Steps:

-
- Sit somewhere quiet with your journal.
-
- Ask yourself: How do I feel physically? Mentally? Emotionally? Spiritually?
-
- Write your answers honestly – no filters, no “shoulds.”
-
- Circle anything you want to nurture or shift.

Soul Tip: This isn't about fixing yourself – it's about meeting yourself where you are with love.

Day 22: Random Acts of Kindness Day

Theme: Giving Without Expecting

Kindness is contagious. Today you'll spread good energy like glitter – without any need for payback.

Ideas:

- Pay for the coffee of the person behind you in line.
- Leave a kind note on a stranger's car or desk.
- Compliment someone's smile, outfit, or energy.

Soul Tip: Acts of kindness aren't just for others – they remind you how powerful your presence really is.



DIGITAL DETOX TIME



Day 23: Unplug to Recharge

Theme: Digital Detox Challenge

Your soul needs quiet to speak — but screens can drown it out. Today, you'll give yourself the gift of less noise.

Your Ritual:

- Pick a block of time (2 hours minimum) where you'll be completely screen-free.
- Fill it with offline joys: read, stretch, bake, doodle, nap, or talk to a friend face-to-face.
- Notice how your mind feels afterward.

Soul Tip: Try doing this once a week — your nervous system will love you for it.

Day 24: Gratitude Letters

Theme: Writing to Someone Special

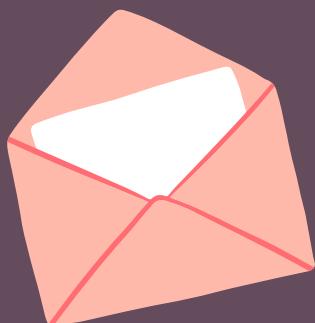
When's the last time you told someone exactly how much they mean to you? Today, you will — and you'll make their day.

Your Ritual Steps:

- Pick someone (friend, family member, mentor, even a past teacher).
- Write a heartfelt letter or email thanking them for their impact on your life.
- Be specific — mention moments they may have forgotten but you never did.

Soul Tip: If possible, handwrite the letter. Your energy lives in your handwriting.

THANK
you





Day 25: Spirit Guides & Signs

Theme: Spotting Synchronicities

The universe is always speaking to you — through repeating numbers, animals, songs, or even random conversations. Today you'll tune in.

Your Ritual Steps:

- Set the intention this morning: “Spirit, I’m open to your signs today.”
- Move through your day with awareness.
- Jot down anything that feels like a “wink” from the universe — a feather on your path, a song lyric, a stranger’s words.

Soul Tip: Keep a “signs journal” so you can look back and see patterns over time.

LET'S CELEBRATE

Section 6: Integration & Expansion

You've grounded your energy, nourished your body, aligned your mind and spirit, played like a free soul, and deepened your connections.

Now it's time to lock it in, expand it, and carry this magic forward.

These last five days are about celebrating, manifesting, and planning your next chapter.

Manifest
IT!



Day 26: Manifestation Ritual

Theme: Candle & Crystal Intention Setting

You've been raising your vibration all month – now it's time to channel that energy into a crystal-clear intention.

Your Ritual Steps:

- Choose a candle (white for clarity, green for abundance, pink for love).
- Hold your crystal of choice (clear quartz for amplification, citrine for prosperity, rose quartz for love).
- Light the candle and speak your intention aloud as if it's already yours. Example: "I am living in my dream home, surrounded by love and abundance."
- Sit with the candle for a few minutes, visualizing it done.

Soul Tip: Keep the crystal with you as a daily reminder of your intention.

Day 27: Self-Care Spa Day

Theme: At-Home Treatments & Rituals

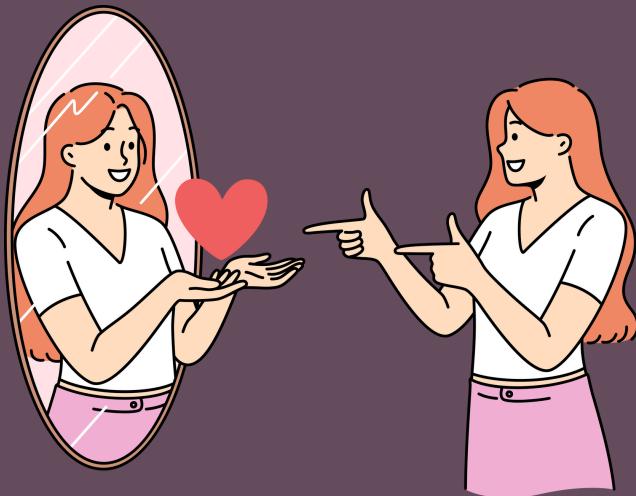
Self-care isn't selfish – it's maintenance for your soul. Today is about full-on pampering.

Ideas:

- Warm bath with Epsom salt, rose petals, and lavender oil
- DIY face mask with honey and turmeric
- Hair treatment with coconut oil
- Painting your nails in a color that makes you smile

Soul Tip: Play your soulful playlist, dim the lights, and make your space feel like a little boho sanctuary.





Day 28: Celebrate Progress

Theme: What's Shifted in 28 Days?

Before you race to the finish, pause to appreciate the changes.

Your Reflection Questions:

- How do I feel now compared to Day 1?
- What's one soulful habit I want to keep forever?
- What small win am I most proud of?

Soul Tip: Take a photo of yourself today and label it “My 28-Day Glow” — because you’ve been doing inner work, and it’s showing.

Day 29: Plan Your Next 30 Days

Theme: Keep the Momentum Going

Soulful living isn't just a challenge — it's a lifestyle. Let's map out your next steps.

Your Ritual Steps:

- Pick 5 favorite practices from the past month.
- Add 1–2 new things you've been wanting to try.
- Write them in your journal or habit tracker.

Soul Tip: Keep it simple — you don't have to do everything, just what truly lights you up.





Day 30: The Soulful Celebration

Theme: Closing Ceremony & Affirmation

You made it. Thirty days of showing up for yourself. That deserves a little ceremony.

Your Ritual Steps:

- Light a candle and sit in your sacred space.
- Play a song that feels like pure joy to you.
- Speak this affirmation aloud:
 - “I honor myself for committing to my growth. I am grateful for this journey and open to all the beauty still to come.”
- Dance, laugh, or cry — however your soul wants to express itself.

Soul Tip: This isn't the end. It's the beginning of the most soulful chapter of your life.



Closing Words from Twisted Gypsy

You've just spent 30 days choosing you – choosing peace, choosing joy, choosing alignment.

These little shifts are like pebbles in a pond, sending ripples out into every part of your life.

Keep following what feels good, keep listening to your inner voice, and remember – you are the magic.



Thank you for joining me on this soulful journey.
If this guide lit a spark in your heart, I'd love to hear from you!

Share your experience on Instagram and tag me @TwistedGypsy32 so I can celebrate your progress with you.

About the Author



Sherri Jean Milam – known online as Twisted Gypsy – is a free-spirited creator, guide, and soul-searcher who inspires others to live with intention, joy, and a touch of magic.

After years of chasing the hustle, she discovered the beauty of slowing down, aligning with her true self, and creating daily rituals that nurture the mind, body, and spirit.

Through her brand Twisted Gypsy, Sherri shares soulful living tips, manifestation practices, and boho-inspired lifestyle content with a growing community across Instagram, YouTube and beyond.

Her mission is simple: to remind you that you are the magic, and your everyday life can feel extraordinary.

When she's not creating, you'll find her traveling, sipping herbal tea, wandering through nature, or laughing with her favorite people.