

Habits worth trying



Keep a journal dedicated to the beautiful things that happen each day. They don't have to be extraordinary, sometimes it's simply finding the perfect parking spot, hearing a stranger laugh, enjoying your morning coffee, or having a meaningful conversation with someone you love.

Write each moment as a numbered list. Before you close the journal, write the next number, leaving it blank. It's a promise to yourself that another beautiful moment is on its way. Over time, you'll begin to notice that life offers far more moments of joy, kindness, and love than you once realized simply because you've learned to look for them.



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Simplify your day.



Three meals. One coffee in the morning. A walk after dinner. Drink water. Get enough rest. Make time for the people and things that matter.

Our lives don't need to be oversaturated with endless tasks, commitments, and distractions. Sometimes we add so much that we lose sight of the simple things that make life meaningful.

A fulfilling life isn't always built through doing more. Sometimes it is found by creating space to appreciate what is already there.
Find joy in the ordinary.

‘Very little is needed to make a happy life; it is all within yourself, in your way of thinking.’

Marcus Aurelius



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The Rule of Three ● ● ●

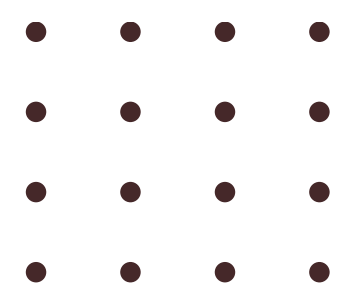
- Limit yourself to three meaningful things each day. It can be three productive things, three relaxing things, three simple things, or a combination of all three. The goal isn't to accomplish everything, it is to be intentional with what you choose.
- When we focus on less, we create the space to be more present. We give ourselves the ability to do things with care instead of rushing from one task to the next.
- A meaningful day does not need to be filled with endless activity. Sometimes three small moments, done with intention, are enough.

Simplicity is the ultimate sophistication.

— Leonardo da Vinci



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Choose one day each week to reset your space.

For me, that day is Thursday. When I come home from work, I take a couple of hours to clean my home, do my laundry, deep clean the bathroom and kitchen, and mop the floors. It has become a rhythm, a way to close one chapter of the week and create space for the next.

It does take some planning. The night before, I prepare a meal so I don't have extra dishes to clean on Thursday. I create small systems that make the process easier and more enjoyable.

Over time, this two-hour reset has given me something much more valuable: peace. Instead of cleaning throughout the weekend or feeling like my home is always one task away from being done, I get to enjoy my space.

I can now combine this day with my weekly food shop, a bath, washing my hair, and other small things that help me feel ready for the weekend.
The day you choose doesn't matter. What matters is creating a rhythm that works for you.

Ask yourself: Where can you carve out time for a reset that gives you more freedom in other areas of your life?



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Before sleep, I turn on my air purifier. Over time, that sound has become a signal that it is time to slow down and prepare for rest.

I have playlists that signal different parts of my day: work, concentration, reading, journaling, exercise, and moments of fun. They create a familiar environment that helps me shift into the mindset I need.

Certain scents also help me focus. Rosemary, lemon, peppermint, and petitgrain are scents I associate with concentration and clarity.

Our bodies already communicate with us through signals: hunger, tiredness, energy, and emotions. When we begin paying attention, we can learn what supports us and create simple systems that help us live with more intention.

The goal isn't to force yourself into a perfect routine. It is to understand your own rhythms and create an environment that supports you.

