

WELCOME

Thirty soft beginnings

before the world asks anything of you

How you meet the morning shapes how you meet the day. Not with pressure or productivity, but with presence. Five quiet minutes before the phone, before the demands, before the world rushes in.

Each day in this journal holds the same four invitations: gratitude, intention, listening, and one loving action. The repetition is the point. Rituals work not because they are new, but because they are kept.

Pour something warm. Sit somewhere soft. Begin.



let this be the gentlest part of your day



DAY 01 OF 30

A soft beginning

date: -----

Today I am grateful for

My intention today is

What does my soul need?

One loving action for myself

begin again, softly