

5 HABITS that changed my life

gentle routines that helped me feel more like myself



1. Journaling even when I didn't know what to say

It helped me hear my own thoughts and process emotions.



A top-down photograph of a person sitting on a light-colored tiled floor. The person is wearing a white long-sleeved shirt with thin horizontal stripes and white shorts with a lace waistband. They are holding a white ceramic bowl with a gold rim, filled with white yogurt, sliced strawberries, and granola. A silver spoon is in the bowl. The person's legs are spread apart, and they are wearing light-colored fuzzy slippers. The background is the tiled floor.

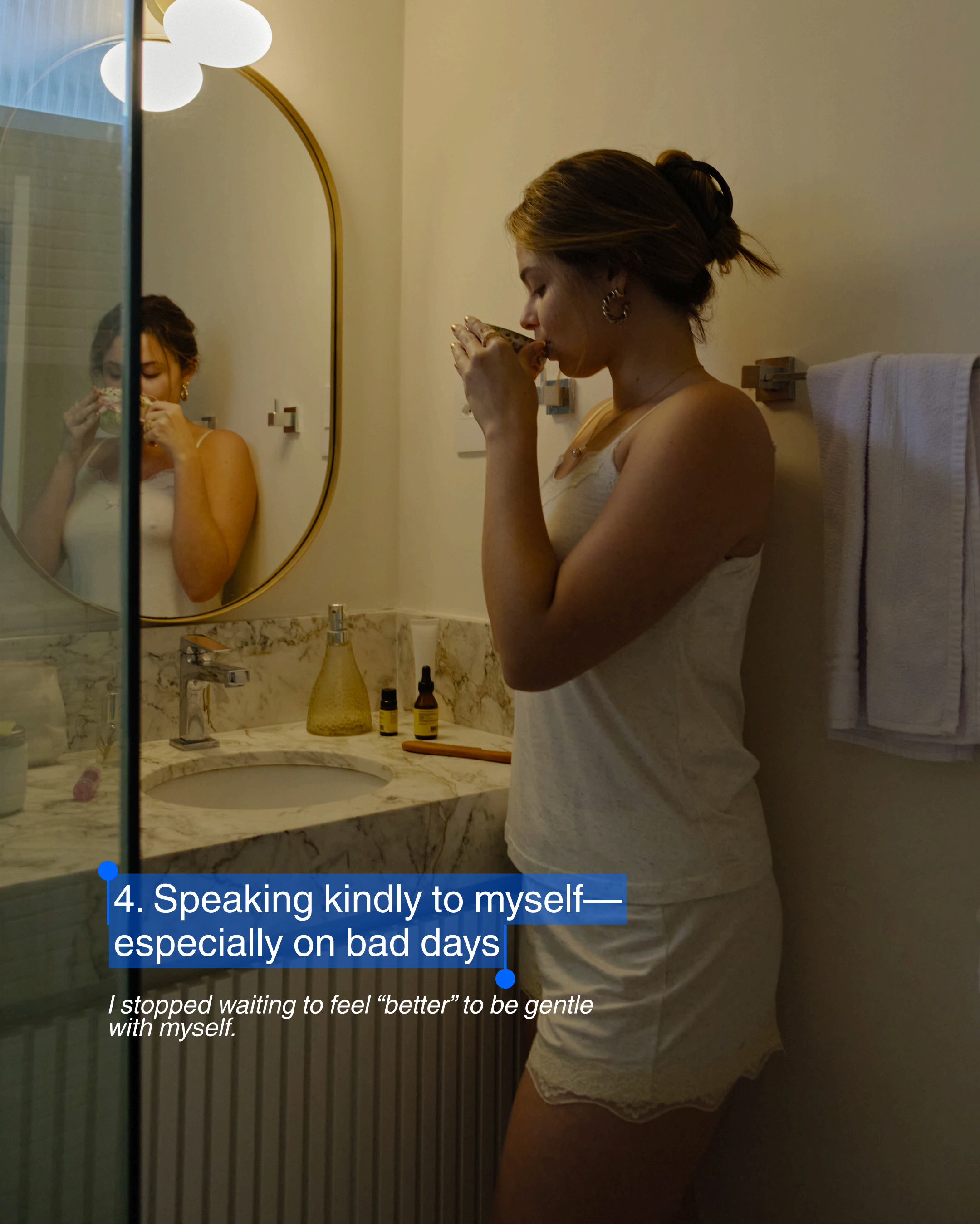
2. No-phone mornings (even just 10 minutes)

Started my day with intention instead of overstimulation.

3. Moving my body out of love, not pressure

Helped me connect with myself without shame.





4. Speaking kindly to myself— especially on bad days

*I stopped waiting to feel “better” to be gentle
with myself.*

5. Doing one little thing I love every day

Whether it's doodling, making tea, or buying my favorite flowers—tiny joys help me feel like me again.

