A GENTLE BEGINNING

Seven Days of Everyday Wellbeing

Your practical companion

I created this week for the moments when looking after yourself begins to feel like another task. You can start small. Read a little, try one useful action and notice what fits your own life. If today allows two minutes, begin there. You can continue from wherever you left off.

Start simply

1. Open your purchase receipt, download the pack and choose your language.
2. Open the quick start and choose one useful page.
3. Use these pages only where they make starting or continuing easier.

Print, or type in a compatible PDF reader and save a personal copy. Test saving one entry first.

My starting date

Complimentary companion. The paid workbook and full audio are supplied separately through your purchase receipt.

YOUR PRACTICAL COMPANION

Your seven-day checklist

Mark a day when you use a practice. Leave a box empty when you need to. You can continue without catching up.

- [ ] **01 / Notice your needs**

  You do not need to improve the whole day. Notice one moment and what you need.

- [ ] **02 / Pause**

  A pause can be brief. Give yourself a little space before your next task.

- [ ] **03 / Nourish**

  Choose one dependable meal that makes today easier.

- [ ] **04 / Move comfortably**

  A comfortable movement break can have a place in an ordinary day.

- [ ] **05 / Make room for rest**

  Rest can have a place in your day before every task is finished.

- [ ] **06 / Listen to your feelings**

  A feeling can be noticed without needing an immediate answer.

- [ ] **07 / Choose what to keep**

  Keep what was useful. One practice is a worthwhile beginning.

Personal reflections stay with you.

YOUR PRACTICAL COMPANION

Thirty days with one useful habit

Choose one practice from your week. Mark each day you try it. This is a record of practice, not a score or a test.

One practice I will try

After this ordinary moment...

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐
Day 7 ☐	Day 8 ☐	Day 9 ☐	Day 10 ☐	Day 11 ☐	Day 12 ☐
Day 13 ☐	Day 14 ☐	Day 15 ☐	Day 16 ☐	Day 17 ☐	Day 18 ☐
Day 19 ☐	Day 20 ☐	Day 21 ☐	Day 22 ☐	Day 23 ☐	Day 24 ☐
Day 25 ☐	Day 26 ☐	Day 27 ☐	Day 28 ☐	Day 29 ☐	Day 30 ☐

My easier version on a difficult day

My review date

YOUR PRACTICAL COMPANION

My continuing plan

What I noticed about myself

What helped in ordinary life

What I want to keep

What I would simplify or change

My easier version on a difficult day

My review date

Personal support depends on the edition you purchased. Keep your receipt and order number. See the programme page for full terms and contact links.

Keep completed pages private. No answers need to be submitted.