

Peace by Piece

Daily Routines & Wellness Check-Ins



1 Morning Mindset Boost

Kickstart your day with a simple intention. Take a moment to ask yourself: How do I want to feel today? Whether it's calm, productive, or just at peace, setting a vibe for the day can guide you through any chaos. Write it down or say it out loud. You've got this.

2 Hydrate First Thing

Before you reach for your phone, grab a glass of water. Staying hydrated helps you stay energised and clear-headed, so don't skip this step—your body will thank you later. 💧

3 Move, Even If It's Just a Little

Don't feel pressured to do a full workout unless you're feeling up to it. Whether it's a few stretches, a short walk, or just dancing while you make your breakfast, moving your body in the morning can set the tone for a feel-good day.

4 Affirmations & Self-Talk

Tell yourself at least one positive thing today. It could be something like "I'm strong enough to handle whatever comes today," or "I'm proud of myself for showing up." Starting your day with kind words sets the foundation for a confident mindset.

5 Create a 3-Item To-Do List

Keep it simple. What are 3 things you want to accomplish today? Don't make it overwhelming. By narrowing it down, you'll stay focused, feel productive, and end the day with a sense of achievement. 🎯

6 Take 5 to Breathe

In the middle of your day, take a quick 5-minute break to just breathe. Close your eyes, inhale deeply, and focus on your breath. This gives your mind a reset, especially when the grind feels like too much. 🧘‍♀️

7 Digital Detox Time



You know how scrolling through TikTok or IG can suck you in? Set boundaries. Try to put your phone down for an hour, especially when you're doing something important. A quick detox lets you connect to the present moment.

8 Emotional Check-In

At any point in your day, check in with yourself. How do you feel emotionally? If you're feeling drained, stressed, or anxious, take note of it. It's okay to feel all the things, but acknowledging how you're feeling is the first step to taking care of yourself.

9 Healthy Meal Mindset

Eat meals that make you feel energised, but don't stress if it's not perfect. The goal is to nourish yourself without guilt. Grab something quick if you're on the go, but try to add a little something healthy (fruit, veg, protein) to fuel your day. 🍏

10 Wind Down in the Evening

As you wrap up your day, take a few minutes to wind down. This could be lighting a candle, reading, or journaling about how your day went. Set boundaries between "work time" and "me time." Let your evening routine be a moment for you.

11 Reflect & Celebrate

Before bed, take a second to reflect on how the day went. What went well? What could you improve tomorrow? It doesn't have to be deep, just real. And most importantly, celebrate any wins—no matter how small. You did your best, and that's something to be proud of.

Wellness Check-In Ideas

To keep track of how you're doing emotionally and physically, try checking in with yourself once a day or a few times a week. Here's what to ask yourself:

- ★ How's my energy today? zZ
- ★ What am I feeling right now? (Happy, stressed, anxious, etc.) ❤️
- ★ Did I move my body today? (Even a short walk counts!) 🏃
- ★ Did I nourish myself today? (Did I eat something that made me feel good?) 🥑
- ★ Did I have a digital detox today? 📵
- ★ Am I getting enough rest and sleep? zZ
- ★ What's one thing I'm proud of today? ✨