📋 30-Day Daily Tracker

(Repeat these daily actions for 30 days. Print/check off each day for accountability.)

Morning Ritual (Set the Tone)

- ☐ 5 minutes of breathwork or meditation.
- ☐ Journal 1 page: "What am I releasing today? What am I reclaiming?"
- ☐ 5-minute posture/mobility flow.
- ☐ Drink a full glass of water before coffee.

Daytime Actions (Embodiment)

- ☐ Eat 3 balanced meals (protein + energy + micronutrients).
- ☐ Move for 30–45 min (strength, yoga, run, or hike — intentional, not punishing).
- ☐ 2 sessions of outside time (can be walking or just simply sitting outside)
- ☐ Limit screen scrolling until after 1 "deep work" block.

Evening Ritual (Integration)

- ☐ Write down 1 moment of joy or gratitude from the day.
- ☐ Journal: "How did I show self-trust today?"
- ☐ Stretch, yoga, or mobility for 5–10 minutes.
- ☐ 1 Household chore (sweep, dishes, fold laundry)
- ☐ Tech off 30 min before bed.

Weekly Check-In (1x per week)

- ☐ Review journal → highlight patterns.
- ☐ Reflect: Am I carrying old baggage into this week? What needs to be released?
- ☐ Rate: Mental health (1–10), Physical energy (1–10), Joy (1–10).

📚 Study & Knowledge Work Plan

Phase 1: Release (Healing Tools & Frameworks)

- Nervous system regulation (polyvagal theory, breathwork, somatic practices).
- Trauma-informed coaching approaches (boundaries, safe language).
- Forgiveness science (emotional release, stress biomarkers).

Phase 2: Reclaim (Mind-Body Connection)

- Interoception & body awareness research.
- Mindful eating science (impact on digestion, satiety, binge cycles).
- Stress vs self-sabotage (dopamine + cortisol pathways).

Phase 3: Rebuild (Strength, Fuel, Habits)

- Female-specific training research (strength, hormones, menstrual cycle).
- Hormone-supportive nutrition (protein needs, micronutrients, gut health).
- Habit formation science (BJ Fogg, Atomic Habits, identity-based behavior change).

Phase 4: Rise (Identity, Joy, Vision)

- Positive psychology (flow, joy practices, gratitude).
- Identity theory in behavior change (shifting self-image).
- Visualization, goal setting, and future self frameworks.