

THE SLOW LIVING MOVEMENT

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wake up and lie in bed for a few minutes before jumping out. express gratitude, raise the blinds, make the bed

take your time brushing your teeth. don't rush daily tasks like doing the dishes, vacuuming, gathering items, taking care of plants, etc

pay attention to your breathing. take a deep breath in through your nose and slowly exhale through your mouth



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be more mindful throughout the day. think before acting. take more minutes to do something. take a moment to think before you speak

release your worry to a higher power

go for a walk without your phone. take the time to embrace nature, yourself



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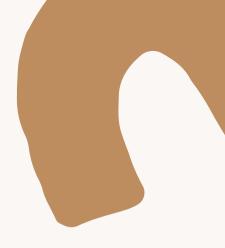
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declutter. start getting rid of a few things daily to get used to this lifestyle

self care routines

shopping bans



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start saying no, disregard things that aren't needed like texts that don't need quick responses, emails and stop feeling like you have to do everything to make everyone else happy