



30 Days To Your Self-Care Reset

Quick Rituals to Nourish Your Mind, Body, and
Soul

Because self-care isn't selfish—it's essential.



Welcome!



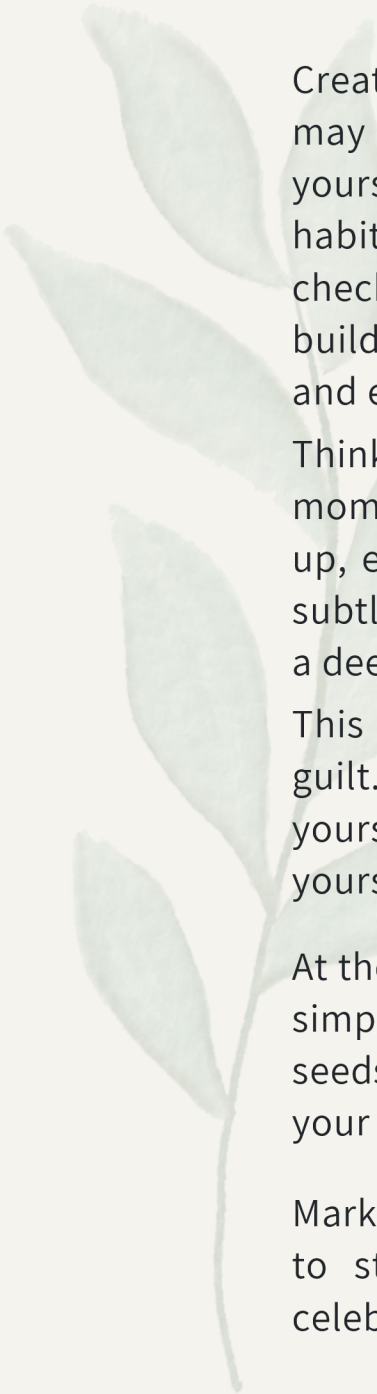
Hi, I'm Paige, founder of Sol Sanctuary, and I'm so glad you're here! As a mum myself, I know how hard it can be to find time for yourself when your days are full of responsibilities. That's why I created this 30-day reset—to help you prioritize self-care in a way that feels simple, achievable, and nourishing.

Over the next 30 days, you'll explore small yet meaningful practices that support your body, mind, and soul. Each day is designed to help you reconnect with yourself, embrace calm, and create space for joy. Remember, self-care isn't about perfection—it's about showing up for yourself in whatever way you can. Together, let's start small, embrace simplicity, and reclaim your calm.

You deserve this. Let's begin.

Paige Giraldes

Building Rituals Takes Time



Creating self-care rituals is a journey, not a quick fix. At first, it may feel unfamiliar or even challenging to carve out time for yourself, especially with the busyness of life. But, like any new habit, the key is consistency. By committing to these small daily check-ins for 30 days, you're giving yourself the opportunity to build a foundation of self-care that will gradually feel natural and effortless.

Think of this as an investment in your well-being. These moments don't have to be perfect or big—they're about showing up, even in the smallest ways. Over time, you'll start to notice subtle shifts: a calmer mind, more energy, greater patience, and a deeper sense of connection with yourself.

This practice is also about learning to prioritize yourself without guilt. As you complete these daily rituals, you're sending yourself a powerful message: "I matter." And when you care for yourself, you'll find it easier to care for others with a full heart.

At the end of the 30 days, take a moment to reflect on how these simple acts have impacted your life. You might find that the seeds you've planted have blossomed into habits that nurture your mind, body, and soul well beyond this month.

Marking off the 30-day checklist on page 10 is a wonderful way to stay accountable and track your progress, helping you celebrate each step of your journey with intention and purpose.

Daily Self-Care Rituals

5-MINUTE SELF-CARE RITUALS FOR YOUR DAY

Check off one or more of these simple rituals each day. Little steps add up to big shifts!

1. Take three deep breaths and set an intention for the day.
2. Write down one thing you're grateful for today.
3. Drink a glass of water slowly and mindfully.
4. Do one stretch or yoga pose to release tension.
5. Spend 2 minutes focusing on your breath to reset your mind.
6. Step outside for a moment and take in your surroundings.
7. Smile at yourself in the mirror and say one kind thing.
8. Write down one thing you're excited about this week.
9. Take a quick walk or move your body for 5 minutes.



What is an intention?

In yoga, intentions are guiding thoughts or affirmations that align your practice with a deeper purpose, bringing focus, meaning, and mindfulness to your movement and breath.

MINDFULNESS
PRACTICE:

5-Minute Breathing Exercise

FIND CALM ANYWHERE, ANYTIME

01

Sit or lie down in a quiet, comfortable place.

02

Close your eyes and take a deep breath in through your nose for a count of 4.

03

Hold your breath for a count of 4.

04

Exhale slowly through your nose for a count of 4.

05

Hold your breath for a count of 4.

06

Repeat for 5 minutes or as long as you have.

Pro Tip: Use this practice during stressful moments or to wind down at the end of the day.

Daily Self-Care Rituals cont.

- 10. Pause and notice three things you can hear right now.
- 11. Light a candle or diffuse an essential oil and breathe deeply.
- 12. Give yourself a quick hand or neck massage.

- 13. Reflect on one thing you accomplished today.
- 14. Hug someone you love or send a kind message to a friend.
- 15. Spend 2 minutes focusing on the sensation of your breath.

- 16. Close your eyes and imagine your favourite peaceful place.
- 17. Declutter one small area, like your desk or a drawer.
- 18. Enjoy a nourishing snack or cup of tea mindfully.

Imagination:

When imagining your favourite place, really involve all your senses - how does it feel being there, what can you smell, who is with you, what can you see, hear, taste?

Mini Yoga Flow

STRETCH & SOOTHE IN JUST 5 MINUTES

Use this simple yoga flow to release tension and connect with your body.

Child's Pose

Kneel, stretch your arms forward, and rest your forehead on the ground. Breathe deeply for 5 breaths.



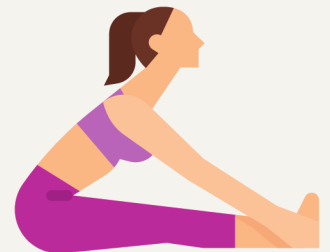
Cat-Cow Stretch

On hands and knees, alternate arching and rounding your back for 5 breaths.



Seated Forward Fold:

Sit with your legs straight, reach for your toes, and hold for 5 breaths.



Savasana

Lie on your back, arms at your sides, and close your eyes. Focus on your breath for 1–2 minutes.



Daily Self-Care Rituals cont.



- 19. Write down one thing you love about yourself.
- 20. Stretch or twist gently to release any tension.
- 21. Take three deep breaths and notice how your body feels.

- 22. Put on your favorite calming song and listen fully.
- 23. Reflect on one thing you've learned this month.
- 24. Spend a moment savoring the feeling of stillness.

- 25. Sit quietly and notice five things you can see around you.
- 26. Journal one thing you're proud of today.
- 27. Do a forward fold or child's pose to ease tension.

Journaling:

Journaling helps improve mental clarity, reduce stress, and enhance self-awareness by providing a space for reflection and expression.

Daily Self-Care Rituals cont.



28

Say “no” to one thing that drains your energy today.

29

Focus on your heartbeat and thank your body for its work.

30

Celebrate a month of self-care by doing something you love!

What is it you love?

Discover what you love by reflecting on moments of joy, reconnecting with childhood passions, exploring new experiences, and noticing what brings you peace and energy.

Skincare Ritual

CREATE A SPA-LIKE EXPERIENCE AT HOME

You don't need fancy products to take a moment for yourself—just grab your favorite face mask or a calming moisturizer from your skincare stash.

How to make it special:

1

Prepare the space: Light a candle, dim the lights, or play soft music.

2

Cleanse Your Skin: Start with a gentle cleanse to refresh your face.

3

Apply Your Mask: Use your favorite mask (hydrating, purifying, or calming—whatever you love!). If you don't have one, simply massage your favorite moisturizer or face oil into your skin.

4

Relax: While the mask works its magic, close your eyes, take 3 deep breaths, and enjoy the stillness.

5

Finish: Rinse off your mask or pat in any excess product. Apply a nourishing moisturiser. Notice how refreshed you feel—inside and out.

Tip

Repeat this ritual once a week to carve out time for yourself.

30 Day Checklist

Consistency is key when it comes to self-care, and sometimes all it takes is a few minutes each day to feel more grounded and connected. This daily check-in is your gentle reminder to pause, reflect, and prioritize yourself—one small step at a time.

S	M	T	W	T	F	S

Thank you!



Congratulations on dedicating 30 days to self-care and connection. In a world that pulls us in so many directions, prioritizing your well-being is a profound act of love. I hope you feel proud of the time you've given to nourish your body, mind, and spirit, one mindful moment at a time.

As you close this chapter, take a moment to reflect on the growth you've experienced:

- What brought you the most joy?
- What did you learn about yourself?
- Which practices will you carry forward?

Self-care isn't a destination—it's an ongoing journey of choosing yourself, even in small, simple ways. Thank you for allowing me to guide you through this reset; it's been an honor to share this space with you.

With gratitude and love

Paige Giraldes