THE FLOATING LOTUS
DAY SPA AND YOGA STUDIO

THE

7-DAY SELF-CARE RESET

Small rituals for a more balanced you

A FREE GUIDE TO NOURISH MIND, BODY & SPIRIT

FLOATINGLOTUSDAYSPA.COM

WELCOME

You deserve a moment.

A personal note from Cassandra, owner of The Floating Lotus

Does your calendar ever fill up before you have even thought about what you need? Between work, family, errands and everything else, it can feel as though taking care of ourselves always gets moved to tomorrow.

I get it. Some days, even sitting down to meditate feels like one more thing on the to-do list! But self-care does not have to mean an entire afternoon at the spa. It can start with five quiet minutes, a walk, a deep breath, or simply giving yourself permission to rest.

Over the next seven days, I invite you to try one small ritual each day. There is no perfect way to do this. Miss a day? Pick up where you left off. Make it yours.

And here's something I tell our clients all the time: put your self-care on your calendar. If it's not on your calendar, it probably won't happen!

With warmth,

Cassandra

BEFORE YOU BEGIN

Make room for yourself.

Seven small steps. No pressure, no perfection, no expensive supplies.

Choose a time

Pick 5-15 minutes that work for you. Morning, lunch break or evening all count.

Put it on your calendar

Treat this time like an appointment with someone you care about - because it is.

Keep it simple

A notebook, a glass of water and a quiet corner are more than enough.

Notice how you feel

At the end of each day, jot down one word or sentence. Curiosity, not judgment.

YOUR INTENTION: This week, I want to feel more _____

DAY 01 / CALM

Breathe before you begin

Take five minutes to reconnect with your breath.

TODAY'S RITUAL

Sit comfortably. Relax your shoulders. Inhale gently through your nose for a count of four, then exhale slowly for a count of six. Repeat for five rounds, without forcing your breath.

A LITTLE ENCOURAGEMENT

Try this before checking your phone or opening your email.

PAUSE & REFLECT

What changes when I give myself a moment before giving my attention away?

TODAY I MADE TIME FOR MYSELF ☐

DAY 02 / MOVEMENT

Move in a way that feels good

A little movement can change the tone of your day.

TODAY'S RITUAL

Take a 10-minute walk, stretch your arms overhead, roll your shoulders or enjoy a gentle yoga flow. Choose what feels supportive, not punishing.

A LITTLE ENCOURAGEMENT

Set out comfortable clothes tonight to make tomorrow easier.

PAUSE & REFLECT

What kind of movement makes me feel most like myself?

TODAY I MADE TIME FOR MYSELF ☐

DAY 03 / NOURISH

Give your skin some love

Let your skincare routine become a moment of care.

TODAY'S RITUAL

Wash your face gently, apply moisturizer, and take an extra minute to massage it in with light, comfortable movements. During the day, finish with broad-spectrum SPF 30 or higher.

A LITTLE ENCOURAGEMENT

Turn your evening routine into a screen-free ritual.

PAUSE & REFLECT

What would it feel like to care for myself without rushing?

TODAY I MADE TIME FOR MYSELF ☐

DAY 04 / REST

Rest without earning it

Rest is a need, not a reward for finishing everything.

TODAY'S RITUAL

Give yourself 15 minutes without a task. Read, lie down, sit outside or enjoy a quiet cup of tea. Put your phone aside if you can.

A LITTLE ENCOURAGEMENT

Consider adding a recurring rest break to your calendar.

PAUSE & REFLECT

What makes it hard for me to slow down?

TODAY I MADE TIME FOR MYSELF ☐

DAY 05 / BOUNDARIES

Protect a little space

Your time and energy deserve care, too.

TODAY'S RITUAL

Choose one small boundary today: say no to an unnecessary commitment, silence notifications for an hour, or ask for help with one task.

A LITTLE ENCOURAGEMENT

A kind "not today" can be a form of self-care.

PAUSE & REFLECT

Where could I create a little more breathing room?

TODAY I MADE TIME FOR MYSELF ☐

DAY 06 / CONNECTION

Reconnect with joy

Well-being is also about the people and moments that fill us up.

TODAY'S RITUAL

Text a friend, share a meal, spend time outdoors, listen to music you love or plan a meaningful conversation. Choose connection that feels nourishing.

A LITTLE ENCOURAGEMENT

Make a date with someone you have been meaning to see.

PAUSE & REFLECT

What or who leaves me feeling lighter?

TODAY I MADE TIME FOR MYSELF ☐

DAY 07 / CONTINUE

Make self-care a habit

The reset ends here. Your practice does not have to.

TODAY'S RITUAL

Look back over the week. Choose two rituals you actually enjoyed. Put them on your calendar for next week - and consider scheduling a yoga class or spa appointment as another way to keep your commitment.

A LITTLE ENCOURAGEMENT

Start small enough that you can keep showing up.

PAUSE & REFLECT

Which two rituals will I carry into next week?

TODAY I MADE TIME FOR MYSELF ☐

KEEP GOING

Your week at a glance

Print this page, or save it and check in with yourself each evening.

- [ ] DAY 1 Breathe before you begin
- [ ] DAY 2 Move in a way that feels good
- [ ] DAY 3 Give your skin some love
- [ ] DAY 4 Rest without earning it
- [ ] DAY 5 Protect a little space
- [ ] DAY 6 Reconnect with joy
- [ ] DAY 7 Make self-care a habit

TWO RITUALS I WANT TO KEEP:

WHAT COMES NEXT?

Put yourself on the calendar.

Small acts of care can become a beautiful routine.

You have spent seven days making space for yourself. That matters. Keep what worked, leave behind what did not, and remember that self-care is something you can return to again and again.

When you are ready for a little extra support, we would love to welcome you to The Floating Lotus. Whether it is a yoga class, a restorative massage or a nourishing facial, our team is here to help you feel your best.

YOUR NEXT STEP

Choose one self-care appointment or class and add it to your calendar today.
Explore services & yoga: floatinglotusdayspa.com

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900 N. University Ave., Suite 4 | Little Rock, AR 72207

501-664-0172 | relax@floatinglotusdayspa.com