

THE ART OF
SLOW LIVING

mindful morning routine	gratitude journal	meditation	mindful night routine	single-task only
meal prep for the week	digital detox	savor a meal screen-free	watch the sunset	walk in nature
handwrite a letter	candle lit bath	craft or do a "slow" hobby	scent therapy	reflect and prioritize
curate your feed	read a physical book	declutter	do tai chi or yoga	potato
unplugged evening routine	tea ceremony/sip slowly	doodle	clean a space	call a loved one