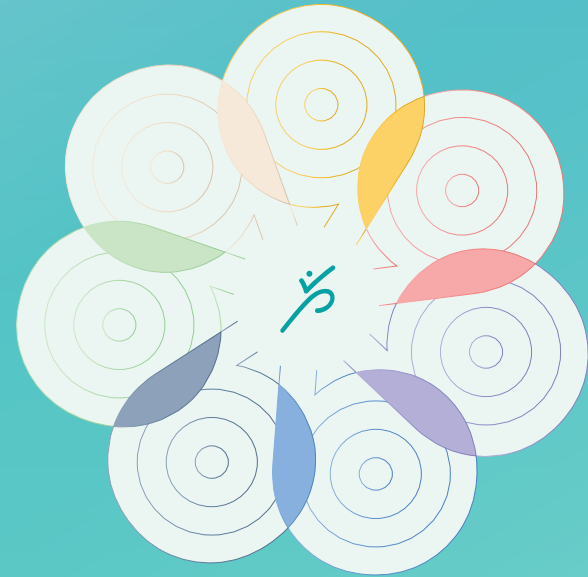




28 DAYS to realign

Follow one simple action each day to build balance across all 7 dimensions of wellness

be^{re}ventive
SUSTAIN YOUR HEALTH

WEEK 1

Notice

Begin by observing your current balance.

Sunday

List one thing you're proud of this week in your work, parenting, or personal growth.



Recognizing your efforts reminds you that progress doesn't always look big—but it always matters.

BeEmpowered
Career Journey

Monday

Write down three things that brought you peace or joy today.



Noticing small moments of calm reminds you that peace often appears in simple, everyday experiences.

BeMindful
Mental Health

Tuesday

Track your spending today. Where does most of your money go?



Noticing where your money flows brings awareness to habits that often go unquestioned.

BeProsperous
Financial Success

Wednesday

Look around your space. What feels calming, and what feels overwhelming?



Noticing how your environment affects you helps you understand what supports a sense of ease.

BeHaven
Home Environment

Thursday

Notice how your body feels today. What feels energised, and what feels tired?



Paying attention to your body helps you recognise what it needs, rather than pushing past it.

BeActive
Physical Wellness

Friday

Think about your recent interactions. Which ones felt meaningful, and which felt draining?



Noticing how different interactions affect you helps you understand what kind of connection you need more of.

BeConnected
Social Connections

Saturday

Take a moment to reflect: where do you see God at work in your life right now?



Noticing God's presence in everyday moments helps you stay connected to a deeper sense of purpose.

BeFaithful
Spiritual Harmony

Clear

Create small spaces for change.

Sunday

Ask yourself: Am I saying yes to things that drain me or fuel me?



Noticing where your energy goes helps you make space for work that supports rather than exhausts you.

BeEmpowered
Career Journey

Monday

Notice your inner dialogue today. Is it kind, critical, or compassionate?



Becoming aware of how you speak to yourself is the first step toward a more supportive inner voice.

BeMindful
Mental Health

Tuesday

Review one recurring expense. Ask: Does this align with what matters to me?



Questioning small, repeated expenses helps create space for more intentional financial choices.

BeProsperous
Financial Success

Wednesday

Choose one small area (desk, corner, drawer) and gently declutter it.



Clearing even a small space can create a sense of calm that extends beyond the physical environment.

BeHaven
Home Environment

Thursday

Notice what gets in the way of movement during your day.



Recognising small barriers makes it easier to create space for movement in a natural way.

BeActive
Physical Wellness

Friday

Notice where you may be holding back from reaching out or being present.



Recognising what holds you back can gently open space for more honest and present connection.

BeConnected
Social Connections

Saturday

Notice where you may be feeling distant from God or from what you believe is right.



Recognising distance creates space to return to God with honesty and renewed trust.

BeFaithful
Spiritual Harmony

Act

Introduce gentle habits that support wellbeing.

Sunday

Identify one small step toward a goal or project that excites you. Take it today.



Small steps toward meaningful goals build momentum and remind you that progress grows through consistent action.

BeEmpowered
Career Journey

Monday

Avoid screens for one hour before bed. Notice how it affects your sleep.



Creating space from screens helps your mind slow down and prepares your body for deeper rest.

BeMindful
Mental Health

Tuesday

Set a simple financial goal for the next month (save, reduce, or plan one expense).



Setting a clear, realistic goal helps turn awareness into steady and manageable progress.

BeProsperous
Financial Success

Wednesday

Spend a few minutes today creating a space that feels comforting or restful.



Creating a space with intention helps you feel more grounded and supported in your daily life.

BeHaven
Home Environment

Thursday

Choose a form of movement you enjoy and do it for a few minutes.



Enjoyable movement feels easier to return to and helps build a more consistent rhythm.

BeActive
Physical Wellness

Friday

Reach out to someone you care about with a genuine "thinking of you" message.



Small gestures of connection can strengthen relationships and create a sense of closeness over time.

BeConnected
Social Connections

Saturday

Spend a few minutes in prayer, speaking honestly or sitting quietly with God.



Making time for prayer helps you reconnect with God and find peace in His presence.

BeFaithful
Spiritual Harmony

Align

Bring the dimensions together intentionally.

Sunday

Write down one value you want your work or daily efforts to reflect.



When your work reflects your values, everyday effort begins to feel more purposeful and aligned.

BeEmpowered
Career Journey

Monday

Practice mindful eating: eat one meal without distractions (no phone, no TV).



Giving your full attention to a meal reconnects you with the present moment and the experience of nourishment.

BeMindful
Mental Health

Tuesday

Visualise your financial life one year from now. What feels different?



Imagining a future you want to grow into helps align today's choices with long-term stability.

BeProsperous
Financial Success

Wednesday

Choose one simple ritual (lighting a candle, opening a window) to mark a moment of rest.



Small rituals can turn ordinary moments into spaces of calm and help you return to balance more easily.

BeHaven
Home Environment

Thursday

Plan how you will include simple movement in your routine next week.



Planning small moments of movement helps turn intention into a sustainable habit.

BeActive
Physical Wellness

Friday

Plan one moment next week to spend time with someone who matters to you.



Making space for connection helps ensure it remains a meaningful part of your life.

BeConnected
Social Connections

Saturday

Choose one value or teaching you want to live by more intentionally this week.



Letting your actions be guided by your faith helps bring greater alignment and meaning to everyday life.

BeFaithful
Spiritual Harmony