

The Self-Love Woman's Workbook:

Daily Practices, Guided Prompts, and Soulful Stories to Help You Heal, Reconnect, and Remember Who You Are



■ This book is not about diets or workouts. It's about you.

About a gentle return to yourself. About acceptance, rhythms, movement and the tender inner dialogue we all so often lack.

It's about care. About respect. About inner stillness and honesty.

About the small daily choices that quietly say:

I am worthy. I matter. And I deserve love — right now. (by Solya Q. Berry)

Gentle reminder: support is not about perfection — it's about returning to yourself with warmth, again and again. Every day is a new chance to be on your own side.


The body tells us what the mind has not yet acknowledged.

It whispers through tension, fatigue, or sudden discomfort — long before we find the words to name our feelings. Listening to the body is often the first step toward deeper self-awareness and healing.

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The Self-Love Woman's Workbook: Daily Practices,
Guided Prompts, and Soulful Stories to Help You Heal,
Reconnect, and Remember Who You Are

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Introduction: The Journey Back to Yourself

👉 This book is important to me. I created it for you — and for myself. What I share here is rooted in both personal experience and deep curiosity. I'm constantly learning, exploring, and staying open to fresh, thoughtful insights. The world is changing, and so is the way we care for ourselves. So let's begin this beautiful journey — a gentle return to your true self.

As children, we are all athletes. We run, jump, climb trees, slide across ice, and ride our bikes until night falls. At school, we move constantly — in sports classes, afterschool activities, and simply through play. Our bodies are alive, breathing, joyful.

But then something shifts. We grow up. We sit behind the wheel, behind desks. We raise children. Responsibilities pile up. Worries multiply. And suddenly, not only movement but also lightness begins to fade. Even when fitness remains in our lives, it's often squeezed between tasks, another thing on the to-do list. Instead of relieving stress, it can add to it. Movement is replaced by stress. Energy by sugar. Care becomes depleted.

There was a time when we were fully connected with our bodies — not judging, just living in them.

And then that changed.

We began to fight ourselves. To diet. To shrink. To “fix.”

And that fight? It's exhausting.

🌀 So how do we return?

Not by forcing ourselves — but by learning to love our bodies again. By nurturing our inner world.

Not by battling ourselves — but by building a gentle partnership.

🌱 Not by breaking ourselves — but by supporting who we are.

Because the path to health isn't just about food or exercise.

It's about care.

Respect.

Stillness.

Honesty.

And the small, everyday decisions that whisper: I matter. I am worthy. I deserve love — right now, as I am.

This book is not about diets. Not about rigid workouts.

It's about you.

About coming home to yourself — softly.

About rhythms, movement, healing food, and the tender inner dialogue we all need more of. I've written four books about food that heals and nourishes. These aren't just cookbooks — although you'll find many delicious recipes inside. They're guides to mindful eating and energy-giving meals that truly support your well-being.

You can explore them on my author page:

 [Solya Q. Berry on Amazon](#)

The guidance and recipes in those books — and this one — are here to walk with you on your journey of transformation. With kindness. With presence. With real care.

Chapter 1

Invitation To oneself. To peace. To tenderness.

To the inner light.

The city slowly sinks into twilight. The air changes — becoming deeper, softer. I walk along familiar streets, step on the cobblestones still warm from the day's sun, and watch as the world around me shifts its tones. Streetlights flicker on one by one — at first cautiously, as if hesitating, and then confidently dispel the darkness. In their light, the trees appear deeper, the shadows longer, and the steps — significant.

Light appears in the windows of the buildings. I look at these little lights and think: behind each one, someone's life. There, they are making dinner, helping with homework, talking on the phone, being silent, embracing, or simply sitting in quiet with a cup of tea. Behind each window — a woman. Maybe tired after a long day. Maybe inspired and smiling. Maybe sad. Or maybe happy in the little things that only she notices.

I think about them — about us. About the women who live, give, support, and hold up the walls of their homes every day. About those who are learning to take care not only of others but also of themselves. About the women who are looking for silence, space, tenderness. I walk, and I want this book to find each of them — like a warm light in the window. So that it becomes not just another demand, but an invitation to oneself. To peace. To tenderness. To the inner light.



Women and the Weight of Care — “But When Is It My Turn?”

“When do I have time to care for myself?” - she says while zipping up a child’s jacket.

“My eldest is a teenager now, and he’s struggling a bit in school. He seems all over the place — swinging from one mood to the next. And the younger ones... They’re like little lightning bolts. There are three of them. Each with their own world, their own needs, their endless ‘Mom, look!’, ‘Mom, help!’, ‘Mom, I can’t fall asleep without you.’”

She stirs a pot of soup while checking math homework and wiping a runny nose.

She’s always moving.

Her thoughts are just a running to-do list that never ends.

Her body is tired — deeply tired — but she doesn’t stop.

Because someone has to keep going.

And sometimes, very late at night, when everyone is finally asleep, she sits quietly at the edge of her bed... and just exists.

In the silence, she feels like she’s vanished.

She is there — always, everywhere, for everyone — yet she hasn’t seen herself in a long, long time.

“Someday,” she whispers to herself.

“When things settle down... someday, I will.”

But the silence gently asks:

Why not today?

Is caring for yourself really selfish?

Or could it be the beginning of new strength?

Not a replacement for motherhood — but a foundation for it.

Because how can you fill others' cups if your own is empty?

Maybe self-care isn't a full day at the spa.

Maybe it's ten quiet minutes.

A cup of tea that's still warm.

A moment at the window — not between tasks, but instead of them.

Just to remember: I'm alive. I'm not just a mother. Not just a wife. I am a woman. And I matter to myself.

Maybe this is the beginning.

Not someday. But today.

And this book, I hope, will softly support every woman in taking that first, kind step toward herself.

Chapter 2. Remembering Yourself

👉 This book is important to me — I created it both for you and for myself. I back up my knowledge and personal experience with a constant search for new, fresh information. I never stop exploring and learning. The world is changing, and so is the approach to self-care... so let's set off on this beautiful journey — a return to ourselves.

Where did we lose the joy of movement?

There was a time when we ran barefoot in the yard, spun around until we were dizzy, and laughed just because our hearts beat faster.

We didn't count steps, wear fitness trackers, or set goals.

We simply moved — because it was joyful, natural, and alive in that childlike way.

And then something changed.

We grew up. And movement became a duty, a program, a checkbox on a to-do list.

We began to believe that our bodies were about shape, not sensation.

That movement was about burning calories, not filling up with energy.

That physical activity was just another task — one we either completed or failed.

Somewhere along the way, we lost ourselves.

But here's the good news: we can rediscover those lost feelings.

We don't need to invent them — they're still within us, stored in the archives of memory.

We can remember.

Remember that the body is not the enemy — it's home.

That we can move not to shrink or fit into someone's idea of us —

but to feel that delicious, vibrant energy flowing again.

Maybe today it's hard to imagine yourself as the girl who used to jump rope with delight, swim in the river, or dance freely to music.

But she's still there. Inside.

Her energy hasn't disappeared — it's just tired of waiting for permission to return.

True joy in movement doesn't start with a fitness program.

It begins with a gentle question:

"What do I enjoy? What makes me feel alive in my body?"

And maybe the answer isn't the gym.

Maybe it's a barefoot walk through morning grass.

Maybe it's not the treadmill, but slow yoga with quiet music.

Maybe it's not a marathon, but ten minutes of dancing while dinner is cooking in the kitchen.

And this is how the return begins, day by day.

You're not "changing your body" — you're remembering it.

🌻 You've already been where joy lives.

Now — simply return. 🌸

When and Why Did Self-Love Become Conditional?

What became more important than our own sense of self?

As children, we loved ourselves just as we were.

Not for our grades. Not for a tidy room.

Not for how our bodies looked in the mirror.

We never questioned our worth — it was built-in, unconditional.

And then we started hearing things like:

- “Look how pretty she looks.”
- “You need to lose weight before summer.”
- “You didn’t do anything again.”
- “Success means having everything under control.”

And slowly, like a warm blanket slipping away, self-love began to fade.

In its place came judgment:

Do I deserve rest?

Am I allowed to enjoy myself?

Am I worthy of tenderness if I’m not perfect?

We began to grade ourselves.

We became our own ongoing projects.

And somewhere in the crowd of checklists, deadlines, duties, and comparisons,

we lost the simplest thing:

the sense that we could just be.

Self-love became conditional.

It started to feel like a reward —

First, do everything perfectly. Be disciplined. Don’t make mistakes.

Then, maybe, you’ll earn a drop of acceptance.

But is that how we treat someone we truly love?

We can’t grow, heal, or bloom in the soil of self-criticism.

Love isn’t the result — it’s the starting point.

It’s the ground on which new life is built.

In this book, we talk about how to bring self-love back —

from something earned, to something real, warm, and alive.

How to stop waiting for outside approval

and start giving it to ourselves — every single day.

Not for achievements.
But for simply existing.

We've grown used to seeing our bodies as a project.
Or a problem.
Or something to "fix," "tighten," or "redo."
We've learned to view them through the lens of criticism —
mirrors, scales, fitness apps, and comparison.
Or we've stopped thinking about them at all,
becoming numb to our bodies' needs,
stopped looking at ourselves in the mirror with kindness.

But the body is not the problem.
The body is life — the vessel that carries us.
Even when we forgot about it, it kept working for us.
Even when we punished it with hunger, pain, or exhaustion —
it kept trying to heal, to protect, to save us.

When we were disappointed, our body kept breathing.
When we cried, it cried with us — helping us release the weight.
When we were exhausted, it whispered:
"Stop. I'm here. I can hold on a bit longer. But please... listen to me."

To have a body — to feel, to touch, to hug, to taste, to move — is a treasure.
Gentle transformation begins not with a battle against the body, but with friendship.
Not with punishment, but with care.
Not with saying "I need to look better,"
but with asking:
— What do you need?
— What would make you happy today?
— How can I help you feel safe?

This isn't about the "perfect body."
It's about a living body.
A body you want to live in.
Let's begin to listen to the body.
Gently. Without pressure.
Let's stop forcing it and start inviting it into cooperation.
Because transformation without love is just another form of violence.
*But transformation with love —
that's a way home.*

Micropractice: A Letter to My Body, Like to an Old Friend



☉ My dear, beloved... friend,
I've been silent for so long.
As if we were once close — neighbors
who used to talk, but then drifted apart
in the busy city of tasks, events, and
self-criticism.
But today, I want to speak to you
again. Not to demand. Not to blame.
Just to say — I see you. And thank you.
You carry me through life, even
when I forget to thank you. You've
endured sleepless nights, cold, rush,
stress, diets, and workouts that pushed
you to the edge. And instead of
resentment, you responded with care
— with scars that healed, with a
heartbeat that never stopped.

It makes me sad that for so long I saw you as "not enough."
That I criticized you, compared you, searched for flaws.
But now I see not an image — I see life.
I want to rebuild our connection.
To stop being indifferent. To listen to you.

You don't need to be perfect. You are already mine.
I promise to pay attention.
I promise not to pressure you.
To cook warm meals for you, dress you with respect,
and thank you for everything you do.

I no longer want to change you — I want to love you.
Thank you for staying with me.
My friend, my support, my body.
We begin again.

With love, Me

Chapter 3. Change the Voice Within

What we tell ourselves each day becomes the background music of our life.
It's time to change the tune.

How We Speak to Ourselves — And Why

It Matters More Than Kale

You may not have noticed how many destructive thoughts spin in your head each morning as you get ready for work or eat your breakfast. But these thoughts shape your day before it even begins.

Even the healthiest salad won't help if every bite is seasoned with, "I have no discipline," "I'm on another diet again," or "I'm always running late."

Our inner voice isn't just a stream of thoughts — it's the company we live with.

We exist inside a continuous inner conversation — and that dialogue can either heal or exhaust us.

Learning to speak to yourself with kindness isn't weakness. It's inner strength — more nourishing than any green smoothie.

The Demotivating Inner Critic

"I messed up again," "Why am I so lazy?" "Nothing ever works out for me."

These phrases appear in our minds automatically, so often we don't even notice them.

They repeat so frequently, they begin to sound like truth.

This chapter is about recognizing the inner critic, releasing its grip, and learning not to confuse its voice with honesty — because honesty can be gentle. And powerful.

The inner critic is a master of disguise.

It speaks in the voice of “reason,” “realism,” and “self-control.”

But instead of offering support, it plants doubt, belittles effort, and replaces care with pressure.

To spot your inner critic, just tune in to the tone: Are you speaking to yourself like a friend — or like a defendant in court?

The goal isn't to fight it — fighting only feeds it.

Instead, try thanking it for its protective instinct... and lovingly letting it go.

Its place is now taken by a voice that truly supports you.

The Power of Self-Compassion

♥ We know how to comfort a friend.

We speak gently to a child in pain.

But when we're the ones hurting — we often forget compassion altogether.

Self-compassion is the strength to be present with yourself, even in difficulty.

It's not about excuses or indulgence — it's about deep understanding:

“I'm allowed to make mistakes. I'm learning. I'm growing.”

Compassion shows up as a soft inner tone.

As the ability to pause the rush of demands and give yourself rest.

As warmth toward your body when it's tired.

As support — not shame — when things don't go as planned.

It's an invisible, yet powerful foundation of resilience, tenderness, and self-trust.

It's time to learn to speak words to yourself that truly heal.

Because compassion is not pity — it's a deep, quiet recognition of your worth.

This is where true change begins.

The Voice That Supports

A supportive inner voice is essential for daily life, emotional health, and joyful longevity.

And here's the good news: the voice in your head is not a life sentence.

We're not born with it — we inherit it, shape it, repeat it without question.

But we can change it — gently and powerfully.

Think of it like tuning a radio: shifting from harsh to caring, from demanding to understanding.

Through attention, small practices, and intentional phrases, we begin to rewire our internal tone.

And one day, you'll notice:

Where once you heard “You failed again,” you now hear “You're trying — and that matters.”

You can't force your inner voice to change — but you can teach it to support you.

Not by ignoring mistakes, but by telling yourself a story where even the stumbles make sense.

Step by step, you'll shape a new internal tone — soft, steady, and deeply inspiring.

Chapter 4. Mental Self-Care as a New Ritual

Caring for your mind isn't a therapy session once a month.

It's how you speak to yourself every single day.

It's five minutes of quiet in the morning.

It's writing a note to yourself or whispering out loud:

“I'm doing enough. I'm growing. I'm alive.”

This chapter invites you to explore simple, living rituals of daily mental hygiene — small practices that create an inner space of self-love.

No pressure. No pushing.

Just calm.

And a quiet knowing:

You've got this.

She's a Woman Who Has It All Together —
Or So It Seems

She doesn't complain.

She does her job well — the one she's done for years.

She keeps her home warm, steady, and welcoming.

She's smart, capable, independent.

She has her favorite cups, her familiar mornings — coffee, a quick glance out the window, a thought or two about the day ahead.

She's not lost. She's not forgotten.

She's simply living — like so many of us — in a rhythm that quietly swallows her whole.

But sometimes... she wants something else.

There are days when a quiet thirst wakes in her — a longing to do something new, gentle, real.

Like creating a small morning ritual where the day begins with herself.

She tries. One morning works:

a moment of silence,

a few minutes of stretching,

a tender check-in with her thoughts.

Then — like always — coffee, the news, responsibilities.

Not because someone interrupted her.

Just because routine switches on like a default setting.

And that little act of care dissolves — soft, unnoticed.

“It's not that I don't want to,” she says.

“I just forget.

It's like... I don't remember myself in time.”

This Book Is for Her

A gentle companion.

Not demanding. Not strict.

It will sit beside her — in the morning, at night, in a break between tasks.

Not to judge, but to offer.

Tiny practices.

Soft notes.

Tender steps that slowly shape new habits of care.


So small, yet so alive.

Eventually, they don't feel like tasks.

They become her own space —

a space where she comes first.

Morning Check-In with Yourself

 Before you reach for your phone or turn on the news,

sit on the edge of your bed,

place a hand over your heart, and gently ask:

“How are you, my dear?

What do you need today?

What will help you feel truly alive?”

These 30 seconds shift the whole day
from survival to connection.

Applying Cream with Gratitude

 As you moisturize your hands or face,

say silently or aloud:

“Thank you, body, for holding me. I see you.

I want to be tender with you.”

This way, a daily routine becomes a moment of closeness.

Evening Reflection: A Gentle Word for Yourself

📖 Instead of listing plans or achievements, write down something simple:

🕯️ “Today I was kind to myself when I allowed myself to rest. I managed to pause and hear myself.”

These small notes create an inner archive of self-care.

A Cup of Care

☕ Once a day, brew your favorite tea — not to energize, but to pause.

Sit with your cup, no screens. Just breathe.

Leaf through a book, gaze out the window.

This moment is about you — not your productivity.



The Voice of Support

🎧 Record a few kind phrases in your voice — as if you're your own best friend:

“I’m with you. You’re growing. Even small steps have power.”

Listen when you feel lost or tired.

Your voice, gently supporting you — it’s already within.

A Tender Goodbye to the Day

🌙 Before falling asleep, whisper to yourself:

“I did as much as I could today. That is enough. Tomorrow is a new day. Now — rest.”

These closing words wrap your day with softness, not demands.



Micropractices and Soulful Rituals for Days When You Feel Low

Wandering Without a Goal (Weekend Ritual)

🌿 Dress with one thought: How do I want to feel, not look?

Go for a slow walk — not for fitness, just to meet the world.

Notice the bark’s texture, your steps’ sound, the smell of air.

This is not a walk — this is coming back to presence.

A Warm Space at Home (Weekend Ritual)

🛒 Tidy up not out of duty, but as a gift to yourself.

Fold a blanket, light a candle, place something beautiful on the table.

Create a soft corner where your body can exhale.

A gentle outer space invites a gentler inner one.

Creating Without a Goal (When the Heart Feels Heavy)

🎨 Paint, shape clay, cut paper, even just color — not for a result, but for the flow.

Allow the child in you to play: “I do this because I feel like it. I don’t need to judge it.”

Hands can heal when the heart is tired.

A Trusting Voice (When You Feel Sad)

☎ Write down the names of three people you can call without having to explain anything.

When your heart asks for support, call and simply say:

“Can you just be with me? I'm having a hard time.”

Even silent presence with a gentle soul can be healing.

A Bath of Permission

🛁 Run a warm bath (or a foot soak) not as routine, but as a ceremony of return to yourself.

Play soft music. Wrap a towel nearby like an embrace.

Say to yourself: “I deserve this. Just because.” Not for results — but for reconnection.

A Page of Soothing Words (For Tough Days)

📄 Write down a few calming phrases that resonate with you:

– I don’t have to do it all.

– My “enough” is already a lot.

– This will pass. I’ve made it through so much already.

Keep them on a special page in your journal.

Read them when the world feels too much.

These rituals don’t need perfect conditions.

☀ They’re like warm tea for the soul. Their magic lies in their gentleness and consistency.

Through them, you begin to build a new intimacy with yourself — quietly, lovingly, day by day.

Micropractices for Weekdays When Every Minute Is Spoken For

A Morning Touch-In

☀️ As soon as you wake up — don't reach for your phone just yet. Place your hand on your belly or heart, close your eyes, and whisper:

“I'm here with you. No matter what today brings — I'm staying close.”

This simple gesture can become your inner anchor. Sometimes, it shifts the tone of your whole day.

A Cup with Intention

☕ You don't have to rush your tea or coffee. Let at least one cup in your day be mindful: pick your favorite mug, your favorite flavor, and ask yourself what you need today — calm? softness? steadiness?

Let this cup become a small ritual of self-respect.

Music Just for You

🎧 Create a playlist called “My Soft Day.” Choose wordless music if your mind is tired — or songs that inspire you when you need a lift. Play it for even 5 minutes during a break or commute.

Music reminds you: you are not just a function. You are alive.

Let it be your kind of music — soothing or healing, but yours.

One Hug in a Phrase

💬 Write a comforting phrase on a sticky note and place it on your mirror or phone. For example:

- “I'm doing the best I can — and that's enough.”
- “I don't have to hold it all together.”
- “I'm allowed to be tired and still be myself.”

Let it greet you during the rush.

An Evening Micro-Return to Self

📺 Turn off your screens 10 minutes earlier tonight. Just sit in quiet. You might write down one thing you're grateful to yourself for — even if it's just: "I made time to eat."

These small actions stitch back the connection to yourself.

Even on the busiest weekdays, we can leave ourselves traces of warmth.

Not for perfection — but to keep from losing ourselves in the day's demands.

Micropractice: A Daily Reminder — "I Am Worthy Just As I Am"

🌀 This micropractice can be done anywhere — in the morning in front of the mirror, on the bus, during your lunch break, or whenever a wave of self-criticism hits. Just pause and gently say to yourself, silently or out loud:

♦ "I am worthy just as I am. Not when I lose weight. Not when I do everything perfectly. Not when I become better. I am already enough."

Place your hand on your heart or your belly — wherever it naturally goes.

Repeat the phrase a few times, slowly. Feel it settle inside — not as a slogan, but as a truth you are allowing yourself to remember.

It's not a magic wand.

But day by day, this phrase becomes inner soil — a place where self-trust begins to grow.

Sometimes, it's the very first step toward deep healing.

Chapter 5. Reclaiming the Joy of Movement

Movement is life — not punishment. Yet we often approach it like a chore: to burn calories, to earn dessert, or to fix ourselves. But movement is not a consequence of what we ate — it's a celebration that we're alive. It's a way to return to the body, to feel your breath, your heartbeat, the strength in your legs. Dancing in the kitchen, walking with your favorite music, stretching at dawn — these are all ways of moving that nourish rather than deplete.



Rebuilding the Body Connection Through Gentle Activity

Starting small is the key to lasting change. Five minutes of morning movement, a light stretch before bed, gentle yoga, or simply walking with awareness — all of this reminds your body that you're listening. In soft, unhurried motion, the body begins to trust again. And that trust is more important than any workout plan.

Joy Over Outcome: Finding Your “Feel-Good Moves”

Everyone has a favorite kind of movement — we just might have forgotten it. It could be biking, swimming, gardening, playing with your kids, or dancing in front of a mirror. Coming back to movement isn't about getting it “right.” It's about enjoyment. When movement brings joy, your body will crave it again and again.

Small Steps, Big Shifts

You don't need to start with a marathon. Begin with 1,000 steps a day, three squats while brushing your teeth, a walk around your home. These tiny rituals create rhythm. The body awakens not through pressure, but through care. And day by day, this new rhythm becomes stronger.

Permission to Move with Love, Not Fear

The most important shift is your why. Move not because you fear aging, gaining weight, or being “not enough.” Move because you want to feel alive, flexible, joyful. Because you want

to feel at home in your body. Because you want to dance with your grandchildren, hike mountains, and stay balanced in the ocean of life.

Micropractice: Movement as a Form of Care

♥ Today, try 5 minutes of gentle, nourishing movement — not for results, but to feel connected to your body 🌀

It might be:

- stretching with deep breathing and your favorite music
- a slow walk where you feel every step
- dancing with your eyes closed
- circular movements of your arms and shoulders, like a conversation with your body

And while you move, say to yourself:

“I am not forcing myself. I am supporting myself. I am grateful for this body that carries me through life.”

Let these five minutes be the first of a new, loving dialogue with your body.

Movement as a Language of Self-Love

We can go years without ever asking ourselves, *“How am I feeling today?”*

The journey back to ourselves begins with a simple question:

“What’s happening in my body right now? Where is the tension? Where is the ease?”

This is not about control — it’s about listening.

The body is always speaking. We just need to slow down enough to hear its language.

But often, we only pay attention when something is seriously wrong — when we’re too exhausted to think, to move, to function.

That’s when the body starts shouting for help — through pain, fatigue, sleeplessness, anxiety.

But its language isn’t just symptoms. It’s also a whisper:

“I’m cold.” “I need to move.”

“Please let me rest.” “Hold me from the inside.”

This language is about connection, not control.

We can begin again — with small gestures of care, with a quiet check-in:

“What am I feeling right now?”

Coming back to yourself is like coming home.

Home, where you don't need to prove anything.

Where you are welcomed not for your achievements, but simply because you are here.

And your body — it is your most loyal companion on this journey.

You can feel it again — and love it again.

And all it takes are small steps, gentle actions.

Movement Is Not a Punishment

♡ For so long, physical activity was seen not as care, but as penance.

“Burn off what you ate.”

“Shrink your waistline by summer.”

“Fix yourself.”

We heard these messages from childhood — in magazines, social media, advertising.

Movement was sold as a way to change your body, not to support it.

And worst of all — in this mindset, the body was always “not enough.”

Not slim enough. Not toned enough. Not flexible enough.

Instead of joy, we learned shame.

Instead of energy, we got exhaustion.

Instead of connection, we gave up again and again.

But embodied care is something else entirely.

Movement is not a payment for food.

It's not how we “earn” self-respect.

It's a gesture of gratitude.

It's a moment of being — in your breath, in your skin, in your presence.

Movement can take many forms:

A walk in the fresh air.

Gentle stretching in the morning.

Dancing in your kitchen.

Silent yoga. Swimming. Cycling.

Even standing in tree pose for two minutes — suddenly, you feel different.

No scores. No numbers. No race.

Just you and your body — alive, real, whole.

When we begin to treat movement as a gift, the body starts to respond.

Not by changing its shape — but by feeling light, warm, energized.

We move into a partnership with it, not a fight.

And that changes everything.

Let your movement be about feeling, not fixing.

About being, not proving.

You'll be surprised how much shifts inside, when you bring softness outside.

When we choose to move with the intention to care — not punish — our body begins to bloom.

The cardiovascular system is the first to respond.

After a walk in the open air, or just a few minutes of stretching at home, your heart beats calmer, deeper, with ease.

Your blood flows better. Your face glows.

Rosy cheeks, bright eyes, a warm smile — not from makeup, but from oxygen, circulating freely, because you allowed yourself to move not to exhaustion, but for yourself.

This is your inner radiance.

And no cream can fake it.

Only true, loving care can create it.

And one more truth:

Movement doesn't always drain energy — it can restore it.

Yes, it sounds paradoxical — but it's real.

When you're exhausted after a long day, and it feels like you have nothing left...

Try this:

Roll your shoulders.

Stretch your arms slowly overhead.

Rotate your neck gently.

Take a short walk.

Suddenly — it's like you wake up.

Your body exhales: Thank you for listening.

Because fatigue often comes not only from doing too much — but from stagnation.

The body is made to move — gently, freely, naturally.

And when we give it that chance, it begins to breathe — in every sense.

Movement is a tender dialogue with yourself.

No pressure. Only listening.

Today, that might be 5 minutes of easy stretching.

Tomorrow — dancing to your favorite song.

The next day — a quiet walk with no phone, just presence.

Every one of these steps is like a thread that weaves you back to your truest, most alive self.

This is how we reclaim our energy —

Not through pressure, but through love.

Not through force, but through softness.

Not through control, but through gratitude.

How to Choose Movement That Heals

Ask yourself:

After what kind of movement do I feel better?

What doesn't leave me drained — but restored?

Maybe it's a few slow bends in the morning,

unfolding yourself into the new day.
Maybe it's soft yoga with your favorite music,
where each motion is a breath — gentle and kind.
Maybe it's a dance in the living room,
where you don't perform, you release.
Maybe it's a peaceful walk with your dog,
watching not your steps, but the sky, the flowers, the people.

Healing movement doesn't have to be a workout.
It's the kind of motion that brings you closer to yourself.
It doesn't fight the pain — it melts it.
It doesn't tighten your jaw or clench your shoulders — it relaxes them.
It holds you from the inside.

When you find your own form of healing movement — even just for 10 minutes a day —
it stops being a task. It becomes a source.
You don't have to. You want to.

Micro-Practices: Moving with Gentleness

🌀 These daily actions don't take much time —
but they help you return to your body with respect,
not demands.
Choose one or two — or create your own.

Morning Body Awakening

👉 Before getting out of bed, stretch gently.
Open your shoulders.
Roll your wrists and ankles.
Move slowly, softly, with awareness.

Breath-Focused Walk

👉 Step outside for 10 minutes, just to walk — without a destination.

Breathe in for 4 counts, out for 6.

Look at the sky. Trees. Feel your steps.

Dance in the Room

👉 Turn on your favorite music. Let your body move as it wishes.

No mirrors, no judgment—just sensation.

Imagine this almost mystical scene, and you may find yourself longing to recreate it at home:

A dimly lit room, bathed in the amber glow of a table lamp and the soft flicker of a few candles scattered in the corners. Silver moonlight filters through a half-open window, casting whimsical patterns on the floor. Sheer curtains sway gently with the evening breeze.

In the center of the room — a woman. Her silhouette is blurred, as if seen through the haze of memory. She dances with her eyes closed, fully immersed in her inner world. Her arms stretch out gracefully like the wings of a bird ready to take flight. Her hair, loose and free, catches the warm light, creating a halo of soft shimmer around her face.

Bare feet barely touch the wooden floor. A flowing dress of airy fabric follows every movement, as if waves of water or gusts of wind have taken form around the dancer.

Around her are only ordinary things: a bookshelf, an old wardrobe, an armchair with a sweater casually tossed over it, a teacup on the windowsill. But in this moment, none of it exists for her—only the music pouring from a vintage record player in the corner, sending out golden waves of sound, almost visible in the twilight.

Her face is lit from within — reflecting both peace and passion, freedom and deep focus. In the soft curve of her lips lives a long-forgotten joy, the kind a child feels when first discovering the miracle of movement.

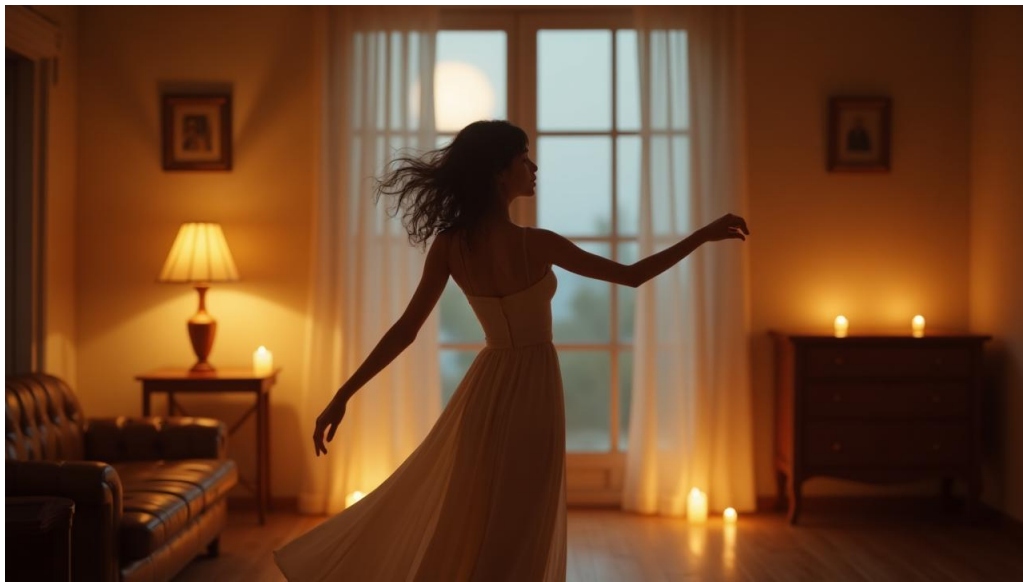
And the most fascinating part of this scene — the play of shadows. Her silhouette casts not one, but many shadows of varying intensity, dancing their own mysterious choreography, as if reflections of different facets of her being. These shadows merge with the moonlight's floor patterns, creating the illusion that the whole room is dancing with her.

This image doesn't just capture a moment—it evokes a feeling. Looking at it, you can almost hear the invisible music, feel the movement in the air, smell the faint aroma of candle wax.

It is a moment of perfect presence — when a person fully belongs to herself, stripped of roles and expectations, needing no validation.

This is not just a dance in a room —

❖ It is a dance of the soul, breaking free from the everyday, remembering its true nature.



Stretching as Self-Care

👉 Gentle bends, self-hugging, reaching upward. Not for "flexibility," but for you. Not to "change" your body, but to feel it.

Imagine this scene...

Morning dawn fills a spacious room with tall windows. The light is soft and peach-toned, as if just awakened, touching everything gently and casting warm reflections on the wooden floor.

In the center of the room, on a simple mat — a woman, seemingly in her mid-thirties. Her posture is calm and natural: one hand gently reaches toward her knee, while the other wraps around her shoulder in a caring embrace. Her eyes are half-closed, not from strain, but from a quiet, grounded presence in the moment.

There's no effort or striving on her face — only a soft, barely-there smile.

Her clothing is simple and unassuming: a soft cotton t-shirt or tank top, loose-fitting pants. Nothing tight, nothing meant to accentuate the figure.

The most striking part of this image is the light that surrounds her. It's not only falling from the outside — it seems to radiate from within. Where she gently stretches her neck in a side tilt, there's a subtle glow of warmth, as if her body is offering gratitude for the attention given to this often-forgotten area.

In the corner of the room stands an antique mirror, turned to face the wall. This detail quietly emphasizes the heart of the practice: this stretching is not about appearance or performance, but about listening to the inner voice of the body.

The woman in this scene doesn't display extraordinary flexibility or a perfect form. Her beauty lies in conscious presence, in tender self-connection, in the deep unity of breath, movement, and sensation.

Looking at this image, do you feel an invitation — not to imitate or compare, but to begin your own journey of self-discovery and care? To understand that your body is not a project to be improved, but a wise companion deserving of tenderness and attention.

A Quiet Minute with Your Body

👉 Just sit. Close your eyes. Rest your hands on your chest or belly.

Ask: How does my body feel right now?

And don't change a thing.

Just be with it.

A Page for Myself:

Movement that supported me today

■ I gave myself...

■ 3 minutes of stretching

■ a walk

■ a breath pause

■ a little dance

- simple stillness
- something of my own: _____

Today, my body told me:



Strength Training After 40 — Power and Support

Strength isn't about youth — it's about support. After 40, building muscle is no longer about aesthetics, but about freedom — freedom of movement, of well-being, of living fully. Every time you pick up dumbbells or press “play” on an online workout, you're building inner support. And that strength stays with you — on the stairs, in the grocery store, while dancing in your living room.

Do you need a gym to make this happen? Not necessarily. Gyms are great, but they're not the only option. You can build strength at home, in a park, or even during your daily routines. Your muscles don't care where you train — they respond to effort, attention, and consistency. Use your own body weight, water bottles instead of dumbbells, walk more, or do squats while cooking.

What matters is not the format, but the connection to yourself. Not force, but care. When movement becomes an expression of love for your body, it heals rather than drains.

Strength training after 40 isn't about competition — it's about creating a steady foundation within.

Each lift, each repetition is a gentle “I'm here with you” to your body.

Micropractice: Find Your Movement of Support

🌀 Choose any moment in the day and pause for 3 minutes. Close your eyes or simply turn your attention inward. Ask yourself:

“What is my body feeling right now?”

“What does it want to do?”

Does it want to stretch? Roll the shoulders? Wiggle the hands or feet? Maybe it wants to stand up, walk a bit, or just breathe deeply.

Do that — slowly, mindfully. As if you're taking care of someone you deeply love.

That someone is you.

This isn't fitness. This is the movement of care. And every intentional movement matters. It heals, too.

Cardio for Mood — Not for Calories

Running, walking, biking — these aren't just for the body, but for emotions too. Movement triggers endorphins — the joy hormones.

Instead of chasing numbers, let yourself enjoy the rhythm of your steps, the music in your ears, the pulse of your breath.

Cardio is about lifting your spirits, not burning off guilt.

Can one weekend workout be enough? It's a wonderful start — but our mood and energy need more regular care.

Even 20 minutes of walking, a dance to your favorite song, or taking the stairs can become everyday rituals of renewal.

The body loves rhythm. The soul craves attention.

You might ask — what's the difference between walking to the bus stop and choosing to walk intentionally?

The difference is in the intention.

When we rush, our body tightens, breathing becomes shallow, and we enter survival mode. There's no room for joy, presence, or gratitude.

But when you choose movement — even the same stairs — for yourself, everything changes. You're not rushing to keep up. You're moving to feel.

To breathe.

To be.

Movement chosen from love doesn't deplete — it restores.

It gently says: "I'm alive. I'm breathing. I get to choose."

And that's where the real strength is.

Add a little movement to each day — and you'll notice the shift. In clarity, in connection, in sleep, in your appetite for life.

This isn't about perfection. It's about returning to yourself — one step at a time.

Soulful Movement: How Pilates, Yoga, and Walking Transform Us

These aren't just workouts — they're moving meditations.

They ease tension, calm the mind, and soothe anxiety.

A walk in the park. A breath held in an asana. A gentle spinal twist.

These heal us more deeply than we realize.

You're not just recovering physically — you're nourishing your emotional self.

This is care for the soul.

Micropractice: 10-Minute Morning Body Awakening

🌻 Every morning, before jumping into your day, give your body 10 minutes of mindful awakening:

Lie down or sit comfortably. Close your eyes.

Take 5 deep breaths — as if you're hugging yourself with the air.

Stretch upwards, to the sides, gently roll your shoulders.

Massage your face, hands, and neck.

Say to yourself:

“I enter this day with respect. My body is my home.”

It's like a good morning kiss for your body 🌻

Chapter 6. Food Is Not Control — It's Care

The food we eat doesn't just affect us in the short term — it shapes our long-term health. Nutrients like omega-3 fatty acids help regulate heart rhythm and reduce inflammation, while potassium supports healthy blood pressure. On the other hand, too much salt can raise blood pressure, and saturated fats may lead to plaque buildup in the arteries.

Even something as simple as staying well-hydrated supports healthy circulation and reduces the heart's workload. These small, daily decisions leave an impact that lasts for years.

Why Diets Don't Work

Diets often promise quick results but rarely invite lasting change. We “go on” a diet — and then “fall off” it again. Why? Because diets are about control and restriction, not deep understanding of our real needs. They disconnect us from the intuitive relationship with our bodies. Food becomes a source of stress instead of support. And most importantly — diets don't teach us how to live beyond the plan.

Instead of short-term fixes, we need to focus on what supports the body and mind over time — with respect, not pressure.

How to Build Nourishment with Love

Healthy eating isn't about strict lists of allowed or forbidden foods. It's a language of care — one we speak to ourselves every day. Nourishment starts not on the plate, but in the intention: "I want to support myself." It's about flexibility, moderation, and listening to your body — not fighting it.

You can simply ask yourself: "What would truly support me right now?" Sometimes it's a warm soup. Other times — a small piece of chocolate, without guilt.

A Breakfast That Feels Like a Hug

Breakfast is the first act of self-care in a new day. It doesn't have to be elaborate — just personal: the aroma of your favorite tea, a few quiet moments, food that not only fills you but makes you feel safe. In a world that constantly demands speed, breakfast can gently remind you: "You have the right to start your day slowly, with love."

Creating a Home Ritual of Care — Recipes That Heal

Eating at home is a chance to create warmth, comfort, and a sense of belonging. It's not just about the food — but how we serve it, how we set the table, how we express gratitude. The meals can be simple, but cooked with intention — to support, to nourish, to comfort. When we create such rituals at home, we teach ourselves how to treat ourselves with tenderness, even on an ordinary weekday evening.



Food Against Inflammation — Gentle and Simple

Chronic inflammation often creeps in quietly — a background state that gradually drains our energy. But certain foods help gently and effectively soothe it: leafy greens, vegetables, berries, healthy fats, fermented foods. This isn't about strict rules — it's about choosing nourishment that works for you.

When we eat to heal, not to punish — the body feels it 🌱

To help you along the way, I recommend using cookbooks that offer more than just a variety of recipes.

A good cookbook is far more than a collection of meals. Especially when it's written with care, experience, and a real understanding of how food can support, heal, and bring us back to life. In a world overflowing with information, a good cookbook is like a personal guide. It doesn't just list ingredients — it offers structure, insight, and the why behind each food and combination.

When you have such a book at hand — with a clear system, daily tips, and recipes adapted to real life (work, family, limited time) — it's not just convenient. It's lifesaving. The organized structure, step-by-step approach, and clear logic ease anxiety and build confidence in the kitchen — even if cooking once felt overwhelming or frustrating.

And more than that — such a book reminds you: eating is not a battle. It's a form of care. When you understand why certain foods matter, how they reduce inflammation or support your heart, you begin to cook with love — not out of fear. No more grabbing random online recipes that contradict each other — you follow a whole system that gently leads you, one step at a time.

Books like these are a source of hope and inspiration. They bring back the joy not only of food — but of life. Especially when written by a woman who knows what fatigue, balance, and self-care after 40 feel like — not from theory, but from real life. These are books you'll want to keep close on your kitchen shelf — or even read in quiet moments with a cup of tea.

🍲 If you're looking to cook at home simply, deliciously, quickly, and in a way that truly supports your health — I've created 4 cookbooks just for you, including recipes that gently reduce inflammation and uplift your body and mood.

Take a look at these:

■ Mediterranean Dash Diet Meal Prep Cookbook — 100 easy, healthy, 30-minute, low-sodium recipes with a weekly meal plan to help lower blood pressure and support heart health for the whole family:

👉 View on Amazon <https://www.amazon.com/Mediterranean-Dash-Diet-Meal-Cookbook/dp/BoDSRS2PKB>

■ The Mediterranean Diet Cookbook for Two — 100 delicious, diabetes-friendly recipes for two, with a keto-friendly bonus, daily meal plans, and a gentle weight-loss focus:

👉 View on Amazon <https://www.amazon.com/dp/BoDVCF3GSS>

I hope these books will become your kind companions in the daily ritual of caring for yourself and your loved ones 🤍

Chapter 7. Energy Instead of Exhaustion

Energy is not just about the calories we burn — it’s a deeper sense of vitality, the ability to act, create, feel joy, and stay connected to ourselves. When we say “I have energy,” we don’t mean hyperactivity. We mean a steady inner fullness, mental clarity, and a lightness in the body. Energy comes not only from food, but also from quality sleep, emotional balance, movement, and a sense of meaning in what we do.

Exhaustion, on the other hand, shows up when we live in constant “musts,” ignoring our real needs. But we can learn to reclaim our energy every day — through small, real acts of care.



Chronic Fatigue Is Not the New Normal

Many women become so used to feeling tired that they think it's just part of adult life. But when getting out of bed feels harder than coming home from work, it's not "just age" or "how life is." It's a signal. Constant fatigue is not normal. It's your body speaking — saying it can't keep up anymore.

Realizing this is already a step toward healing. And change doesn't always mean doing more — sometimes, it means doing less. Taking a pause instead of pushing forward. 🌱

That old thought — "I'll just catch up on sleep tomorrow" — often doesn't work. Because it's not only about the amount of sleep, but about the long-term depletion. About hormones that have been under pressure for too long. About the lack of real rest — not just lying down with a phone in hand.

Chronic fatigue is like a bill your body gives you for all the times its needs were ignored. And one night's rest won't pay it off.

That's why it's so important not to wait for a vacation or the weekend to finally care for yourself — but to begin now, in small ways:

- ◆ Go to bed 30 minutes earlier
- ◆ Turn off your phone at least an hour before sleep
- ◆ Don't plan more than you can realistically handle
- ◆ Take a break for silence between tasks

Little by little, your body will begin to feel heard. And when it does — it will respond with clarity, ease, and that quiet "I want to live" feeling that's been buried under busyness.

Chronic fatigue is not a life sentence — if we choose to learn from it, instead of living in it.

Restoring Energy Without Coffee

Coffee may be the quickest way to feel energized — but it's not always the wisest. True energy doesn't come from a cup, but from what we eat, how we breathe, and how we care for ourselves. A short walk outside, a breakfast with protein and fiber, a deep breath, a kind word to yourself — these offer a deeper charge than caffeine ever could.

Energy is about nourishment, not just stimulation.

When we're running on empty, our hand naturally reaches for coffee — and that's okay. Caffeine does give a temporary boost. But if it's your only way to wake up or stay awake, your body is likely running on reserves.

The real issue isn't coffee — it's when nothing seems to work without it.

- ◆ Ask yourself what your body truly needs. Maybe not caffeine, but a glass of cool water, a deep breath, a quick stretch, or five minutes of quiet.
- ◆ Sometimes, ten minutes of music or gentle movement will bring more vitality than a second espresso.
- ◆ Instead of pushing yourself harder — feed yourself better. Choose foods that support, not deplete. Create space for breaks, instead of sprinting through the day.

Real energy doesn't come from forcing. It comes from gentle support — from living in a way that says: "I don't have to push myself — I can nourish myself."

Sleep, Rest, and Rhythm

☞ Sleep is not a luxury. It's a foundation.

Missing sleep is like missing meals — your body runs out of resources. Even one extra hour each night can have a healing effect. But it's not just about nighttime rest — it's about rhythm. Pausing during the day, creating quiet evenings, and choosing slow over scroll in the moments before bed.

Sleep isn't simply when we "shut off." It's when the body repairs, regenerates, and resets. But if we live in chronic stress, our body can't truly relax — even at night. We may sleep, but we don't restore.

- ◆ *It's not just about how much sleep — but how well.*

A peaceful evening without screens, a warm bath, or a cup of herbal tea are all part of the sleep process. They tell your body: "It's safe to slow down now."

- ◆ *Rhythm matters.*

When bedtime varies every night, the body loses its sense of stability. Especially after 40, a consistent sleep rhythm is a gentle anchor. It doesn't have to be strict — just steady and kind.

- ◆ *Rest is not weakness.*

It's fuel. Even 15 minutes with your eyes closed and no screens is a gift to your system. Create micro-pauses: at home, during lunch, even in the car.

Restoration is not once a year on vacation — it's something we can give ourselves every single day.

Hormone Balance After 40 — Gentle and Natural

🚖 After 40, the body begins to shift — and that's not something to fear. It's an invitation to live in a new, wiser rhythm. Hormonal balance doesn't only come from pills. It can be supported through nourishing food, real rest, joyful movement, and compassionate self-care.

🌸 This new phase of life is not a decline — it's a transition. Mood swings, sleep changes, weight shifts, fatigue, anxiety, or hot flashes may show up. But they're not signs that you're broken — they're signs that your body wants more presence.

- ◆ *Hormonal health isn't just a medical issue — it's a lifestyle support system.*

Sleep, nourishment, stress recovery, and body movement — all of these shape our hormonal landscape.

- ◆ *What you eat matters.*

Healthy fats (avocados, olive oil, nuts), plant fiber, and fermented foods all support hormone regulation. Deficiencies in magnesium, vitamin D, B12, and zinc can also play a role — so test and tend with love.

- ◆ *Cortisol — the stress hormone — deserves your attention.*

If it's chronically high, it affects sleep, weight, mood, and female hormones. Gentle breathwork, hugs, pauses — these aren't small things. They're real tools for harmony.

- ◆ *Movement is your ally.*

Yoga, walking, light strength training — they don't just move muscles, they move hormones. They lower inflammation and boost serotonin and endorphins.

Hormone health is not about control. It's about creating the right conditions — the kind that say to your body: "You're safe here. Do your work with ease." Don't fight the changes — listen to them.

How the Body Responds to Support

♥ When we begin to treat ourselves with understanding and kindness, the body responds.

Energy doesn't return overnight — but gradually, through small signs: an easier morning, a clearer mind, a desire to move, a lighter mood.

This isn't magic — it's the result of gentle care.

The body is grateful. And it can feel so clearly when it is no longer ignored but listened to.

It's not your enemy. Not a problem to fix. It's your home. And it responds to love.

But what does it mean to treat yourself with kindness?

It's not indulgence. It's not laziness.

It's care. Honesty. A warm tone in how you speak to yourself.

It's saying "enough" when you're exhausted.

It's not comparing yourself to others — because you are your own story.

It's allowing yourself to rest without guilt.

It's feeding yourself with respect, not punishment.

It's noticing pain instead of numbing it.

It's holding yourself gently when the world feels hard.

It's being your own friend — not your critic.

Kindness means being on your own side.

Even when it's hard. Especially then.

We often underestimate how sensitive the body is to care.

And yet, it's capable of responding beautifully — the moment it receives support instead of pressure.

Like a plant watered after a long drought, it lifts, breathes, begins to bloom.

The body is no different.

♦ *The body's response may be quiet — but it's real.*

When you start sleeping better, eating regularly, moving more, and stop pushing yourself to the edge — the body begins to shift.

Mornings feel lighter. Your mind feels clearer.

You become more patient, less reactive.

You start to feel joy again — in the simplest things.

♦ *Healing doesn't always look heroic.*

Sometimes, it's brushing your hair with love.

Taking a short walk.

Making yourself breakfast without rushing.

Tiny steps that once felt impossible.

When energy returns, so does life.

♦ *The body says "thank you" when you stop fighting it.*

When instead of forcing yourself, you listen.

When you choose dinner that brings calm, not a sugar spike.

When you go to bed not because you "should," but because you feel it's time.

When you rest after effort — not demand "just a little more."

♦ *Support means care — and permission.*

Permission not to be perfect.

Not to perform at 100% every day.

Not to meet everyone's expectations.

It's a space where the body can begin to heal —

Because it knows how.

It just needs the chance.

♦ *Harmony is not an ideal — it's a process.*

It comes in response to the little things:

A glass of warm water in the morning.

A peaceful breakfast. A walk outside.

A gentle “no” to what drains you.

It builds — like light — slowly, but surely.

♦ *Everything you do with love for yourself works.*

Maybe not immediately, maybe not by the book — but it works.

The body always longs for balance.

And when we stop standing in its way with harmful habits or chronic stress — it responds with gratitude.

This chapter is a reminder:

Supporting your body doesn't take much.

It begins with kindness.

And that's the most powerful fuel for energy, health, and true well-being.

Checklist: I Support My Body with Love

♦ *I ask myself every day: “What do I truly need right now?”*

— Rest, food, silence, movement, water, a hug?

♦ *I pay attention to signs of fatigue — and I don't ignore them.*

— If I feel like going to bed early — I go.

— If my body wants warm soup, not coffee — I listen.

♦ *I create a gentle morning ritual.*

— A glass of warm water

— A few quiet minutes

— No phone — just care from the very first moment

♦ *I choose food that supports me, not punishes me.*

— I don't skip breakfast

— I don't eat on the go

- I add something green and alive every day
 - ◆ *I allow myself to rest — without guilt.*
- I take breaks
- I don't wait for the weekend to breathe again
 - ◆ *I move gently, with joy.*
- I dance, walk, stretch without pressure
- I don't force movement — I invite it
 - ◆ *I treat my sleep with care.*
- I turn off screens in time
- I create a calming bedtime atmosphere
- I notice what gets in the way of full rest
 - ◆ I celebrate even the smallest improvements.
- Waking up a bit lighter? That's a result.
- Less irritability? That means support is working.
- More energy after meals? My choices are making a difference.

♥ Gentle reminder: Every day is a new chance to be on your own side.

Chapter 8. Spiritual Self-Care: Finding Your Inner Anchor

In a world that changes far too quickly, an inner anchor becomes our invisible foundation — a place of calm when everything around us feels uncertain. It's a sense of solid ground beneath our feet that doesn't depend on outside validation, achievements, or plans. This inner anchor keeps us from getting lost in stress or daily roles, helping us stay in touch with what truly matters. It doesn't appear instantly — it's cultivated over time through self-care, honest conversations with our emotions, and a deeper connection with our true self.

You don't have to be strong all the time

This world often glorifies strength — endurance, self-control, the ability to hold it all together no matter what. This especially applies to women, who often carry the weight of

others, support, inspire, and solve problems for years. But strength fatigue is real. Constantly keeping a brave face, never showing weakness, always being the one who “handles it all” can be as exhausting as physical labor.

The truth is, strength doesn’t have to mean struggle. It’s not about staying silent when you want to scream. Letting yourself not be strong is a deep act of inner care. The ability to say, “Today is hard. Today I don’t want to carry everything alone” opens the door to real closeness — with yourself and with others.

When you allow yourself to take off the armor, something more valuable than the image of strength appears — genuine connection. With your needs, with your body, with those around you. And that is your inner anchor — one born not of tension, but of the permission to be fully human.

Micro-practice: Say to yourself out loud today:

“I don’t have to be strong all the time.”

Let that message move through your body.

What shifts when you really hear it? 🌀

Strength is Softness

We’re used to associating strength with hardness — resilience, endurance, the ability to suppress emotions. But with age, experience, and depth comes a different understanding: real strength isn’t about being unshakable. It’s about being alive.

Strength is the ability to feel, to open up, to stay with yourself in your most delicate moments.

Softness is not weakness.

It’s the flexibility of a reed that survives the storm while the oak breaks.

It’s the capacity to let emotions move through you — with presence and respect, not avoidance.

Softness is choosing kindness over criticism when your body is tired.

It’s being able to say “yes” to yourself in the moment when everything inside asks for pause, breath, and feeling.

Yes, sometimes it feels easier to escape into hardness — into control, to-do lists, and constant motion.

But the strength of a soft woman lies in her ability to be gentle with herself, even when the world is in chaos. This kind of softness is a choice.

A choice to be your own friend, not your inner warden.

And the more you allow yourself to soften, the stronger you feel on the inside.



Micro-practice: Throughout the day, notice moments

In the moments when you unknowingly “harden” — in your body, your voice, your thoughts — make a micro-shift. It’s not a big deal. Just a moment, but it can shift your entire state.

Pause. Feel your body. Soften your shoulders. Ease your breath. Gently say to yourself:

“I can be soft.” Look out the window — toward the sky, the space, the light.

Walk over to the flowers on your table and touch their tenderness.

Run your hand along the fabric of your clothes. Feel the texture.

This is a micro-return. A small gesture that says: I am here with myself.

And watch what changes. Because something always does. 🌀

How to Cultivate Inner Stability

Inner stability doesn’t mean never wavering.

It means knowing where your center is — and returning to it again and again when the world around you feels uncertain.

It's not something you're born with — it's a skill you can gently nurture every day.

In adult life, we often run on autopilot.

From morning to night — tasks, worries, responsibilities.

It can feel like there's no time to “care for yourself.”

But it's exactly this inner stability that keeps us from burning out.

It's the fertile ground beneath everything else — our emotions, choices, relationships, and health.

So, what does inner stability look like in daily life?

- The ability to pause instead of reacting immediately.
- A habit of checking in with your feelings before saying “yes.”
- The skill of not absorbing other people's emotions, staying grounded in your own.
- Knowing your boundaries — and expressing them gently but clearly.

No one becomes steady overnight.

It's a daily practice of presence — with yourself, with your body, with the world.

Sometimes, it starts as simply as making tea and sitting for a quiet moment without your phone.

Sometimes, it's in holding back when you want to explain yourself.

And sometimes, it's allowing yourself to be imperfect — but fully alive.

Micro-practice: Try creating your own personal “anchor”

— a small action or ritual that brings you back to your center.

It could be a phrase (“I am at home within myself”), a scent you focus on, or a short breathing practice.

Use this anchor when you feel caught in emotional turbulence 

Meditation, Prayer, and Silence — Returning to Yourself

In today's world, silence has become a luxury.

There's constant noise — notifications, headlines, the thoughts and voices of others.

Even when we're quiet, our minds keep talking.

But it's in silence that we often hear our truest self.

Meditation, prayer, reflection, or even a few minutes of conscious stillness — they are not escapes.

They are returns. To your center. To your breath. To your being.
The body softens. The nervous system calms.
The thoughts aren't as loud anymore.
And in that space, something arises — not control or problem-solving, but a deep sense of “yes.”
A felt knowing that doesn't need explanation.
Prayer — for some, it's a dialogue with God.
For others, a connection to their inner light.
It's not the words that matter, but the intention — and the quiet after them.
A moment not to ask for anything, but to simply be. As you are. With all that is.
Meditation doesn't have to be complicated.
You can sit with a warm cup of tea. Watch your breath. Listen to birdsong.
Your attention returns — from the outside, inward.
And that attention is the deepest form of care.
Silence is the space where clarity is born.
Without pressure. Without demands.
Just presence.
Sometimes, that's the most healing thing of all — even if you're not looking for answers.

Micro-practice: Choose 5 minutes of silence daily.

☉ Sit or lie down comfortably. You may close your eyes. Bring your attention to your breath.

Don't change anything. Just be.

If thoughts arise, let them drift by like clouds. Gently return to the breath.

Even a few minutes of this kind of silence can transform your inner state.

Music, Creativity, and Nature — Sources of Deep Energy

There are things that words can't fully explain. Music, drawing, a walk through the forest — they don't heal in the traditional sense, but they restore something within us that feels worn out. These are deeper sources of energy — not the kind you get from coffee or motivational quotes.

Music can shift your emotional state within minutes. Sometimes, one melody is all it takes for the tension in your chest to melt or to feel a little more free. On different days, we need different tunes: soft and slow ones for days of sorrow; rhythmic, dance-worthy ones for days of renewal — the kind that wake up the body and bring a smile.

Creativity isn't just for artists. Doodling in a notebook, knitting, baking something beautiful, taking photos of flowers on your phone — all of this is creativity. It doesn't need approval or evaluation. It just is, a form of self-expression. And it helps you reconnect with yourself, without needing to say a word. Even ten minutes of creative time each day can feel like a mini-therapy — a space where you're not expected to be perfect.

Nature is the most powerful source of renewal. Even a tree-lined street in the city or looking up at the sky from your window can bring a grounding effect. The touch of tree bark, the sound of the wind, the smell of earth — these aren't small things. They are channels back to your own nature. We, too, are part of a world that grows, blooms, rests, and regenerates.

When you allow yourself these things — music, creating, being close to nature — you're not just restoring your energy. You're reclaiming your aliveness. And with that comes the desire to care for yourself not out of duty, but out of love.

Micro-practice: One Evening a Week for "Living Restoration"

🌀 Turn on music that moves you. Take a notebook, some paints, clay, your camera — or simply step out onto your balcony with a cup of tea. No goal — just being. This is where true inner support is born.



Morning and Evening Rituals That Gently Change Your Life

How we begin and end our day matters. These moments are like a gentle frame for everything that happens in between. 🌸

Morning isn't about rushing or checking off to-do lists. It's a time to tune in to yourself before you turn on the world. Even a short ritual — drinking water with lemon, stretching, writing down three things you're grateful for — can change the direction of your day. Not because it's some magic formula, but because you began with self-awareness.

Evening isn't for catching up on work — it's for closure. A time to “put the day on the shelf” and let it go. Reflect with a few simple phrases on what went well. Take a calming shower with your favorite scent. Play soft music. Read a book slowly, without rushing. These aren't just nice things — they help your body and nervous system shift into recovery mode.

When these rituals become familiar, your body feels safe. And with time, there's less exhaustion — and more joy.

Chapter 9. The Best Habits Are the Ones That Enter Your Life Softly

Self-care shouldn't feel like just another task on your “must-do” list. If it does, it starts to feel like a burden.

Instead, begin with something small. Like drinking a glass of warm water in the morning. Or arranging your food beautifully on a plate — even if you're eating alone. These are habits of love, and they become natural simply because they feel good.

To help them stick, pay attention to how you feel afterward: does your body feel warmer? Calmer? Lighter?

The care you give to yourself comes back as energy. And when you feel that — you want to do it again.

Over time, these small acts become as natural as brushing your teeth.

The "One Thing" Principle — Not More, but Consistent

We often believe change has to be big and instant. But in real life, it's the opposite: one thing, every day.

One stretch, one sip of water, one deep breath — done regularly.

This principle brings peace. You don't have to change your whole life in a week. Just do one supportive action a day. It can change — what matters is that it's there.

It might be:

a short morning stretch,

a warm cup of tea before bed,

a few quiet minutes with no noise.

One consistent action has more power than dozens of scattered efforts.

And from that consistency, self-trust begins to grow.

From self-trust come deeper, lasting changes.

No Race — Only a Gentle Movement Forward

Life is not a competition, and self-love has no stopwatch.

You're not late, you're not "falling behind," and you're definitely not losing if you rest instead of being perfectly productive.

The race is exhausting. Constant comparison steals joy.

But gentle, steady movement — that restores you.

When you choose to live at your own pace, to pause when needed, and move when you're ready — you build a life that truly fits you.

And this isn't about slowness — it's about depth.

In this kind of rhythm, you can hear yourself more clearly.

And that's when the quiet truth arises inside:

"I'm on my path. I'm with myself. And I feel good."

A Page for Your Personal Wellness & Joy Schedule

👉 Use this space to write down your morning and evening rituals, choose one daily supportive action, or track the micro-habits you want to nurture.

This is your self-care compass — not a rigid plan, but a loving guide to help you return to yourself each day. 🌀

Subtle daily rhythms that bring you back to yourself

"This is your soft space for self-kindness.

No pressure, no perfection — just little moments that feel good and support you."

Drink warm water in the morning 🍵

- 🧘 Stretch for 3 minutes
- 🌬️ Breathe deeply 3 times
- 🍵 Sit with a cup of tea mindfully
- 🌿 Go outside for 5 minutes
- 💖 Say a kind word to yourself

🌀 Add your own:

Morning Self-Love Rituals Checklist

- Wake up gently — take a few deep breaths before getting out of bed. 🌅
- Drink a glass of warm lemon water — to wake up your digestion kindly. 🍋
- Stretch or move your body a little — not a workout, just a soft awakening. 🧘
- Open the window or step outside — breathe in fresh air, say thank you for the new day. 🌞
- Micro-meditation (2–5 minutes) — focus on your breath, feel your body, be with yourself. 🧘
- Warm shower with your favorite scent — cleansing and sensory joy. 🚿 🌸
- Write down 1–3 things you're grateful for — what is already good, right now. 📝 🍵 🍋

- Set an intention for the day — short and kind: “I choose calm”, “I support myself”, “I am strong and flexible.” 🎯
- Mindful breakfast — even a small one, make it look lovely. 🍓 🍵
- A word of inspiration — a few lines from a favorite book or a motivational quote. 📖 ✨
- No phone for the first 20 minutes — create a gentle space just for you. 📵

Check what feels good, adapt freely — create your morning rhythm with love.

🌙 Evening Self-Love Rituals Checklist

- Dim the lights 1–2 hours before bed — helps your body produce melatonin. 🕯️
- Put away screens at least 30 minutes before sleep — let your mind unwind. 📴
- Herbal tea or warm non-caffeinated drink — with mint, chamomile, lavender, or hibiscus. 🍵
- Warm shower or bath — more than hygiene, a ritual of care. 🛀
- Gentle stretch or deep breathing while lying down — let the day go through the body. 🧘
- Brief journaling — what brought joy / what needs more care. 📖 ✍️
- Gratitude of the day — recall even one small thing you're thankful for. 🙏
- Body ritual — moisturize hands, face, or feet with presence. 🧴
- Quiet time — 5 minutes without noise or conversation. Silence is care too. 🤫
- A book or calm music instead of the news — help your mind shift into rest. 📖 🎵
- Gentle words to yourself - “You did your best today.” “I’m with you.” “Rest now, I’m here.” ❤️

🌿 Evening is a time to ground yourself.

One loving action can change how you fall asleep –

and how you feel tomorrow. 🌙

Weekly Renewal Rituals Checklist

- A slow morning once a week 🌿

Choose one morning to start slowly - no phone, your favorite drink, in silence or with soft music — your way.

- A walk in nature or with no goal

30 minutes outdoors — not for the step count, but for your soul. With a dog, a coffee thermos, or just you. 🚶 🌳

- Gentle home refresh

Wipe the surfaces, change your sheets, let in fresh air. Not as a chore, but a gesture: “I deserve a clean, cozy space.” 🧼

- Loving grocery reset

Buy a few nourishing foods you love - not on autopilot, but thinking “This will support me this week.” 🛒 ❤️

- 1 hour of creativity or inspiration

Read, paint, cook, listen to music or a movie - something that fills you, not just passes time. 🎨 🎧 🍲

- Body-care ritual — mask, bath, scrub, stretch

Choose at least one nurturing act for your body. It speaks the language of love. 🌸

- Week reflection — think or journal

What went well? What was draining? What do I want to try differently? A soft review, no judgment. 🗣️

- A micro-dream or plan for next week

One small thing you’ve been wanting: a walk, a call, a new recipe, alone time. 🌱

- One act of love for someone

A message, a hug, a meal — not duty, but heart-led action. 📩

- One act of love for yourself

Just for you: quiet time, favorite tea, no screens for 20 mins, an early bedtime. 🌸

● Weekly rituals don’t need to be big. Think of them as gentle resets that bring you back to yourself. Start with one or two — let them become your little islands of peace in a busy world.

Chapter 10

Not Perfection, but Self-Care

♥ Let this book be not pressure, but inspiration. It's not another to-do list or a plan for “a life you must overhaul in a month.” Let these pages be a gentle reminder, not a set of rules: you already have everything you need to create change. Small steps are still a path. Choose what resonates with you right now — and simply begin. One morning ritual. One salad. One evening without your phone. You're not competing — you're living. And the softer the movement, the deeper it takes root.

True Strength Is Being Yourself

♥ The world around us often whispers: “Change,” “Be better,” “Do more.” But real transformation doesn't begin with striving — it begins with acceptance. Strength isn't in doing everything at once, but in pausing and honestly asking: “What do I need right now?” Being yourself is brave. Taking care of yourself isn't selfish — it's respect for the life you've been given. And if this book helped you take even one small step toward yourself, then it has done its job.

Gently. Consistently. With Love

♥ Your body, your rhythm, your mood — all deserve tenderness. Don't leap into change with strain. Begin gently. One new recipe. One day with a walk. One night of sleep without anxious thoughts. Then — one more step. And another.

Not a revolution, but an evolution.

Consistency doesn't demand inspiration — it creates stability. And self-love is the foundation that holds everything else: health, energy, relationships, and joy in living.

You're already on this path. And you are not alone.

Women's Friendship and Support: Why It Matters

♥ There is something special in the gaze of a woman who understands you without words. In the way a friend puts on the kettle before you even realize you want tea. In the gentle touch on your hand that says, “I’m here. I’m with you.”

Women’s friendship is not just social connection — it’s a way of being seen, heard, and truly accepted.

In today’s world, where we’re used to being strong, capable, and constantly productive, friendship between women becomes a true island of softness. A space where you can take off the mask, exhale, and be yourself — even if that “self” today feels a little lost, tired, or tearful.

Support from other women carries deep emotional power. It helps heal invisible wounds, dissolve shame, and process experiences too heavy to carry alone. And sometimes, it’s the everyday things — a piece of advice, a quick trip to the store together, a simple “How are you?” — that feel like a warm blanket when your heart is cold.

We’ve grown up in a culture that normalized competition between women. But more and more of us now see the truth: when one woman shines, she doesn’t take away the light — she helps ignite it in others.

Support is not weakness. It is strength. It creates a safe circle where each woman can bloom — in her own way, at her own pace, with her own voice.



Ask yourself:

Who is standing beside me?

Who inspires me to be gentler with myself?

Who could I message, just because?

Who can sit with me in silence — and still, it feels like a conversation?

Cherish those women. And be one of them.

Because women's friendship is not a luxury. It's a wellspring.

A quiet, unwavering support that keeps your inner light from fading.

Micro-practice: Send a short message today

to a friend you haven't heard from in a while. No reason, no occasion. Just: *"You crossed my mind today. How are you?"*

A small gesture, a big warmth.

- ◆ Here's space to write that note right here, if you'd like:

 Dear...

Chapter 11. Savor the Moment and

Take Care of Yourself

👉 In a world where everything changes so quickly and the stream of news never stops, learning to take care of yourself becomes more important than ever. Finding joy in the simple things, noticing the beauty around you, allowing yourself to be “here and now” — this isn’t an escape from reality, but a way to restore your strength to face it. In this chapter, we’ll explore how to stay connected to yourself when the world feels overwhelming, how to maintain inner balance amidst informational noise, and how nourishment can support not only your body but your emotional well-being too.

How to Protect Yourself During Stressful News and Information Overload

🌿 The world today is loud. News pours in from every device, from headlines flashing in red, from conversations all around. And it’s so easy to lose yourself in this informational noise — like quicksand pulling you deeper — especially when your heart is already sensitive, tired, or vulnerable.

The first thing you must allow yourself is not to know everything. That doesn’t mean indifference. It means care. The amount of information you consume should feel safe. It’s different for everyone — and that’s okay. We weren’t made to hold so much pain, so many urgent headlines, conflicting opinions, and images that wound.

The constant stream of news acts like background anxiety. It’s not always loud, but it drains you slowly. It may feel like you’re just scrolling, just “checking in” — but your brain is reacting, your body is tensing, your breath changes, and stress hormones are released. Suddenly you wonder why you feel exhausted, irritated, unable to focus even on routine things.

Information noise steals our inner stillness. It pushes us to jump from topic to topic, interrupts our thoughts, distracts us even in moments that should feel calm. Reading a book, cooking a meal, spending time with loved ones — all of it can be overshadowed by that constant hum of unrest from our screens.

What can you do?

Set boundaries: limit news intake to a certain time (e.g., 15 minutes in the morning).

Turn off notifications: what's truly important will reach you, even without the constant "ping."

Ask yourself: "Does this give me strength or drain me?" If it drains — it's time for a pause.

Create your own calm space: a cup of tea, calming music, journaling, prayer, or even just a few minutes of silence.

Trust your inner voice more than the headlines.

We can't change the entire world — but we can protect our inner world. That's not selfishness, it's responsibility. Because from a place of inner stillness come true decisions, meaningful support, and authentic presence.

Silence is strength. And it is always close.

Emotional Eating: When We Eat from Exhaustion, Not Hunger

◆ Sometimes, we open the fridge not because we're hungry, but because we're overwhelmed. Tired. Lonely. Sad. Angry. And food — sweet, comforting, familiar — becomes the closest, easiest form of self-soothing.

A bite of chocolate, a piece of your favorite cheese, a childhood porridge, a warm cup of tea with something sweet — it can feel like a blanket for the soul. But the truth is, it's not hunger. It's an emotional need.

This is what we call emotional or stress eating. And it's something many of us know well. In hard moments, we don't always pause to ask ourselves: "What am I really feeling?" Instead, we reach for the fridge.

It's not weakness. It's a habit.

A form of comfort that may have helped you survive once.

But over time, this habit doesn't solve the real cause of your anxiety or tension —

it only mutes it. We eat when we actually need rest. We eat when what we really crave is sleep. We eat when what we're longing for is a hug, a conversation, a walk, a good cry, or just silence.

What can you do?

- ◆ Don't scold yourself. That's the first thing. Food is not the enemy. Even emotional eating is not a failure — it's a message.
- ◆ Start by asking: "What am I truly feeling right now? What do I need, besides food?"
- ◆ Write those feelings down or say them aloud. Sometimes just naming the emotion helps release it.
- ◆ Create other comfort rituals: a warm blanket, a soothing bath, a slow walk, a call with a friend, music, a hand or neck massage, deep breathing.
- ◆ Reconnect with your body. It knows what real, physical hunger feels like. That's different from an emotional emptiness.

It's a process. And it's not about strict rules, but about gentle awareness.

Micro-practice : do one small thing to comfort your soul

✦ Next time your hand reaches for food "just because," pause for one minute.

Ask yourself:

"Am I tired? Sad? Angry? Lonely? Bored?"

Then — do one small thing to comfort your soul.

And if you still want to eat afterward, do it with love and mindfulness.

Because it's not just about the food. It's about how we live with ourselves.

Learning to Look at Yourself in the Mirror with Love

📖 Sometimes, it's hard to linger in front of our own reflection. We quickly scan and judge: "That wrinkle is deeper," "My eyes look tired," "I should have gotten more sleep." The mirror becomes a critic. But really — it's just silent glass. The rest is in our own eyes. And those eyes can learn to see differently.

As we grow older, it's not just the body that changes — it's the story it carries.

Every line, every feature is shaped by experience: tenderness, years of caring for others, laughter, and tears that have passed through you.

These are not flaws. These are medals of strength.

Loving the face in the mirror doesn't happen overnight. It's a daily practice. A small habit of pausing and saying:

"I see you. You are real. You are worthy — not despite the wrinkles, but with them."

Start small. The next time you look in the mirror — hold your gaze.

Don't search for imperfections. Look for the eyes that have seen so much and are still bright.

Smile at yourself — even if it feels a little awkward. That, too, is love.

You are not a photo on a magazine cover.

You are real, alive, deep.

And that — is where true beauty lives.

Mirror Affirmations: A Daily Conversation with Yourself

A mirror is more than just a place to check your appearance.

It can be a quiet space for honest connection with yourself.

In those tender moments — in the early morning before the rush begins, or in the evening as the day winds down — pause in front of your reflection. Look into your own eyes. Don't judge. Just be with yourself.



These words are like inner medicine.

Repeat them out loud or silently. And even if they feel strange or untrue at first — stay with them.

They begin to grow through repetition. And, with time, they become your truth.

✦ Here's a gentle collection of affirmations you can speak to yourself daily:

- ✦ I am worthy simply because I exist
- ✦ I release habits that no longer serve me
- ✦ I let go of memories that hold me back
- ✦ I make space for what brings me joy
- ✦ I act with respect and love for myself
- ✦ I trust my heart and my intuition
- ✦ I deserve care and tenderness every day
- ✦ I trust myself more and more each day
- ✦ My body is my home, and I honor it
- ✦ My voice matters. My presence matters
- ✦ I choose gentleness, even when the world calls for struggle
- ✦ I allow myself to be fully me — real, imperfect, alive

This moment in front of the mirror isn't about perfection.

It's your private space of support.

Let it become a daily ritual of tenderness.

Change and healing begin gradually from within — it's a subtle interplay between your thoughts, energies, and physical state. Don't stop. Keep expanding your awareness, filling yourself with kindness, light, love, and joy.

Chapter 12. Living in the Here and Now — Creating the Future

The future doesn't arrive all at once — we shape it each day with our thoughts, choices, and the way we live. The ability to be truly present, to cherish the ordinary moments of today, to listen inwardly and stop postponing what matters — this is more than just a skill, it's a way of consciously building your life. This chapter invites you into an honest conversation with yourself — about pausing, tuning into your heart, and creating your future gently, from the here and now.

A Letter to Yourself from the Future

What would you say to your younger self — ten or twenty years ago?

What advice would you give? What would you warn yourself about?

Here's an example of such a letter — written by a 40-year-old woman to her younger self.

It reflects the warmth, wisdom, and quiet confidence of someone who has walked through life and gathered gentle insights along the way.

Dear Me,

I'm writing to you from the future — from your fortieth birthday. Don't worry. Everything is okay. In fact, it's better than you can imagine right now.

There are a few things I've come to understand over the years.

The things you're so worried about — most of them will resolve on their own. And the ones that stay? You'll handle them with a grace you don't yet know you have.

All those moments you spend doubting yourself — wondering if you're good enough, smart enough, beautiful enough?

Let them go. Looking back, I see how much energy I wasted on self-criticism and fear. You already have everything you need within you.

Be gentler with yourself. Choose yourself more often. Allow yourself to make mistakes — there's wisdom hidden in every single one.

When I look back, my biggest “failures” led me to the most incredible opportunities.

Cherish your body. It's wiser than you think. Listen to it. Thank it. In time, you'll understand this more deeply.

Don't be afraid to ask for help. The people who truly love you will be happy to support you. And those who don't — they'll simply make space for the ones who will.

Invest in relationships that nourish you. Learn to release the ones that drain you. This will become one of your greatest strengths.

Pause. Breathe. Savor the moment. Ten years go by faster than you think.

And that quiet inner voice — the one that whispers dreams that feel too big, too bold?

Listen to it more. It knows where you're going.

I'll be honest — even at forty, I still get distracted by daily demands. I don't always feel confident. I often forget to make space for myself amid the chaos.

Sometimes I lie in bed and wonder, "Am I making choices today that will hurt my fifty-year-old self?"

But you know what? That's okay. We are always learning.

What matters is that you keep moving forward — even in small steps.

I am so proud of the woman you are. And even more proud of the woman you are becoming.

With love and tenderness,

Your Future Self

We Keep Postponing Life

So often, we wait.

We wait for the kids to grow up.

We wait until we've reached that milestone in our career.

We put joy on hold — for tomorrow, next month, next year...

We convince ourselves that we have to finish that one big project, save a certain amount, or reach a specific goal — and then, only then, we can allow ourselves to truly live.

Only then will we start caring for our health, making time for hobbies, nurturing meaningful relationships.

And meanwhile, life quietly moves forward.

Day by day.

And each of these days is unique.


Each is a small lifetime — one that will never repeat.


Between “Someday I will...” and “I wish I had...” lies a thin line of time.

And we often notice it only after we’ve already crossed it.


Self-Test: Are You Putting Your Life on Hold?

 Do you often catch yourself saying things like “One day I’ll...”, “As soon as I finish this...”, or “When I retire, I’ll definitely...”?


 If so, you might be postponing the things that truly matter to you into an undefined future.

 Are your hobbies, passions, or creative dreams constantly delayed because there’s always something “more important”?


Time for joy and inspiration is just as vital as your work obligations.

 Do you feel like you’re always in “waiting mode” — waiting for summer, for the kids to grow up, for that promotion to finally come?


Life doesn’t have a perfect sequence. It’s happening now.

 Do you often say no to travel, social invitations, or new experiences because of fear, guilt, or a sense of duty?

Sometimes, those exact moments become the most treasured memories.

 Do you keep postponing caring for your health, saying, “I just don’t have time right now — I’ll get to it later”?


This is one of the most common and costly mistakes we make.

 When was the last time you did something purely for your own pleasure — without guilt?

If you can’t remember, that’s a sign worth paying attention to.

 Do you have a “someday I’ll...” list?

Ask yourself: what’s really stopping you from starting at least one thing on that list today?

 Do you often tell yourself that you’ll be happy once you reach a certain goal — a specific weight, income, title?

Happiness isn’t a destination — it’s the way you travel.

What if you recognized yourself in some of these signs?


Start small. Even five or ten minutes a day spent doing something that brings you joy right now can shift your entire outlook. Reevaluate your priorities — not everything that feels urgent is truly important.


Remember: your most precious resource is not money — it's time. And time is not renewable. Every single day is a little life. Live it fully.

This book is filled with gentle reminders to help you reclaim your time — and to live it happily, right where you are.

The Art of Lists: Turning “Someday” into “Today”

Let's gently explore this together:

 *Why setting time frames matters —*

Turning vague intentions into real steps begins with simple structure. Creating daily, weekly, monthly, and yearly lists can transform the fog of “someday” into a clear, tangible plan. 

We all love making lists. To-do lists for the day. Weekly plans. Monthly goals. A vision for the year. Even lifelong dreams... There's something soothing about writing things down — as if putting them on paper is already a step toward making them real ✨

Time gives shape to desire.


When we set an actual deadline, our dream stops being an abstract idea and starts becoming a plan. It's like distilling a vague hope into something we can reach for — now, not later.

But have you ever noticed how certain list items seem to keep migrating — from one month to the next, year after year?

“Start learning Italian.” “Sign up for dance classes.” “Read the classics.” “Visit Venice.”

They remain just as distant as when you first wrote them down.

How to Do a “Wishes Audit”

 Every month or quarter, take a gentle look at your lists. Pay special attention to the items that keep reappearing without progress.

Ask yourself — kindly and without judgment:

Why haven't I done this yet?

Is this a true desire — or something I thought I should want?

Am I afraid of failing or being disappointed?

Did I forget to break this big dream into tiny, doable steps?

Or... maybe the time simply hasn't come yet?

The Snowball Effect

❄️ Psychologically, the longer an item sits undone, the heavier it becomes.

With each passing month, seeing it untouched can trigger a small pang of guilt. Over time, that guilt builds — and eventually, the task begins to feel emotionally overwhelming.

The paradox? The more we postpone, the harder it becomes to begin.

Letting Go with Intention

🌱 Sometimes, the most empowering thing we can do is cross an item off the list — not because we gave up, but because we realized it no longer serves our truth.

Maybe it was never your authentic desire.

Maybe now just isn't the right time.

Letting go can be a radical act of self-care — creating space for what truly matters today.

Taking the First Tiny Step

👉 And for those few items that still sparkle with meaning — the ones that keep calling to you — begin today with one microscopic action.

Want to learn a language? Download an app.

Dream of travel? Look up that place on the map and read about it for 10 minutes.

Make the first step so small, so easy, that it would almost be embarrassing not to do it.

Build a little ritual of presence into your day — whether it's fully enjoying your morning coffee, a quiet walk, or simply sharing time with someone you love.

I hope these gentle insights and reminders — written with compassion and deep understanding of procrastination and self-deception — help you soften your grip on the “someday” and step lovingly into the now.

Chapter 13. Women's Stories

All around us are countless women's stories. If an author invents a new one, it doesn't mean it's made up. Somewhere in the world, that night has already happened—or perhaps it's still to come. Almost all women's stories have already been lived—and yet they're still waiting for their time. Because our feelings are collective, like a chorus of a hundred voices, each one unique.

The Night I Let Myself Cry

☺ This is a story about the night I let myself cry.

Not from pain. Not from hurt.

In fact, I couldn't even tell you exactly why.

It was just that my body couldn't hold it all in anymore.

The silence had been building for days. Weeks.

I smiled, replied to messages, submitted files on time, cooked dinner, said "I'm fine" to questions that weren't even asked.

And then came the quiet.

The kids were asleep. The phone screen stayed dark.

And in that rare stillness, I sat by the window, wrapped in a blanket, and asked myself for the first time in a long while:

"How am I?" There was no answer. Then the tears came.

Quietly, without drama. Like rain after a long, stifling heat.

I cried in rhythm with my breath, as if washing away everything that had grown too tight, too heavy.

And with each tear came something new:

Relief. Acceptance. Tenderness.

I didn't diminish that moment.

I didn't feel ashamed.

And when I made myself a warm drink at sunrise, I felt—
for the first time in days — alive.

Because tears are a language too.

A way the heart says: *“I’m still here. Please listen.”*

The Journal Entry That Changed Everything

📖 Emily had always watched her neighbor with a mix of quiet admiration... and a hint of self-doubt. The woman seemed to have it all together—always on time, always put-together. Her hair looked flawless, even on Saturday mornings when Emily, in her pajamas, took out the trash with rebellious strands sticking out in every direction.

That woman (Emily didn’t even know her name—just called her “Mrs. Perfect” in her mind) always smiled when their eyes met. Sometimes she even hummed softly while hanging perfectly ironed laundry on the balcony.

Emily, on the other hand, felt like she was constantly falling behind. Her to-do list grew each day, but her energy didn’t. She woke up before everyone else in the house and went to bed last, her thoughts scattering like children in a playground. She loved her family deeply—but somewhere inside, a quiet question had begun to echo:

“Where am I in all of this?”

Then came that moment.

One evening, Emily mixed up the grocery bags and accidentally went to the wrong floor. The neighbor opened the door.

And in her eyes—there was no polished smile. Just fatigue. Soft, quiet, real.

— “This is yours,” Emily said, a little awkwardly, handing over the bag.

— “Thanks,” the neighbor replied. Then, after a brief pause, she added:

— “Would you like some tea? It’s just... been a hard day.”

They sat together in her cozy kitchen—which turned out to be far from perfect. A pot of burnt porridge rested on the stove. A chair held an open journal.

Emily’s eyes caught the words on the page, not yet turned over:

“Today, again, it felt like I didn’t get anything done. But I took a step. I braided my hair. I breathed. I’m alive. That’s enough.”

Something shifted inside Emily.

Suddenly, she saw it clearly: behind every appearance of “perfection” is a story.

And the goal was never to be flawless—

But to keep returning to yourself, even in the smallest ways.
That evening, she went home and opened her own empty journal.
For the first time, she wrote:
“Today, I simply lived. That’s already something. I’m already enough.”

The Story of a Dress

✿ In Marta’s closet hung a dress she had bought five years ago on sale. Not for any special occasion—she just liked the color.

The thing was, Marta usually wore pantsuits to work, and outside of work, it was mostly jeans.

She had thought, “This will be my new me.”

But that “new me” never quite arrived.

The dress hung there like it was waiting for an invitation to another kind of life.

A life where Marta left the house not just for groceries.

Where she wasn’t just a mom, an accountant, or the one who always figured everything out.

But simply—a woman.

A little romantic.

A little spontaneous.

Someone who could wear a floral dress for no reason at all.

Every time she opened the closet, the dress seemed to ask her:

“So... maybe today?”

— “Nah,” Marta would wave it off. “No occasion. Not really me.”

But one rainy morning, when all plans were canceled, the kids were home sick, and a quiet gloom filled the house—

she put on the dress. Just like that.

Because she wanted to.

And when she walked into the kitchen, her son looked up and asked, surprised:

— “Mom, are you going somewhere?”

She smiled:

— “No. I’m home. I just felt like being myself.”

And for the first time in a long while, her body seemed to exhale.

As if something inside her whispered:

“Finally.”

That day she wrote in her journal:

“You can feel yourself return—even in a floral dress.

Even on a rainy day.”

One Evening and One “Hello”

● Kate lived on the top floor of an old building with round windows and the lingering scent of coffee in the stairwell. She had a ginger cat with the soul of a street philosopher — always waiting for her at home. Silent. Dignified. Like a true friend: never clingy, but always loyal.

She worked as a marketer in a small agency where people respected her and listened. She did her job well — on time and with creativity. Her days were structured, emails answered, tasks checked off.

But what she loved most... were the evenings.

That moment when she came home to the familiar soft sound — meow, when she put the kettle on and melted into her silence with a cup of hot tea, when the ginger fluff purred on the windowsill, and the city outside slowly wrapped itself in nightfall...

That’s when Kate felt at home. Not lonely — but at peace.

But there was one thing that sometimes slipped into her evenings. Guilt. It didn’t have a shape. It just appeared. Suddenly.

Like an echo from someone’s voice in the past:

“Don’t you think you’re doing everything wrong?”

“You’re almost thirty. And still alone. What are you afraid of?”

But Kate wasn’t afraid. She just wasn’t used to meeting people in the street, or cafés, or gyms.

She saw herself as smart, interesting, stylish.

But maybe... not quite attractive enough for someone to actually stop for her.

So sometimes, when someone dared to say “hello,”

she answered too coldly.

Just to make sure no one would think she was hoping for anything.

So no one could guess how deeply she longed to be truly seen.

But one day, everything shifted.
It was a rainy Saturday morning.
Kate was carrying bread and a cake from a café.
Balancing an umbrella, a bag, and the cake box was tricky — and then, the box slipped.
— “Let me help,” he said.
He didn’t try to flirt. He just helped.
And for the first time — she didn’t answer sharply.
Their conversation lasted less than a minute.
But when she returned home, placed the cake on the table, and took a sip of hot tea,
a new thought appeared in her mind:
What if I don’t have to be perfect?
What if I could let myself be seen — just as I am?
And maybe open the window not only to the night city... but to change?
That evening, she picked up her old journal and wrote:
“Today, I was myself. And that was enough.”

Micro-practice for today:

Write one line to yourself:
“My sincerity is my beauty.”
And live the day without the mask. Just let yourself be.

- ◆ Remember:
Sometimes change doesn’t come when you’re ready —
but when you simply allow it in.

Return to Shore

Julia had always known the exact value of her hours. Two hundred dollars for a consultation, five hundred for a strategic session, three thousand for a full day of personal branding training. But how much was one hour of her sleep worth? One minute of peace? One day off with no calls? That wasn’t listed in her price sheet.

At forty-five, she had achieved everything she'd dreamed of at twenty. Her own consulting agency with branches in three capital cities. Keynote speeches at international conferences.

Her days were scheduled down to fifteen-minute blocks. Meetings, calls, presentations, interviews. Miles in airports, hotel rooms that had long become as interchangeable as elevators in shopping malls.

That evening, she was running late for her flight. The taxi was stuck in traffic, her phone kept ringing—an impossible client demanding miracles—and the only free hour she had for sleep was vanishing into the city smog outside the window.

“I’m sorry, we won’t make it,” said the driver, glancing at her in the rearview mirror. “You’d better head home.”

Head home.

The words hung in the air like an uninvited guest.

Her apartment greeted her with silence and coolness. Julia kicked off her heels—twelve-centimeter armor of a successful woman—and suddenly felt twelve centimeters closer to the ground. She couldn’t remember the last time she’d been home at 9 p.m.

On autopilot, she checked her email. Three hundred sixty-seven unread messages. Like the days in a year. “Symbolic,” she thought and, unexpectedly even to herself, closed the laptop.

She walked into the kitchen and opened the fridge. Empty. Inside lived only a lonely bottle of mineral water and three apples she'd bought... when? A week ago? A month? Didn't matter.

In the cupboard, she found an old tin of tea she had brought back from Sri Lanka. Three years ago. Back then, she'd promised herself not to open it immediately, to save it for a special occasion.

“What could be more special than this?” she smiled to herself and turned on the kettle.

While the water boiled, Julia walked over to the window. Her apartment was on the twenty-third floor, and she could see the city spread out like a map. Thousands of lights, thousands of lives, thousands of stories. But when was the last time she saw the stars?

The tea smelled of spices and faraway lands. She sat in the armchair she'd bought a year ago—one she'd never sat in for more than five minutes. Now it felt unfamiliar, like a dress hanging untouched in the closet for too long.

The phone rang. Her assistant's number. The sixth call in the past hour. Julia looked at the screen, then at the steaming tea in her cup—and for the first time in many years... didn't answer.

In the morning, she woke to silence. No alarm, no urgent calls, no twenty-item to-do list that should've been done yesterday.

She didn't immediately understand what was happening. Sunlight poured through the curtains she forgot to close. The clock showed 9:15. By her usual schedule, she should've already had two meetings and sent a proposal to a new client.

But instead of panic, she felt something else. Something forgotten, almost foreign. Peace.

Julia walked to the mirror in the bathroom. She hadn't really looked at herself in a long time—not truly. Usually, she just saw her image: the hairstyle, the makeup, the suit. Everything others saw. But now, she saw herself: fine lines around her eyes, light hair with hints of gray at the temples—diligently colored over by her hairdresser—the fatigue etched deep beneath the skin.

“Hello,” she whispered to her reflection. “Long time no see.”

The phone rang again. Her assistant.

“Julia, are you okay? We're worried. You have a presentation with the board in an hour and we can't reach you...”

“Katie,” her voice sounded strangely calm, “cancel all my meetings for the week.”

“For... the week?”

“Yes. And don't worry, I'm fine. You know what to do. I just... came home.”

She turned off the phone and placed it in the furthest drawer of her desk.

Then she poured herself another cup of tea—that same special tea—and stepped out onto the balcony.

The city buzzed below, rushing, afraid to be late, scrambling to keep up. Suddenly, she remembered how, as a child, her grandmother used to take her to the ocean. They would just sit on the sand and listen to the waves. “Do you hear the ocean breathing?” her grandmother would ask. “It always comes back to the shore. It never forgets the way home.”

Julia felt a tear roll down her cheek. The first in many years.

She walked back to the mirror and looked at her reflection for a long time. Then she picked up a pencil and wrote in large letters on the glass:

"STARTING TODAY."

It wasn't a promise.

It was a reminder.

Here could be your own story

This space — is for you.

Maybe one day, you'll feel the need to share something deeply personal and true. I would be honored to read it.


This page will wait patiently — for your truth, your voice, your inner stillness or storm.

And if your story is about a storm, then I hope this book might help you calm it.

 ???

Chapter 14

A Gentle Addition — Coloring Pages of Feminine Hygge

 In this book, I chose to add a special touch — coloring pages inspired by feminine hygge.

These are not just illustrations to fill with paints or pencils. They are small zones of quiet, where you can pause, breathe, and simply be with yourself.

Coloring is a form of meditation. It soothes the nervous system, helps reduce anxiety, and gently brings us back into the warm presence of the moment.

When we touch color, when we trace lines with intention — we slow down.

And that’s when our inner resources begin to awaken.

Hygge is more than candles and cozy blankets.

It’s a felt sense of comfort — when a woman allows herself to experience softness, safety, and joy in the simplest things. These coloring pages are like visual whispers of self-love.


We don’t always need words.

Sometimes, just a few quiet minutes with a pencil in hand, a warm cup of tea nearby, and a thought:

“Right now, I’m caring for myself.”

Let these pages become your gentle ritual of warmth — the kind we all need.

Coloring Pages for Quiet and Harmony

 I’ve already created several original coloring pages, born from my deep desire to offer women another simple and gentle form of self-care.


They are designed to help you enter a state of inner quiet, to feel harmony and peace — even if just for a few minutes a day.

These coloring pages aren’t about perfect technique or flawless design.

They’re about presence, soft breathing, and tuning into your emotional landscape.

Each page was created with love — for the woman who is learning to find her grounding within herself.

You can find them in my original Amazon collection:

 May these pages become your personal sanctuary of calm — a space where care begins with color.

Coloring: Focus, Calm, Memory — The Power of Simple Things

🧠 Coloring is so much more than a fun or aesthetic way to relax after a long day. It has a direct and measurable effect on cognitive functions — especially in adults, and particularly women who often live in the rhythm of “for everyone else, but not for themselves.”

Coloring activates multiple areas of the brain — including regions responsible for focus, motor skills, memory, and creativity. It’s a real workout for what we might call gentle focus — something we all need in a world that demands constant multitasking.

How does this effect work?

Better Focus and Concentration

When we color, the brain naturally shifts into a state of calm attentiveness.

This activates what scientists call the executive control network, which improves our ability to focus on a single task.

For women juggling ten thoughts at once, this is a powerful way to return to yourself — right here, right now.

🌀 As you choose a color and begin to fill in the shapes, your mind takes a break from external overload — while still working in a calm and structured way.

Even this simple act of choosing colors lights up the brain’s right hemisphere — the seat of imagination, intuition, and visual thinking.

Not only does it feel good, it supports overall cognitive balance.

Anti-Anxiety Effect — From Overwhelm to Clarity

When we’re anxious, the brain gets stuck in “fight or flight” mode, reducing our ability to think clearly. Coloring acts like a grounding practice:

it brings us back to the body, balances the breath, and in turn, brings mental clarity.

🌿 Coloring helps reduce cortisol levels — the stress hormone.

By activating motor memory and tactile feedback, it engages the parasympathetic nervous system — the one responsible for the body’s natural healing and recovery mode.

🎨 It's like gentle meditation — but with colored pencils. You pause the world for a few minutes... and come home to yourself.

The hand movements involved in coloring stimulate the motor cortex.

This helps keep your fingers and wrists flexible and supports fine motor coordination — which is beneficial for both physical and cognitive function.

Strengthening Memory Through Attention to Detail

Coloring requires focused attention on small shapes, transitions, and color combinations.

This strengthens short-term memory and enhances your ability to notice details — both on the page and in everyday life.

More complex adult coloring pages with intricate patterns or visual story elements further stimulate memory, associative thinking, and logic — for example, deciding how to distribute colors to create harmony.

This kind of mental training helps maintain mental clarity as we age.

Developing Emotional Intelligence

😊 Coloring helps you notice your emotional state — without using words.

The colors you choose intuitively often reflect how you're feeling inside.

This is a language not of the rational mind, but of something deeper.

Over time, you'll begin to recognize and accept your emotions more easily.

❖ *In conclusion:*

Coloring isn't "just a hobby." It's a gentle but powerful tool that supports your brain, enhances memory and concentration, and nurtures your ability to think with flexibility and creativity.

At the same time, it offers a space with no expectations — a quiet zone where you don't have to be perfect.

Here, you simply create — in your own way, at your own pace.

Mood in Color: How Women Feel the Palette of Life

Colors have the power to touch the most delicate strings of our soul. They don't just decorate the world — they influence our mood, energy, self-perception, and even hormonal balance. Women, in particular, tend to be more sensitive to color, as the feminine nature is deeply attuned to the emotional shades of life.

🌸 Pink — the color of tenderness, softness, and sometimes childlike carefreeness. It brings a sense of calm, reconnects us to our feminine essence, to gentleness and the ability to empathize. In pink, it feels like hugging the world.

🌿 Green — a symbol of inner balance. It's the color of the heart in the energetic sense. Green soothes the nervous system, relieves eye strain, and creates a feeling of safety and grounded support. Especially helpful when recovering from stress.

🌞 Yellow — the color of joy, warmth, and mental clarity. It “turns on” your inner sun, awakens optimism, and brings lightness. Yellow supports women who need a boost of confidence or a touch of sunshine for the soul.

❤️ Red — a powerful color of energy, passion, and life force. But too much red can overstimulate or even trigger irritation. A touch of red in your outfit adds decisiveness and enhances personal magnetism.

💜 Purple — the color of intuition and feminine wisdom. Often chosen by those seeking depth, solitude, or going through a personal transformation. It supports creativity and quiet self-reflection.

💙 Blue and light blue — colors of inner space, air, and stillness. They help quiet the mind, calm racing thoughts, and release anxiety. Perfect for bedrooms, meditation spaces, or study areas.

🖤 Black — not just drama, but also protection. It represents strength, grace, and emotional distance. Women often reach for black when they need focus or feel the need to shield themselves from emotional noise.

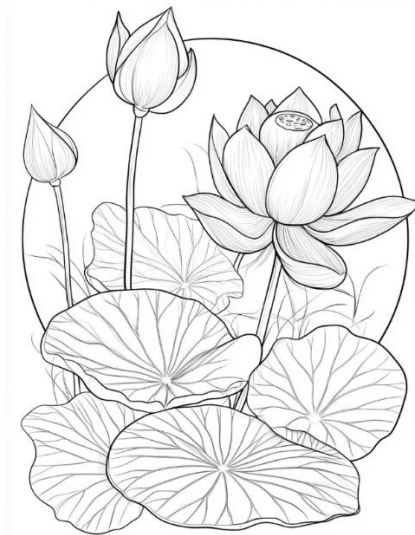
🤍 White — purity, new beginnings, and space. It evokes freshness and freedom, and sometimes vulnerability. White is often chosen during moments of transition — when a woman wants to start from a clean slate.

Colors are more than just a palette — they are a silent language.

Take a moment to listen to yourself:

- ◆ What color do you feel drawn to today?
- ◆ What are you choosing to wear, and why?

It always means something deeper — a state of mind, a need, a quiet longing.



A Closing Note: You Were Meant to Find This

Nothing in life happens by chance. If this book has found its way into your hands, it was meant to arrive precisely to you, at this very moment. You picked it up for a reason, even if that reason wasn't clear at first. I hope that now, this book will become a companion and a source of support for you.

May the gentle practices within these pages weave themselves into the fabric of your days, offering moments of quiet reflection and deep connection with yourself. Allow the prompts to be soft whispers guiding you back to your own inner wisdom, and let the stories serve as comforting reminders that you are not alone on this journey of self-love. Embrace the unfolding, trust the process, and know that the most profound love you will ever experience begins within your own heart.

A Note of Gratitude from the Author

♥ Thank you — for choosing this book.

For seeking the path of self-care, even on days when your energy is low.

For wanting to live not “to the fullest,” but with depth, gentleness, and meaning.

For allowing yourself to change things in your life — not out of pressure, but from a place of love.

I wrote this book drawing from my own experience, knowledge, mistakes, and inspiration.

Each chapter is a step I once took myself. And now, with deep gratitude, I'm offering it to you.

I hope these pages become more than just words — I hope they become a source of support.

May they remind you: self-care is not a luxury, but the foundation of everything. And you are worthy of that care — every single day.

With warmth and respect,

Solya Q. Berry

Writer and reader, walking beside you.

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