



CHALLENGE

BLOOM
IN 30 DAYS

IT'S TIME TO **EMBODY** YOUR **POWER!**

Who's that goddess?



What if, for 30 days, you chose to return to what truly matters?

Not by turning your whole life upside down at once, but by taking simple, powerful, and deeply transformative actions, day by day.

This challenge isn't a diet, nor just another constraint in your daily life. It's an invitation to take care of yourself, listen to your body, and create rituals that nourish both your energy and your mind.

Sometimes, we wait for the miracle solution, the little magic pill that will fix everything... yet it's often the simplest actions that end up being the most effective. For a long time, I let my mind take over, making excuses, telling myself it wasn't really necessary. And then, the day I started putting them into practice—and, most importantly, sticking with them over time—that's when I truly saw and felt the change.

Take this guide as an outstretched hand. You don't have to get everything perfect; you move at your own pace. Every small step counts, and it's the repetition that creates the magic.

Ready to embody your power?

THE PROGRAM

Act 1

FOUNDATIONS OF POWER

Goal: laying the foundations for the body.

Act 2

PEACE WITHIN

Goal: calm your nervous system and sharpen your mind.

Act 3

INNER POWER

Goal: awaken your inner light.

Act 4

THE METAMORPHOSIS

Goal: embody the transformation.

How to follow this challenge?

I've selected 11 habits that, for me, are the pillars of a healthy lifestyle. By incorporating these 11 elements into your daily routine, you'll begin a journey toward lasting transformation, and beautiful things will start to unfold for you.

These 11 pillars are mainly spread over 3 weeks, so that by the 4th week, you can fully integrate them into your daily life. You'll see, these aren't very complicated challenges. The "hardest" part will be sticking with them over time, because it's your discipline in maintaining this new routine that will bring real change.

But there's no need for guilt: if one day, one week, or even one month you don't follow your routine, that's completely okay! Slipping up isn't a problem as long as, most of the time, you maintain a healthy lifestyle. Think of it as the famous 80/20 rule!

By integrating these habits at your own pace, you'll gradually feel more energy, clarity, and balance in your daily life. The changes won't be dramatic overnight, but it's this consistency that truly transforms your well-being... and that's exactly what I wish for you.



Before we begin: who am I?

Sello



I'm Louna, and I'm thrilled to guide you on this 30-day journey to reconnect with yourself and your inner energy.

My path hasn't always been easy. I've faced endometriosis, periods of depression, and the challenges of listening to my intuition in a world that often encourages us to ignore our inner voice. These experiences taught me how essential it is to take care of our body, mind, and spirit — not just occasionally, but as a daily practice.

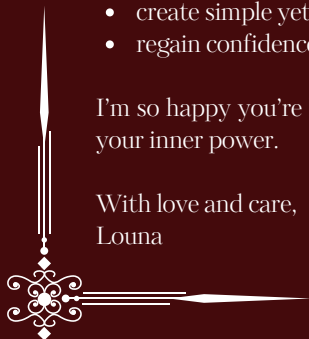
I trained in naturopathy at Isupnat Paris, and over the years I've combined my knowledge of holistic health with my passion for spirituality and personal growth. This blend allows me to guide women in a way that is both practical and deeply transformative.

Through Bloom with Louna, I help women:

- reconnect with their vital energy,
- create simple yet powerful daily rituals,
- regain confidence, clarity, and serenity.

I'm so happy you're here and can't wait to see you flourish and reconnect with your inner power.

With love and care,
Louna





BLOOM CHALLENGE

Foundations of power

ACT 1

Goal: laying the foundations for the body.





BLOOM CHALLENGE - ACT 1
Foundations of power

Challenge 1:

DRINK AT LEAST 1.5 L OF WATER PER DAY

We're starting gently, but this is often the thing we forget the most, even though it's so basic. Our bodies are made of 60% water, and it's the most vital element for our health. Drinking 1.5 L of water a day nourishes your cells, aids digestion, helps eliminate toxins, brightens your complexion, prevents headaches, and boosts your energy. That's why I consider it the very first pillar.

I'll be honest—I used to forget too. Too absorbed in my tasks or without water on hand while on the go, I often ended up drinking less than a liter a day. Right after, I'll share a few tips that really worked for me, so that today I easily reach 1.5, even 2 L of water per day.



3 TIPS FOR *Stay well hydrated*

● MAKE WATER MORE ENJOYABLE

Add slices of lemon, mint leaves, or cucumber to give your water some flavor and make it more pleasant to drink!

● KEEP WATER WITHIN REACH

Keep a bottle or glass where you spend most of your time: at your desk, on your nightstand, or in your bag. When water is visible, you naturally remember to drink it. And always have a reusable bottle in your bag!

● SET REMINDERS

Your phone can be your ally! Set a few reminders throughout the day to prompt you to drink. These little alerts will help until it becomes a regular habit.

BLOOM CHALLENGE – ACT 1
Foundations of power

Challenge 2:

HAVE A PROTEIN-RICH BREAKFAST

For a long time, I was one of those people who skipped breakfast. I told myself it counted as intermittent fasting and helped me control my weight. Spoiler: big mistake!

A protein-rich breakfast is essential — especially for us women. Protein is key for the production and regulation of our hormones, particularly estrogen and progesterone, which govern our menstrual cycle.

Having protein in the morning helps to:

- nourish your muscles and cells after the night's rest,
- support hormone production,
- stabilize blood sugar and energy levels throughout the morning,
- reduce cravings and prevent snacking,
- activate your metabolism right from the start of the day.

Skipping breakfast — especially if you experience PMS, endometriosis, or PCOS — can worsen imbalances such as fatigue, brain fog, cravings, and more intense menstrual symptoms.

It's generally recommended to aim for about 1g of protein per kilogram of body weight per day — and ideally, to include some right from the morning.



generously offered to model
like it.



Crazy about animals: Brigitte Bardot with cat.

"If cats could understand the human search for meaning they would purr with delight at its absurdity. Life as the cat they happen to be is meaning enough for them."

JOHN DRAY,
ENGLISH PHILOSOPHER AND AUTHOR

3 MORNING recipes

HUMMUS & FRIED EGG TOAST

Slice of good-quality bread, grilled (rye, sourdough, or whole grain) + hummus + fried egg. Less than 5 minutes to prepare! You can add a teaspoon of walnut oil for extra omega-3s, and have two Brazil nuts for your daily dose of selenium. This has been my go-to breakfast for years!

BANANA PANCAKES

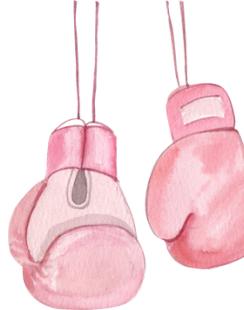
1 banana + 25 g cornstarch + 1 egg + baking powder + cinnamon (optional). Less than 10 minutes to prepare! Those pancakes that are actually a source of protein, fiber, potassium, and vitamin B6.

SAVORY OATMEAL

In a microwave-safe bowl: oats + water + tomato sauce + spices of your choice, then top with a fried egg. Ready in just 5 minutes + simple, quick, and effective! You can also add a teaspoon of walnut oil for extra omega-3s.



BLOOM CHALLENGE - ACT 1
Foundations of power



Challenge 3:

MOVE FOR (AT LEAST) 30 MINUTES A DAY

Just a few minutes of movement is enough to get your circulation going, oxygenate your brain, and release those famous endorphins – the feel-good hormones that reduce stress and give your mood a real boost. With a bit of regularity, your metabolism, digestion, heart, and even your sleep will benefit.

You don't need to aim for performance: a brisk walk, some stretching, an impromptu dance in your living room, or a gentle yoga session can already make a real difference. Your body is alive – it needs movement to function well... and to feel good in its own skin.



My daily routine:

- 10/15 minutes of stretching upon waking
- a 10/15min walk after lunch
- 30 minutes of yoga or pilates during the day





3 TIPS FOR *stimulate your body*

EVERY STEP COUNTS

Take the stairs, park a little farther than usual, or get off one stop earlier and walk the rest of the way. These simple actions add up and really make a difference.

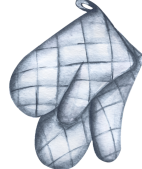
MOVE IN THE MORNING

Start your day with 5–10 minutes of stretching or yoga. It wakes up your body and energizes you for the whole day.

INCORPORATE MOVEMENT INTO DAILY TASKS

Do a few squats while your tea is brewing, brush your teeth, walk while on the phone, or dance while tidying up. Once again, every little action counts!

BLOOM CHALLENGE - ACT 1
Foundations of power



Challenge 4 :

CUT OUT ULTRA-PROCESSED FOODS

I'm a sweet tooth, as we like to say 😊. I remember at family meals, my dessert plate was often a regular plate... and I'd scoop up entire bowls of custard!

Even if some people are lucky enough not to see their weight change depending on what they eat, that doesn't change the fact that processed foods that are too fatty or too sugary have a harmful effect on your health – especially on your nervous and digestive systems: bloating, leaky gut, brain fog, poor concentration, irritability, fatigue...

By choosing homemade meals, you know exactly what's on your plate. Even if you still treat yourself with cakes or richer foods (in moderation!), they'll be of better nutritional quality. Eating seasonal, homemade food supports your body and mind, and makes you feel more energetic and alive!





3 TIPS FOR *manger plus clean*

FAVOR HOMEMADE FOODS

Do as much as you can yourself — plant-based milk, hummus, ketchup... All these products that you usually buy without thinking are actually very simple to make. By favoring homemade, you control what's on your plate and nourish your body with real, wholesome foods.

READ THE LABELS

Even for “ready-to-use” products, check the ingredients: the fewer additives, added sugars, and preservatives, the better. If you don't understand a word, it's often a sign to avoid it! Decoding labels quickly becomes a habit to protect your body and energy.

SEASON WITH SPICES

Using fresh herbs, spices, or homemade condiments adds flavor to your meals without needing industrial sauces and helps limit salt. Cumin, paprika, basil... These little touches can turn a simple meal into true pleasure, while keeping it healthy and natural.



Self-Care CHECKLIST

Don't strive for perfection, strive for progress,
that's where your strength lies.

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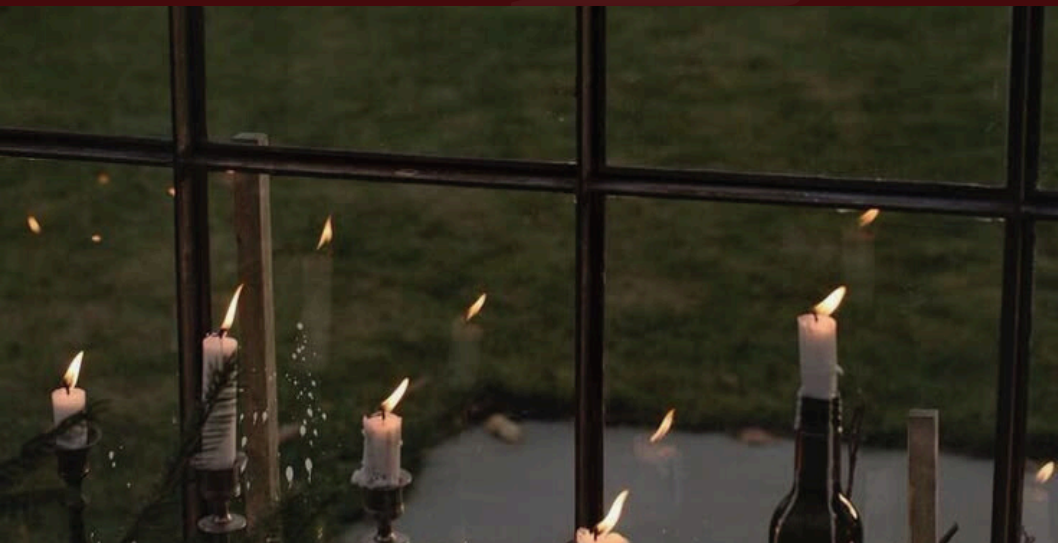


BLOOM CHALLENGE

Peace within

ACT 2

Goal: calm your nervous system and sharpen your mind.



BLOOM CHALLENGE - ACT 2

Peace within

Challenge 1:

HEART COHERENCE

Ah, heart coherence... I resisted it for so long! If I had known, I would have added it to my routine much earlier. Better focus, better sleep, I feel calmer and more grounded. It reduces stress and anxiety and even boosts creativity. It's a simple breathing technique that takes just 5 minutes and helps synchronize your breath with your heartbeat to regulate your nervous system.

The easiest way is to download the Respirelax+ app — you can follow the moving ball or listen to the gongs. Ideally, you'd do it three times a day, but if you can already do it in the morning upon waking and at night before bed, that's already amazing!





BLOOM CHALLENGE - ACT 2

Peace within

Challenge 2 :

TURN OFF SCREENS BEFORE BED

It's well known – everyone knows it... but do you actually do it? If the answer is yes, great, keep it up! If the answer is no, I promise that picking up a book before bed will only improve your sleep.

I know how hard it is to let go of binge-watching. Those back-to-back episodes are so captivating, it feels impossible to stop... But your series will still be there tomorrow, and in fact, it makes the enjoyment last even longer.

So, for the health of your body and mind, reach for your book before you fall asleep :)



3 TIPS FOR *unplug*

● CREATE AN EVENING RITUAL

Reading, journaling, drawing, meditation, light stretching, self-care... Build a little routine that soothes you and helps you disconnect gently.

● KEEP YOUR PHONE OUT OF REACH

Place your phone in another room and switch back to a traditional alarm clock. By keeping it away, you make it easier to disconnect, avoid temptation, and protect yourself from negative energy.

● SET UP YOUR ENVIRONMENT

Dim the lights, make yourself a cup of herbal infusion, play soft music... Turn bedtime into a true cozy moment that signals to your body that it's time to rest.



BLOOM CHALLENGE - ACT 2

Peace within

Challenge 3:

JOURNALING

Writing is a way to release what's alive within you. Everything that isn't expressed in words gets stored... and eventually shows up as tension, stress, or even physical discomfort.

Keeping a journal isn't just about filling pages: it's about giving your mind a space to set down what's weighing on it. It helps lighten mental load by capturing racing thoughts, and reduces stress by allowing emotions to flow instead of keeping them trapped inside.

This practice helps you refocus on what truly matters, gain clarity on what you're going through, and understand your deepest feelings. Over time, this ritual becomes a true mirror of your growth – an intimate companion supporting your emotional balance and personal journey.



3 TIPS FOR *journaling*

EXPERIMENT WITH DIFFERENT FORMATS

You can write lists, free-form sentences, draw, or even paste in mementos like photos or tickets. Varying the format makes the practice more playful and creative

NOTE YOUR EMOTIONS IN DETAIL

Instead of just writing "stressed," describe what you feel in your body and mind. This helps you identify your emotions more clearly and understand them on a deeper level.

SET SMALL SESSIONS

Even 5 minutes is enough to get started. What matters most is consistency, not the length of your entries.

BLOOM CHALLENGE - ACT 2

Peace within

Challenge 4 :



MAINTAIN A REGULAR SLEEP SCHEDULE

Your biological clock doesn't know whether it's a weekday, weekend, or vacation — for it, it makes no difference. Your hormones, on the other hand, keep functioning the same way. If your rhythm constantly changes, your body doesn't know what to expect.

Ideally, find your natural sleep pattern — the time you wake up without an alarm (easier to spot after a few days off) — and stick to it. In general, this is between 7 and 9 hours of sleep, depending on the person. Needing more could indicate an imbalance.

Keeping a regular sleep routine promotes better recovery, supports hormonal balance, and improves your energy throughout the day. When your body knows what to expect, it recovers more effectively, and your mind feels clearer.





3 TIPS FOR *better sleep*

HAVE AN EARLY, LIGHT DINNER

Eating 2–3 hours before bed allows your digestive system to finish its work before you lie down. This way, your body can fully recover overnight without wasting energy on digestion.

KEEP YOUR BEDROOM AIRY AND CALM

Make sure your bedroom is dark, quiet, and ideally between 18–20°C (64–68°F).

TURN OFF SCREENS

As mentioned earlier, switch off screens at least an hour before bed to avoid disrupting your hormones with blue light.



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Heart Coherence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain a Regular Sleep Schedule	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





BLOOM CHALLENGE

Inner power

ACT 3

Goal: awaken your inner light.



BLOOM CHALLENGE - ACT 3

Inner power

**yes
girl,
you
can.**

Challenge 1:

POSITIVE AFFIRMATIONS

These little phrases may seem simple, but they have a real impact on your mindset. Repeat positive affirmations to yourself each morning, before bed, or whenever you feel the need. Gradually, they strengthen your self-confidence and create a more constructive energy around you. The more consistently you practice them, the more they become a mental habit that supports your emotional balance and daily mindset.

For example, at my home, I have a decorative slate at the entrance where I write a new affirmation each week!



3 TIPS FOR *stand in your power*

● CHOOSE YOUR WEEKLY AFFIRMATIONS

Select 2–3 positive phrases to repeat each morning for a week. The following week, switch them up to refresh your energy and continue nurturing new intentions.

● KEEP AN INSPIRATION JOURNAL

Dedicate a notebook to write down all the affirmations that resonate with you. It will serve as a handy reserve for updating your weekly affirmations.

● DISPLAY YOUR FAVORITE

Write your favorite affirmation somewhere visible each day — on your mirror, desk, or phone. Change it regularly to stay connected to what nourishes you the most.

BLOOM CHALLENGE - ACT 3

Inner power

Challenge 2:

GRATITUDE

One of the first things I put in place, back when I was going through a depression eight years ago. I wasn't yet into wellness, but I had read articles about the law of attraction and positive thinking. So I grabbed a notebook and made myself write down three positive things that happened each day, or things I was grateful for. And it changed not only the way I saw things, but also the way I felt.

By nature, the brain prefers familiar chaos over unknown peace: it is naturally drawn to the negative more than the positive. It's a survival mechanism, but it can also trap us in a spiral where we only notice what's going wrong.

Practicing gratitude trains the mind to shift perspective. By noting your gratitudes every day, even the smallest ones, you teach your brain to recognize beauty and gentleness in daily life. Again, consistency makes all the difference. Even on a heavy day, there is always a little light, a moment to cherish: a sunset, a comforting meal, a warm exchange with a shopkeeper.





3 TIPS FOR *Focus on the positive*

● START SMALL... BUT SET A MINIMUM


Every day, write down at least three things you're grateful for. Keep it simple: a ray of sunshine, a moment of laughter, a delicious cup of coffee... Setting a minimum helps create the habit.

● KEEP YOUR JOURNAL WITHIN REACH

Place a notebook and pen on your coffee table, desk, or bedside table. Having it in sight reminds you to jot down your gratuities and makes the practice automatic.

● VARY YOUR PERSPECTIVE

Don't limit yourself to obvious positive events. Pay attention to your emotions, strengths, and lessons learned. This enriches your practice and helps you see life from a brighter, kinder perspective.



BLOOM CHALLENGE - ACT 3

Inner power

Challenge 3:

MEDITATE

A Buddhist monk once told me: “You take a shower every day to wash your body. You should meditate every day to cleanse your soul. Meditation is medicine for the soul.”

Meditating doesn't mean “thinking of nothing.” It's about observing your thoughts without giving them power, like clouds passing by. Negative thoughts that cling to you can quickly grow and turn into a storm within. Letting them pass keeps your mind clear and calm.

With regular practice, meditation helps you stay centered, present, and serene, while nourishing your inner energy and emotional balance. Meditation is also a way to declutter your mind: you let go of what weighs you down, release what no longer serves you, and create space within. Often, it's in these moments of silence that new ideas emerge — flashes of clarity you wouldn't have noticed amid the noise of daily life.





3 TIPS FOR *meditate*

START SMALL

Even just 5 minutes a day is enough to feel the benefits. You can gradually increase the time depending on your comfort and schedule.

OBSERVE, DON'T JUDGE

Don't try to "empty your mind." Watch your thoughts like clouds in the sky: let them pass without holding on. As soon as you judge them, they grow and trigger other thoughts, like a small cloud turning into a storm.

USE GUIDED MEDITATIONS

If you're a beginner or short on time, guided meditations are perfect. They provide structure, a guiding voice, and help you stay focused. You can find them on YouTube or Spotify.



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Inner power	M	T	W	T	F	S	S
Positive Affirmations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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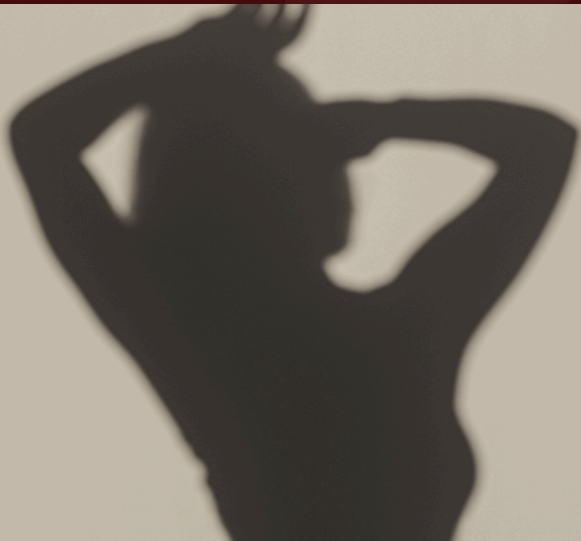


BLOOM CHALLENGE

The metamorphosis

ACT 4

Goal: embody the transformation.



CHALLENGE BLOOM – ACT 4
The metamorphosis

Bonus challenge:

NOURISH YOUR MIND

Everything you listen to, watch, or read influences your inner state – your emotions, mood, and even your vitality. The movies you choose, the series you follow, the music you play, and the books you read all have a direct impact on your mind and energy. By consciously selecting content that uplifts, inspires, and nourishes you, you create a positive mental environment that supports your balance and serenity.





It's time to shine!

For this final week, there's no new challenge: the biggest test is maintaining all that you've discovered and practiced so far.

The goal is to make these new rituals your own, fully integrating them into your daily life. True transformation only happens when these habits become second nature, when every action, every ritual, becomes part of you. This week is a time to celebrate your progress, adjust what works for you, and feel your energy shift — gently, yet sustainably.

And if there's a day when you don't follow the checklist, that's okay! What matters most is consistency over time, not perfection every single day. Slip-ups are part of the process — they should never make you feel guilty. Welcome them with kindness, then simply return to your habits the next day or the day after.

*BLOOM
WITH LOUNA*
NATUROPATHE



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Well done



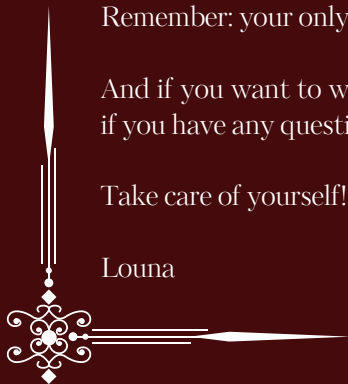
For taking this time for yourself and transforming your daily routine, you can be proud of yourself. I know I am! Now, I'm counting on you to maintain it over the long term, because that's when you'll truly see the changes.

Remember: your only limit is you!

And if you want to write to me to share your results, your progress, or if you have any questions, I'd be delighted to hear from you.

Take care of yourself!

Louna



Want to go further?

Your journey with the Bloom Challenge doesn't stop here...

If you feel the call to go deeper, to dive further within yourself, then what follows is the natural next step on your path!

Discover the workbook to awaken YOUR INNER POWER!

- **20 pages** of introspective exercises designed **to reveal your feminine power** and **reconnect you with your inner magic**.
- **4 sections:**
 - I. Starting Point (Who am I today?)
 - II. Foundations (My values and needs)
 - III. Environment and Balance (My relationships and daily life)
 - IV. Vision (My future and transformation)

Bonus :

- **A menstrual cycle tracking journal**



[LEARN MORE](#)



Inner Bloom isn't just a workbook: it's a sacred companion, a precious space where you can fully flourish and bloom.