

Start Date: _____

AETERNA

DAILY

28-DAY WELLNESS
JOURNEY



Day 1 – Strength, Yoga & Mindfulness

- Strength Exercises
 - Squats – 10 reps
 - Wall Push-Ups – 10 reps
 - Glute Bridges – 10 reps
- Yoga Poses
 - Child's Pose – 1 minute
 - Cat-Cow – 8 breaths
- Meditation
 - "Focus on breath"
 - 5 minutes of mindful breathing

Reflection

Today's Affirmation
"I am strong and
capable"



How do I feel today? What
did I notice during my
practice?

Day 2 – Strength, Yoga & Mindfulness

Strength Exercises:

- Lunges
- Plank Hold
- Calf Raises

Yoga Poses:

- Downward Dog
- Forward Fold

Meditation Prompt:

"Embrace stillness"

- Strength Complete
- Yoga Complete
- Meditation Complete

Reflect

Today's Affirmation:
"I choose peace and
calm"



Reflection Space:
How did today's practice
feel? What did you notice?

Day 3 – Strength, Yoga & Mindfulness

□ Strength Exercises

- Step-Ups
- Tricep Dips
- Leg Raises

□ Yoga Poses

- Cobra Pose
- Spinal Twist

□ Meditation

"Release tension"

Affirmation:

"I release what no longer serves me"

Reflection

Today's Focus
Release & Renew



Take a moment to journal
your feelings, energy levels,
or observations from today's
practice.

Day 4 – Strength, Yoga & Mindfulness

Strength Exercises:

- Modified Burpees
- Shoulder Taps
- Crunches

Yoga Poses:

- Pigeon Pose
- Butterfly Stretch

Meditation Prompt:

"Cultivate gratitude"

Affirmation:

"I am grateful for my body"

Reflect

Cultivate Gratitude



Reflection Space:

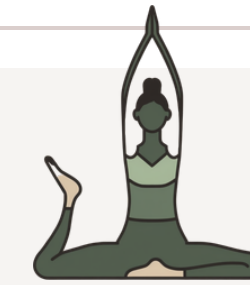
How does your body feel
today? What are you
grateful for?

Day 5 – Strength, Yoga & Mindfulness

- Strength Exercises
 - Reverse Lunges
 - Superman Holds
 - Side Bends
 - Yoga Poses
 - Triangle Pose
 - Neck Stretches
 - Meditation
 - "Find your center"
- Affirmation:
"I am balanced and grounded"

Reflect

Find Your Center
Balance & Ground



Reflection Space:
How do you feel today?
What did you notice during
your practice?

Day 6 – Strength, Yoga & Mindfulness

Strength Exercises:

- Mountain Climbers
- Bird Dogs
- Arm Circles

Yoga Poses:

- Warrior I
- Seated Twist

Meditation Prompt:

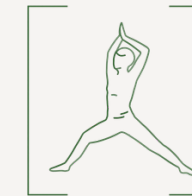
"Breathe deeply"

Today's Affirmation:

"I trust my journey"

Reflect

Breathe Deeply
Trust Your Journey



Reflection Space:
How did today's practice
feel? What did you notice
about your breath?

Day 7 – Strength, Yoga & Mindfulness

Strength Exercises:

- Wall Sits – Hold for 30-60 seconds
- Donkey Kicks – 12 reps each leg
- Standing Twists – 15 reps each side

Yoga Poses:

- Tree Pose – Hold 30 seconds each side
- Hip Flexor Stretch – Hold 45 seconds each side

Meditation Prompt:

"Rest and restore"

Reflect

Today's Affirmation:
"Rest is productive"



Reflection Space:
How did your body feel
today? What does rest mean
to you?

Day 8 – Strength, Yoga & Mindfulness

Strength Exercises:

- High Knees
- Dead Bugs
- Lateral Raises

Yoga Poses:

- Warrior II
- Wide-Legged Fold

Meditation Prompt:

"Set intentions"

Reflect

Today's Affirmation
"I create my reality"



Reflection Space:
How did setting intentions
feel today? What did you
discover?

Day 9 – Strength, Yoga & Mindfulness

Strength Exercises:

- Curtsy Lunges
- Plank to Downward Dog
- Toe Touches

Yoga Poses:

- Happy Baby
- Reclined Twist

Meditation Prompt:

"Practice patience"

Today's Affirmation:

"I am patient with myself"

Reflect

Daily Completion
Check Your Progress



Reflection Space:
How did today's practice
feel? What moments
required patience?

Day 10 – Strength, Yoga & Mindfulness

- Strength Exercises
 - Fire Hydrants – 12 each side
 - Bridge Pulses – 15 reps
 - Standing Knee Lifts – 10 each leg
- Yoga Poses
 - Extended Side Angle
 - Shoulder Stretch
- Meditation
 - "Find joy"
- Affirmation
 - "Joy flows through me"

Reflection

Find Joy Day 10 Focus



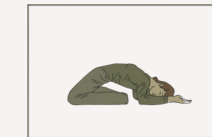
How did today's practice
make you feel? What
brought you joy?

Day 11 – Strength, Yoga & Mindfulness

- Strength Exercises
 - Jumping Jacks – full body warmup
 - Russian Twists – core rotation
 - Wall Angels – shoulder mobility
 - Yoga Poses
 - Camel Pose – heart opener
 - Quad Stretch – leg release
 - Meditation
- "Connect within"
Today's Affirmation:
"I am connected to my inner wisdom"

Reflect

Connect Within
Find Your Inner
Wisdom



Reflection Space:
How did connecting within
feel today? What wisdom
arose?

Day 12 – Strength, Yoga & Mindfulness

Strength Exercises:

- Side Lunges
- Forearm Plank
- Calf Stretches

Yoga Poses:

- Bow Pose
- Figure Four Stretch

Meditation Prompt:

"Let go of control"

Affirmation:

"I surrender to the flow"

Reflect

Daily Checklist

- Strength Yoga Meditation



Reflection Space:

How did releasing control
feel today? What did you
notice?

Day 13 – Strength, Yoga & Mindfulness

Strength Exercises:

- Butt Kicks – Quick cardio to warm up
- Clamshells – Strengthen hip abductors
- Arm Pulses – Tone shoulders and arms

Yoga Poses:

- Legs Up Wall – Restorative inversion
- Ankle Rolls – Release tension in joints

Meditation Prompt:

"Embrace change"

Reflect

Today's Affirmation:
"I welcome positive
change"



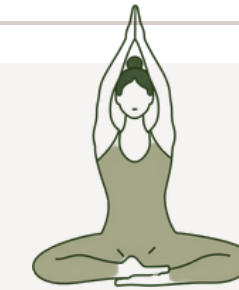
Reflection Space:
How did today's practice help
you embrace change?

Day 14 – Strength, Yoga & Mindfulness

- Strength Exercises:
 - Single Leg Deadlifts
 - Push-Up Holds
 - Torso Twists
- Yoga Poses:
 - Fish Pose
 - Hamstring Stretch
- Meditation:
"Celebrate progress"
Affirmation:
"I celebrate how far I've come"

Reflect

Halfway Point Celebrate Your Journey



Reflection Space:
How do you feel after two
weeks? What progress are
you most proud of?

Day 15 – Strength, Yoga & Mindfulness

- Strength Exercises:
 - Squat Pulses – 15 reps
 - Tricep Extensions – 12 reps
 - Side Leg Lifts – 10 each side
- Yoga Poses:
 - Lizard Pose – hold 30 seconds each side
 - Wrist Stretches – 1 minute
- Meditation:
 - "Breathe into discomfort"
 - Affirmation:
"I grow through challenges"

Reflect

Breathe Into
Discomfort



Today's Reflection:

Day 16 – Strength, Yoga & Mindfulness

Strength Exercises:

- Alternating Lunges
- Bear Crawls
- Overhead Reaches

Yoga Poses:

- Revolved Triangle
- IT Band Stretch

Meditation Prompt:

"Practice compassion"

Today's Affirmation:

"I am compassionate with myself"

Reflect

Completion Checklist
 Strength Yoga
Meditation



Reflection Space:

How did you show yourself
compassion today? What
feelings arose during your
practice?

Day 17 – Strength, Yoga & Mindfulness

Strength Exercises:

- Glute Kickbacks
- Bicycle Crunches
- Shoulder Shrugs

Yoga Poses:

- Half Pigeon
- Chest Opener

Meditation Prompt:

"Find stillness"

Today's Affirmation:

"In stillness I find strength"

Reflect

Daily Wellness Checklist



Reflection Space:

How did stillness feel today?
What did you discover in the
quiet moments?

Day 18 – Strength, Yoga & Mindfulness

Strength Exercises:

- Sumo Squats
- Inchworms
- Standing Side Crunches

Yoga Poses:

- Garland Pose
- Upper Back Stretch

Meditation Prompt:

"Trust the process"

Today's Affirmation:

"I trust divine timing"

Reflect

Daily Completion Checkboxes



Reflection Space:

How did trusting the process
feel today? What thoughts
arose during your practice?

Day 19 – Strength, Yoga & Mindfulness

- Strength Exercises:
 - Reverse Crunches
 - Lateral Lunges
 - Arm Raises
- Yoga Poses:
 - Seated Side Bend
 - Ankle Stretch
- Meditation:
"Cultivate awareness"
Affirmation:
"I am present and aware"

Reflect

Today's Focus
Presence & Awareness



Reflection Space:
How did cultivating
awareness shift your
perspective today?

Day 20 – Strength, Yoga & Mindfulness

Strength Exercises:

- Plank Jacks
- Single Leg Bridges
- Torso Rotations

Yoga Poses:

- Supine Twist
- Neck Release

Meditation Prompt:

"Honor your body"

Affirmation:

"I honor my body's wisdom"

Reflect

Honor Your Body's
Wisdom



Today's Reflection:

Day 21 – Strength, Yoga & Mindfulness

Strength Exercises:

- Walking Lunges
- Hollow Body Hold
- Calf Pumps

Yoga Poses:

- Pyramid Pose
- Forearm Stretch

Meditation Prompt:

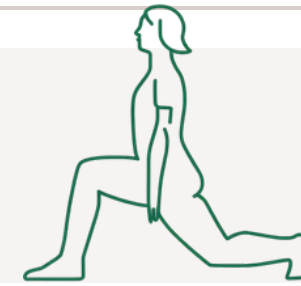
"Reflect on growth"

Affirmation:

"I am constantly evolving"

Reflect

Week Three
Day 21 of 28



Reflection Space:

How have you grown over these three weeks? What changes do you notice?

Day 22 – Strength, Yoga & Mindfulness

Strength Exercises:

- Squat Jumps – explosive power
- Side Plank – core stability
- Standing Backbend – spinal flexibility

Yoga Poses:

- Low Lunge – hip opener
- Hip Circles – joint mobility

Meditation Focus:

"Practice gratitude"

- Strength □ Yoga □ Meditation

Reflect

Today's Affirmation
"Gratitude fills my
heart"



Reflection Space:
What are you grateful for
today? How has your body
supported you?

Day 23 – Strength, Yoga & Mindfulness

Strength Exercises:

- Leg Circles – controlled rotations
- Push-Up to Child's Pose – flow movement
- Oblique Crunches – core engagement

Yoga Poses:

- Cow Face Pose – hip and shoulder opener
- Side Body Stretch – lengthening release

Meditation Focus:

"Release expectations"

Today's Affirmation:

"I release all expectations"

Reflect

Completion Checklist

- Strength □ Yoga □ Meditation



Reflection Space:
What expectations am I ready
to let go of today?

Day 24 – Strength, Yoga & Mindfulness

Strength Exercises:

- Plie Squats
- Superman Pulses
- Arm Crossovers

Yoga Poses:

- Reclining Hand to Toe
- Spinal Rolls

Meditation Prompt:

"Embrace wholeness"

Affirmation:

"I am whole and complete"

Reflect

Embrace Wholeness



Reflection Space:

How do you feel whole today? What parts of yourself are you embracing?

Day 25 – Strength, Yoga & Mindfulness

Strength Exercises:

- Alternating Toe Touches
- Bridge Marches
- Shoulder Rolls

Yoga Poses:

- Supported Fish
- Gentle Backbend

Meditation Prompt:

"Connect to breath"

Affirmation:

"My breath guides me"

Reflect

Completion Checklist



Today's Reflection:

Day 26 – Strength, Yoga & Mindfulness

Strength Exercises:

- Side Step Squats
- Plank Knee Tucks
- Standing Figure 4

Yoga Poses:

- Rag Doll
- Wrist Circles

Meditation Prompt:

"Practice acceptance"

Affirmation:

"I accept myself fully"

Reflect

Completion Checklist

- Strength Yoga Meditation



Reflection Space:

How did acceptance feel in
your body today? What did
you release?

Day 27 – Strength, Yoga & Mindfulness

Strength Exercises:

- Pulse Lunges
- Dead Bug Variations
- Overhead Claps

Yoga Poses:

- Melting Heart
- Ankle Flexes

Meditation Prompt:

"Visualize success"

Affirmation:

"I am achieving my goals"

Reflect

Completion Checklist
 Strength Yoga
Meditation



Reflection Space:
How does visualizing
success feel in your body
and mind?

Day 28 – Strength, Yoga & Mindfulness

Strength Exercises:

- Victory Squats
- Full Plank Hold
- Celebration Stretches

Yoga Poses:

- Savasana
- Full Body Scan

Meditation Prompt:

"Celebrate completion"

Affirmation:

"I am proud of my commitment
and growth"

Reflect

Completion Checklist
 Strength Yoga
Meditation



Reflection Space:
How do you feel completing
this 28-day journey? What
have you learned about
yourself?

Congratulations!



Aeterna Daily



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