

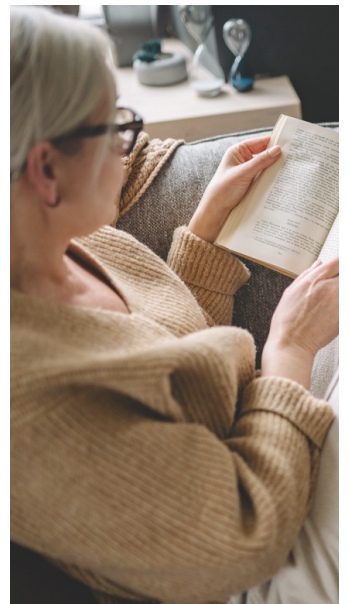
Part 3

The Slow

Rhythms

Toolkit

Design a daily rhythm that
genuinely sustains you



The Slow Rhythms Toolkit



Coming From Parts 1 and 2

In Part 1, you audited your life and identified what needs to change. In Part 2, you addressed your physical environment.

This part is about time, specifically how you move through your days and weeks in a way that restores you rather than depletes you.

This is different from decluttering a room or filling in a workbook. Rhythms are built through doing and repetition. You can do everything in this section on a Sunday and still find yourself back in the same exhausted patterns by Tuesday. Not because you failed, but because old habits run deep and new ones take time to form.

The approach in this toolkit is deliberately gentle and flexible. You are not being given a rigid morning routine to adopt. You are not being told that you must meditate for twenty minutes before 7am, or that success requires a particular set of behaviours. You are being given a framework and a menu of ideas which you can use to design a rhythm for your actual life. A life that can be both stimulating and calm.

Enjoy the journey...

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Section One - The Rhythm Audit

Before you design anything new, you need to see what is actually happening now. Most women significantly misperceive how they spend their time.

The following exercise is a simple, one-week mapping exercise that takes about five minutes a day. The goal is to see how you are spending your time.

Start the Seven-Day Time Map over the page...

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Section One - The Rhythm Audit

The Seven-Day Time Map

For each day of the coming week, complete the grid below at the end of the day. Don't record every minute. Record the approximate shape of the day for each of the listed categories. Use approximate hours, a rough percentage, or simply a word: full, some, little, or none.

Category	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep							
Work/ Obligations							
Household tasks							
Time alone (restorative)							
Time with others (restorative)							
Exercise or movement							
Screens - non work							
Somthing I chose freely							

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Section One - The Rhythm Audit

The Seven-Day Time Map

After one week, review your map and answer the following:

Where is most of my time genuinely going?

Which categories are consistently empty or near-empty that you wish were fuller?

Which categories are taking more time than you would choose if you had full freedom?

When during your week do you feel most like yourself?

What single change to this map would most improve the quality of your week?

What my rhythm audit revealed:

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Section Two - The Anchor Habits Framework

Rather than giving you a list of habits to adopt, this section gives you a framework and menu for choosing your own. This distinction matters. A habit that is designed for your life will outlast any habit that was adopted because someone else said it was transformational.

The Anchor Habits Framework identifies three types of habits - morning, evening and weekly anchors. One practice for each anchor, consistently kept, will change your life more significantly than a twelve-step morning routine you manage for two weeks.

Turn the page for the Morning Anchor...

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Section Two - The Anchor Habits Framework

The Morning Anchor - How You Begin

Your morning anchor is a single practice that you do before the demands of the day arrive. It does not have to be long. It just has to be yours, and it has to happen before you open your email, your news feed, or your social media.

The morning anchor is about arriving in your day with intention rather than being swept into someone else's agenda. Even five minutes of something entirely your own before the requests begin make a measurable difference in how the day unfolds.

The Morning Anchor menu

- Ten minutes of quiet sitting with a hot drink before anyone else is awake, maybe include reading for pleasure
- A short walk, even just around the garden or the block, before checking a device
- Five minutes of writing to clear overnight thoughts or to set intentions for the day
- A short movement practice: stretching, gentle yoga, or a brief exercise routine
- A five-minute sit-down visualising your day unfolding as you want it to
- Sitting down and eating breakfast without screens
- A five-minute meditation
- Spending some time playing with or caring for pets
- Is there something else that will perfectly anchor the start of your day?

What does not count as a morning anchor: scrolling in bed, checking messages before you have eaten, starting work before you have properly arrived in the day. These are not anchors. They may be your current default, but you are here to change that. You do not have to do more than one anchor in the morning, but you may decide to swap one for another intermittently.

My first morning anchor will be: _____

I will do it at: _____ and it will take approximately: _____ minutes.

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Section Two - The Anchor Habits Framework

The Slow Morning Menu

This is not a morning routine. A morning routine implies a single, fixed sequence that you follow every day, regardless of what the day actually requires. That is not always realistic or necessary, but if it suits you, that is OK too!

The Slow Morning Menu is a selection of morning practices that you can mix and match depending on how much time you have, how you feel, and what the day ahead calls for. Each option is complete in itself, and each can become your morning anchor. There is a five-minute version for the days when time is short, a twenty-minute version for the days when you have a little more time, and a forty-five-minute version for the days when you can give yourself a genuine slow start.

The Five-Minute Morning Menu

The Deliberate Cup - Make a hot drink, no phone. Stand at the window or sit somewhere quiet. Notice five things you can see, five you can hear, five you can smell. Notice how your body feels. Breathe slowly. Set one intention for the day.

Three Sentences - Open a notebook and write three sentences before you look at any screen. They can be about anything: what you dreamed, how you feel, what you are dreading, what you are hoping for. Do not edit, just write three sentences and close the notebook.

The Doorstep Stand - Step outside before you look at any screen. Even just to the doorstep, or walk around the garden. Let natural light reach your eyes. Stand or stroll for five full minutes. Feel the temperature. Hear the sounds of the world as it begins its day.

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Section Two - The Anchor Habits Framework

The Twenty-Minute Morning Menu

Move Then Be Still - Ten minutes of movement. This can be stretching, a short walk, gentle yoga, or anything that wakes your body without demanding it perform. Follow with ten minutes of quiet: tea, sitting, reading a few pages of a book.

Write, Walk, Wonder - Five minutes of writing: whatever is in your head, unfiltered, with no need to reread it. Ten minutes outside, walking slowly, with no destination and no podcast. Five minutes reviewing what you want from the day, just a genuine question: what will a good day today feel like? Carry the answer into the day ahead.

The Slow Breakfast - A slow breakfast eaten without distraction. No news, no scrolling, no multitasking. Sit at the table. Use a plate you like. Eat something that feels like care rather than fuel. Look out of the window or around the room.

The Forty-Five-Minute Morning Menu

The Full Ritual - Wake without an alarm if possible. Lie still for five minutes before getting up; not scrolling, just arriving in the day. Make tea or coffee slowly. Drink it outside if you can, or beside a window with natural light. Twenty minutes of movement at whatever intensity feels right to your body today. Journal for ten minutes, beginning with: what do I actually want from today? Set your three things for the day.

The Care Morning - A long shower or bath without rushing. Use things that smell good. A slow, nourishing breakfast, prepared with attention. Ten minutes of something creative: a few sentences, a sketch, tending to plants, something made with your hands. Five minutes of sitting quietly before the day begins.

The Long Walk - A forty-five-minute walk alone. No podcast, no phone call, no destination. Notice what you see, hear, and smell. Notice how you feel as you move. Let your thoughts follow wherever they go without directing them, then let them go.

Any of the above can be your Morning Anchor!

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Section Two - The Anchor Habits Framework The Evening Anchor - How You End

Your evening anchor is a practice that signals to your body and mind that the working day is over. It is different from your evening routine or ritual (find ideas for that on the next page). In a time when the boundary between work and rest has become almost non-existent, this signal matters. The evening anchor does not have to happen at a specific time, just at the point in your day when you are choosing to stop and be done. It marks the transition from the productive self to the resting self.

Evening anchor menu

- A five-minute tidy up of your workspace
- A brief review of what actually happened today, written or just a think-through
- Changing clothes as a physical transition signal
- A walk, a bath, or some other physical activity
- A specific drink (non-alcoholic mainly), a particular piece of music, or a ritual that consistently marks the shift
- A moment of reading, drawing, gardening, or another hobby before you start preparing dinner or move into 'must-do' evening activities.

The evening anchor does not need to be elaborate; it just needs to be consistent. Over time, your body will recognise it and begin to unwind in anticipation, which is the whole point.

My evening anchor will be: _____

I will do it when: (after finishing work / after dinner...)

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Section Two - The Anchor Habits Framework

Evening Routine Menu

An evening routine or ritual is a great wind-down before bed. It calms both your body and mind before you go to sleep. Here are some rituals to consider making your own. Even choosing one habit that appeals will make a difference to how you finish your day.

Writing - Journaling is one of the easiest ways to slow your thoughts down at night. A few lines about the day, a list for tomorrow, or even letting your pen flow freely, emptying your head onto the page. It's not about writing beautifully. It's about getting things out of your mind and onto paper. This ritual is perfect for those whose mind starts running through tomorrow's to-do list the moment their head hits the pillow.

Tea for one - There's something grounding about making a proper cup of tea and actually sitting down to drink it. Not having it on the run, but sitting in a favourite chair, and taking 5 or ten minutes for yourself. It sounds simple, but it's remarkable how rarely we do it. Drinking a sleepy-time or relaxing tea an hour before bed, perhaps while reading a book, is a great way to slow down.

Candles or aromatherapy - A calming way to signal the day's end.

Doing the dishes, putting them away and wiping the benches - a task you can carry out whilst playing some gentle music. This, and the end result, can be satisfying when carried out mindfully.

Lay out your clothes for the following day - one less thing to worry about in the morning, and you may find this a pleasurable activity when you are not under time pressure.

Gentle stretching before bed - A few minutes of stretching before bed can make an enormous difference to how your body feels. Nothing complicated, just loosening your shoulders, back and legs after a long day. Try a gentle cobra, puppy pose, and cat-cow flow.

Reading (no blue light) - Few things calm the mind or stop overthinking as effectively as reading, particularly when the lighting is soft (but targeted onto your page), and the house has settled for the night.

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Section Two - The Anchor Habits Framework The Weekly Anchor - The Ritual You Protect

Your weekly anchor is a restorative practice that usually happens each weekend (whatever days of the week that may be for you) and that you protect from being cancelled or overridden. It can be as simple or as elaborate as you like, provided it is genuinely restorative and provided it belongs to you.

The keyword is protect. This is not "something nice I will do if I have time." This is a non-negotiable weekly investment in your own restoration. If you cancel everything else, you do not cancel this.

You could choose:

- A long bath on a Sunday afternoon
- A solo walk on Saturday morning before the weekend fills up
- A slow breakfast with a book, uninterrupted
- A full morning of creative work: writing, painting, making, whatever is genuinely yours
- Your favourite restorative exercise activity, for example a yoga or Pilates class, rollerblading, horse-riding, or dancing
- An afternoon entirely without obligations, spent exactly as you wish
- A catch-up with a close friend or friends that uplift you
- What will rejuvenate or relax you?

My weekly anchor will be: _____

It will happen on: _____ at approximately: _____

If something tries to take this time, I will protect it by: _____

You can change up your activity each week - enjoy planning it!

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Section Three - Seasonal Reset Prompts

The rhythms of your life are not the same in January as they are in July. The practices that restore you in summer may not be what you need in winter. The Slow Rhythms Toolkit is designed to be revisited at the turn of each season. The following prompts are designed to help you do that. Each seasonal set takes approximately twenty minutes. Notice what has changed, what is working, and what needs updating.

Complete the season prompts that are relevant to the one you are currently in, and then return to this section as the year turns. Consider making the seasonal reset part of your weekly anchor for one week each quarter. It keeps the whole system alive rather than being something you do once and then forget. The system only works if you keep using it. But the more you use it, the less effort it requires, because the questions become familiar and your answers become quicker and more honest.

Turn the page to get started...

The Slow Rhythms Checklist



For those of you who like checklists, you can print this and check off your anchor activities:

WEEK 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Morning Anchor							
Evening Anchor							

☐

Weekly anchor

WEEK 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Morning Anchor							
Evening Anchor							

☐

Weekly anchor

WEEK 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Morning Anchor							
Evening Anchor							

☐

Weekly anchor

WEEK 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Morning Anchor										
Evening Anchor										

☐

Weekly anchor

☐

Seasonal anchor

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Section Four - What Next?

You now have tools to build daily, weekly, and seasonal rhythms that sustain you.

The morning, evening, and weekly anchors, the menus, and the seasonal resets are not rules to follow perfectly but options you can choose from for yourself and for your kind of life.

Use them lightly and consistently. And when you forget or move away from them, just come back to continue your journey!

What next?

To finish the Redesign Your Life bundle, navigate your way to the last two parts:

Part 4 is the Decision Filter, which can help guide you in making medium-sized decisions and aligning them with your Values and Enough Statements.

Part 5 is a final look back at the work and includes one special, important, last exercise to complete, plus there is some additional reading.

See you there!