

WANDERING *SOFTLY*

THE SOFT LIVING STARTER KIT

A Gentle First Step Out Of Survival Mode

MINI LIFE AUDIT & THE DAILY DOFT LIVING CHECKLIST

WELCOME

If you've been feeling overwhelmed, disconnected from yourself, or stuck in **survival mode**, you're not alone.

Many of us spend so much time taking care of responsibilities, meeting expectations, and pushing through that we forget how to slow down and listen to ourselves.

This starter kit is designed to help you take the **first step back toward yourself.**

Not through perfection.

Not through doing more.

But through awareness, simplicity, and small intentional changes.

Let's begin.

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PART 1: THE 5 SIGNS YOU'RE LIVING IN SURVIVAL MODE

Before we can create a softer, more intentional life, it's important to recognize the patterns that may be keeping you stuck in survival mode. Many of these habits develop gradually and can become so familiar that we hardly notice them anymore.

Take a moment to read through the signs below. You don't need to relate to all of them. Simply notice which ones resonate with you and approach this exercise with curiosity rather than judgment.

1. You're always busy, but rarely feel fulfilled.

You keep going, but rarely stop to ask yourself what you truly need.

2. You overthink almost everything.

Decisions feel exhausting because your mind never seems to switch off.

3. You struggle to relax without feeling guilty.

Rest feels unproductive, even when you're exhausted.

4. You often put other people's needs before your own.

You find it easier to care for others than for yourself.

5. You feel disconnected from who you truly are.

Something feels "off," even if everything looks fine from the outside.

Part 2: Survival Mode vs Soft Living

Before we can create a softer, more intentional life, it helps to understand the difference between surviving and truly living. Many of us spend years operating on autopilot, constantly pushing through stress, responsibilities, and expectations without realizing how disconnected we've become from ourselves. Take a moment to compare the two columns below. Notice which patterns feel most familiar to you and where you may already be longing for something different.

SURVIVAL MODE

Always rushing

Overthinking everything

Putting yourself last

Feeling disconnected

Constant pressure

VS

SOFT LIVING

Moving with intention

Trusting yourself

Honoring your needs

Feeling connected

Creating inner peace

PART 3: MINI LIFE AUDIT

Before we can create a softer life, it helps to gently notice where you are right now.

There are no right or wrong answers here. This is simply an opportunity to pause, check in with yourself, and become aware of what is supporting you and what may be pulling you further into survival mode.

Take a few minutes to reflect.

What currently drains your energy?

What currently gives you energy?

Where in your life do you feel most disconnected from yourself?

What is one thing you know needs to change?



Part 4: Your Soft Living Starter Plan

1

SLOW DOWN

Pause and notice how you're feeling.

2

RECONNECT

Listen to your needs, emotions, and inner voice.

3

BEGIN

Take one small step toward the life you want.

Creating a softer life doesn't require a complete life overhaul. In fact, meaningful change often begins with small, intentional steps. Use the three stages below as a simple guide to help you move out of survival mode and reconnect with yourself.

Part 5: Daily Soft Living Checklist

- ☐ I took a moment to slow down.
- ☐ I listened to my needs.
- ☐ I spent time away from unnecessary distractions.
- ☐ I rested without guilt.
- ☐ I spoke to myself with kindness.
- ☐ I trusted myself.
- ☐ I made time for something that brings me joy.
- ☐ I chose progress over perfection.
- ☐ I said no to something that wasn't aligned.
- ☐ I took one small step toward the life I want to create.

Soft living isn't about doing everything perfectly. It's about making small, intentional choices that help you feel more grounded, supported, and connected to yourself.

Use this checklist as a gentle daily reminder. There's no score and no pressure—simply notice which actions you've already taken today and where you might want to offer yourself a little more care.



FINAL REFLECTION

Before you finish, take a moment to pause and reflect on what stood out to you while working through this Starter Kit. There's no right or wrong answer here—just an opportunity to check in with yourself and notice what you need most right now.

What is one small thing you can do this week to create a softer life?

**“SOFT LIVING ISN'T ABOUT
CHANGING YOUR ENTIRE LIFE
OVERNIGHT.
IT'S ABOUT COMING HOME TO
YOURSELF, ONE SMALL CHOICE
AT A TIME.”**



WANDERING SOFTLY

Continue Your Journey



If this Starter Kit resonated with you, imagine what becomes possible when you give yourself the time and space to go deeper.

JOIN WANDERING
SOFTLY

Wandering Softly: From Survival Mode To Soft Living is a complete step-by-step course designed to help you:

- ◆ Break free from survival mode
- ◆ Rebuild trust in yourself
- ◆ Stop overthinking and self-doubt
- ◆ Create healthy boundaries
- ◆ Process emotions with confidence
- ◆ Build a life that feels aligned and fulfilling

Inside the course, you'll find **video lessons, guided exercises, practical tools, and a complete workbook** to support your journey.

You don't have to figure it all out alone.

Your softer life starts with a single step.

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