

Designing an elegant daily *flow*


“Elegance is usually confused with superficiality, fashion, lack of depth. This is a serious mistake: human beings need to have elegance in their actions...”
– Paul Coelho



You don't need a big, complicated life overhaul to feel more elegant. It's the small details that add up to an elegant self and life.

It can be as simple as choosing presence over autopilot, one little habit, one little decision, and one little moment at a time.

The following pages will guide you to examine your current routines and reimagine them with more beauty, calm, and elegant intention in mind...

 [@frenchelegance.and.more](https://www.instagram.com/frenchelegance.and.more)

 [Aude De Vathaire - French Elegance](https://www.youtube.com/AudeDeVathaire)



Morning rituals

How you begin your morning can set the tone for the rest of your day... yet so many of us start on autopilot, with no intention! It's so easy and habitual to roll over and reach for our phone, rush through routines, or to start reacting to the world before we've even grounded ourselves.

We also know time is a luxury we don't always have: but our mornings don't need to be long or elaborate for us to feel elegant. A small shift in pace or intention can be all that's needed to bring some calm, beauty, and self-honour into the first moments of our days.

Prompt: What does the start of your day currently look and feel like? Is it rushed, calm, nourishing, reactive..... numb, and beginning with phone scrolling? How might you like it to feel instead?

***Elegance in Action:** What small shift could make your mornings feel more elegant... even if it's taking just two minutes? Try and implement this one morning this week. It doesn't have to be big – in fact it's better if it isn't, because this will make it more achievable and sustainable :)*

Some ideas...

Waking up half an hour earlier to get ready slowly • Lighting a candle while you have your coffee • Applying your moisturiser slowly and mindfully • Having your tea in a cup you love • Having a quick stretch before scrolling...



Transitions

We often think of our routines as what happens in the morning or before bed, but transitions carry importance too... These are those "in-between" moments, when you are moving from one task to another, one environment to another, or one energy to another (for example, from work to home, from being a manager to being a mother..).

They're often rushed or skipped over... but when we move through our fleeting transitions intentionally, they can become little anchors of daily elegance.

Common daily transitions

- Waking up and getting out of bed
- Starting work or setting up at your home desk
- Stepping away from your laptop for lunch
- Ending your work day
- Coming home (or switching from 'outside' to 'inside' mode)
- Starting to cook or sit down for a meal
- Preparing for bed

Prompt: Are there any transition points in your day that feel rushed, jarring, or on autopilot? How might you soften them, elevate them, or turn them into gentler rituals? Write down some ideas...

Elegance in Action: Choose one of your ideas above, and try applying it to your chosen transition point this week....

Some ideas to inspire you. if you aren't sure...

- *Finishing work: Take off your shoes, wash your hands, and change into a robe or something cozy and relaxed as way to signal, "I'm home now"..*
- *Pre-dinner: Set the table beautifully, even if you're alone. Pour sparkling water in a wine glass, or use your favourite dining ware..*
- *Waking up: Sit up slowly and take three breaths before scrolling your phone.*
- *Lunch break: Step outside for five minutes, or prepare your food without multitasking..*



Elegant evenings

Evenings are the perfect time to soften and be kind to ourselves. To release the day, and signal to your body that it's time to rest. But very often, we finish our days the same way we start (and then move through them)... distracted, overstimulated, or caught in busyness right up until our head touches the pillow!

As with most things I teach: this doesn't have to be complicated in order to be elegant. An elegant nighttime routine can be as simple as asking: how can I end my day with some nourishment or care for myself?

This is a chance to create a gentle closing moment that helps your nervous system unwind, and leaves you feeling restored... because elegance isn't just found in the way you go out into the world, it's also in the way you come home to yourself. The end of the day is time for you to do just that.

Prompt: What might your body/mind be asking for more (or less) of at the end of your day (more stillness, more care, less overstimulation?) What are some ways you could end your day feeling calm and cared for, instead of just ticking things off?

***Elegance in Action:** Choose just one small detail that you can add to your evening tonight, to make it feel more gentle and nourishing...*

***Ideas:** Steaming your face for a few breaths with a warm face cloth • Taking your time with your skincare, or brushing your hair • Listening to calming music • Sitting quietly with herbal tea and a book, instead of the screen*



Elegant habits for every day life

If you are not sure where to begin, here are some little habits to help you weave elegance into your everyday. Start small, and only take and stick with what feels good for you: one gesture at a time is enough.

- Sip from a real glass or cup (not takeaway), or buy a beautiful tea cup or coffee mug to use at home every day.
- Tuck one small pretty item into your daily bag: a nice compact mirror, a colorful pouch, a beautiful lip balm or a favourite pen...
- Close doors and drawers gently.
- Use perfume or scented oil, even if you're staying at home for the day
- End the day with five quiet minutes before bed to care for your body (moisturise, stretch, or apply a calming scent)...
- Light a candle while cooking or working.
- Keep your nightstand clutter-free.
- Speak 10% more slowly than usual.
- Before you go to bed yourself, put your space "to bed" at the end of each evening by tidying up, closing curtains, turning off lights, straightening cushions etc... 'tomorrow-you' will be uplifted...
- Write your to-do list on beautiful paper or in a notebook you love.
- Display your favourite jewellery or perfume tray beautifully, even if it's just for yourself.
- Read for a few minutes before bed instead of scrolling.
- Take five minutes in the week to polish your shoes, clean your sunglasses, or steam something you love to wear.
- Walk with intention (shoulders relaxed, spine tall, gaze soft).
- Try to use people's names when you greet them.
- Iron your pillowcases or sleepwear once a week, just for yourself!
- Take a moment to breathe deeply before replying to messages.
- Wear house clothes that still make you feel polished and uplifted.
- Keep your handbag organized, even if you simply tidy it once a week.
- Look people in the eye and smile when you greet them.
- Display one item you love (it could be a book, a beloved photo, a scarf, a framed quote) somewhere you'll see it daily..
- Make your meals more intentional. Sit, savour, and try not to multitask...

