



FREE BONUS GUIDE #1



# NATURAL WELLNESS QUICK GUIDE

Simple Routines. Herbal Ideas.  
Everyday Checklists.



Your  
Natural  
Wellness  
Start  
Here



NATURAL WELLNESS QUICK GUIDE



SIMPLE  
ROUTINES



HERBAL  
IDEAS



EVERYDAY  
CHECKLISTS



NATURAL WELLNESS LIBRARY



# Welcome to Your Quick Guide

This bonus is designed as a practical reference—not a medical treatment plan. Use it to build simple, sustainable wellness habits that fit your routine.

# 1. The Simple Wellness Foundation

Focus on the basics first: regular meals, hydration, movement, sleep, stress management, and time outdoors. Small actions repeated consistently are easier to maintain than extreme routines.

## 2. A Calm Morning Routine

Try: drink water, open a window or step outside, take five slow breaths, eat a balanced breakfast if you are hungry, and choose one priority for the day.

### **3. An Easy Evening Reset**

Dim bright lights, tidy one small area, prepare tomorrow's essentials, write down unfinished thoughts, and give yourself a screen-free wind-down period.

## 4. Herbal Kitchen Basics

Ginger, peppermint, cinnamon, rosemary, and lemon are common kitchen ingredients. Enjoy them as foods or beverages according to your preferences. If you take medication or have a condition affected by herbs, check with a qualified professional before using herbs therapeutically.

## 5. Simple Ginger-Lemon Tea

Slice a small amount of fresh ginger, add hot water, let it steep, then add lemon to taste. This is a beverage idea, not a cure or treatment.

## 6. Peppermint Wind-Down Tea

Steep peppermint leaves or a caffeine-free peppermint tea in hot water. Enjoy slowly as part of a relaxing evening ritual.

## 7. Hydration Made Easy

Keep water visible, use a refillable bottle, drink with meals, and pair hydration with existing habits such as arriving at work or finishing a walk.

## 8. Balanced Plate Formula

A practical meal can combine vegetables or fruit, a protein source, a high-fiber carbohydrate, and a source of healthy fat. Adjust portions to your needs and preferences.

## 9. Movement Without a Gym

Walking, mobility work, gentle bodyweight exercises, stretching, and active household tasks all count as movement. Start at a comfortable level and build gradually.

## 10. Five-Minute Stress Reset

Pause. Relax your shoulders. Breathe slowly. Name what you can control today. Take one small next action instead of trying to solve everything at once.

## **11. Better Sleep Environment**

Keep the room comfortable, reduce unnecessary light and noise, and create a repeatable pre-bed routine. Consistency often matters more than perfection.

## 12. Weekly Wellness Checklist

- Move most days
- Drink water regularly
- Eat nourishing meals
- Spend time outdoors
- Protect your sleep routine
- Schedule time to rest

## 13. My Morning Plan

Today I want to feel: \_\_\_\_\_

My first priority: \_\_\_\_\_

One nourishing choice: \_\_\_\_\_

One movement choice: \_\_\_\_\_

## 14. My Evening Plan

What went well? \_\_\_\_\_

What felt difficult? \_\_\_\_\_

What can wait until tomorrow? \_\_\_\_\_

One thing I am grateful for: \_\_\_\_\_

## 15. Habit Tracker

Habit: \_\_\_\_\_ Week 1: ■ ■ ■ ■ ■ ■ ■ ■

Habit: \_\_\_\_\_ Week 2: ■ ■ ■ ■ ■ ■ ■ ■

Habit: \_\_\_\_\_ Week 3: ■ ■ ■ ■ ■ ■ ■ ■

## 16. Grocery Quick List

Produce: \_\_\_\_\_

Protein: \_\_\_\_\_

Whole grains/starches: \_\_\_\_\_

Herbs/spices: \_\_\_\_\_

Pantry basics: \_\_\_\_\_

## 17. Wellness Reflection

Which habit felt easiest? \_\_\_\_\_

Which habit needs simplifying? \_\_\_\_\_

What would make next week easier? \_\_\_\_\_

## 18. My Personal Wellness Rules

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## 19. Quick Reference

Keep this guide simple: nourish, move, hydrate, rest, reset. Avoid turning wellness into an all-or-nothing project. If something feels unsafe or causes concerning symptoms, seek appropriate professional advice.

## 20. Your Next Step

Choose one habit from this guide and practice it consistently for the next seven days. The goal is not perfection—it is a routine you can actually keep.