

NATURAL WELLNESS LIBRARY

30-DAY MENTAL WELLNESS SYSTEM

A simple step-by-step framework for routines, recovery & reflection

GUIDE • PLANNER • 30-DAY SYSTEM

How to Use the System

Use the guide for education, the planner for daily action, and this system for consistency. Keep the smallest version of each habit available for difficult days.

Week 1 — Notice & Simplify

Day	Action
1	Complete your baseline.
2	Choose one morning habit.
3	Identify one stress trigger.
4	Improve your evening cue.
5	Check your support network.
6	Set one digital boundary.
7	Review.

Week 2 — Build Routines

Day	Action
8	Repeat your easiest habit.
9	Add 10 minutes of movement.
10	Practice a balanced thought.
11	Schedule recovery.
12	Practice one boundary.
13	Connect with someone.
14	Review.

Week 3 — Protect Recovery

Day	Action
15	Simplify a routine.
16	Protect your sleep window.
17	Use the pause practice.
18	Do one restorative activity.
19	Connect.
20	Create a low-stimulation evening.
21	Review.

Week 4 — Make It Stick

Day	Action
22	Choose your two key habits.
23	Prepare your environment.
24	Review triggers.
25	Practice self-compassion.
26	Ask for support if useful.
27	Plan maintenance.
28	Review.

Days 29–30

Day	Action
29	Choose what continues.
30	Write your maintenance plan.

Maintenance Rules

1. Make the minimum version easy.
2. Missed days are data, not failure.
3. Review weekly.
4. Change one thing at a time.
5. Seek professional support when the situation calls for it.

My System

Habit	Cue	Minimum version	Reward
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____