

I woke up early on May 10, 2026 and asked myself:
How can I be amazing today?

I then had an empowering thought: Write what you know.
If there's anything I've learned these past 3 months,
it's how to be still. With just experience and memories,
I put together something that has helped put
peace in my heart, a smile on my face—
and keep the wrinkles at bay for a little longer.

Thank you to Canva and to all my teachers.

Happy Mother's Day, Mumzy!

I'd love to connect with you and share my journey
into flow, creativity, mindfulness, clarity, and gratitude!



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Relax With Me

By Rosario Anna Cristina C. Araneta

Print this document on short bond paper, preferably back to back. Fold it in half.
Follow the pagination. You now have a How To Booklet you may enjoy!



Write



- A letter to yourself
 - That you'll want to read 1-5-10-20 years from now
 - How am I grateful/powerful/safe/loved/present kind/enough/free/joyful/generous/forgiven chosen/worthy/mindful/at peace?
- In your journal, reflect on the following:
 - Goals
 - Life Purpose at this time
 - Needs Vs. Wants
 - What if you could?
 - What if you were unstoppable?
 - What if money weren't an issue?
 - Short/Mid/Long term plans for finances/career relationships/health/faith
 - What are important x urgent x not important x not urgent (draw quadrants) to me today?
 - What and how you believe in yourself and what you should be saying to yourself with kindness
 - How can I be amazing today?
 - How may I be a blessing unto others?
 - Yearly & Mindfully Spaced Out Experiences
 - 1-2 out of the country experiences (if possible)
 - 2-4 provincial adventures
 - 4-6 staycations
 - 6-12 dates with friends
 - 12-24 dates with your partner
 - 24-48 dates with yourself



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What Would I Do?



- Layout a "Relax With Me" booklet for the fun of it.
- Make Action Cards or cards with moving parts.
- Eat my comfort foods: pasta, milk chocolate, Cheetos, ice cream
- No gadgets one hour before sleeping
- Before sleeping, talk to your subconscious to help you solve pressing concerns while you sleep.
- Set aside time in the morning to journal about the day before and time in the evening to plan for the day ahead.
- Plan a daily, weekly, monthly, quarterly, yearly Cleaning and Declutter Plan with chart and tick off boxes.
- Learn more about NEUROPLASTICITY, NEURO SCIENCE, THETA WAVES, and NEURO LINGUISTIC PROGRAMMING.
- Write a booklet or a book you can talk about without need for research or a reference.
- Read to improve vocabulary and situational awareness.
- Jump on a trampoline/rebounder to drain your Lymphatic System for at least 10 minutes per day.
- Watch videos on pandas, baby goats, and hairy cows.
- One meal a day OR eat every 24 hours
- 3-Day fasting every month
- Paint in watercolor, acrylic, gouache.
- Shop for arts/crafts materials.
- Listen to self-help podcasts.
- Play with dogs.
- Calligraphy
- Coloring Books
- Create something.



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The Gut



- Parasite detox every 6 months
- Lemon water first thing in the morning
- Nothing sweet first thing in the morning to help your organs gently start their day
- Cook-refrigerate-reheat starches (like rice) before eating
- Eat as many dark green leafy vegetables as you can. The darker leafy veggies have more nutritional content than the lighter ones.
- Drink warm water to aid in digestion. Cold water slows the digestion process as the body must redirect energy to heat the food in the stomach in order to break the it down.
- Drink a glass of water with a tablespoon full of vinegar.
- Stop eating at least 3 hours prior to your sleeping time.

Breathe



- Long inhale, quick inhale in, long exhale
- Box Breathing
- 4 counts inhale, 4 counts exhale
- 4 counts inhale, 8 counts exhale
- 4 counts inhale, 12 counts exhale
- 4 counts inhale, 4 counts hold, 8 counts exhale
- Get a massage. Breathe with the therapist's strokes.
- Before climbing the stairs, take several measured deep breaths "to load muscles and organs with Oxygen".
- Exhale exactly when lifting weights or heavy items.



Mindset Reset



- What if I could?
- Comparison is the thief of joy.
- Repetition is the mother of skill.
- You get what you tolerate/negotiate.
- Practice makes permanent/progress.
- If this is rock bottom, then there's no way but up.
- The grass is always greener where you water it.
- If you say you can, you can. If you say you can't, you're right.
- What you can measure, you can change.
- The secret of life is the knowledge of death. For without it, man would not strive to leave his mark upon the Earth.
- If it is doable in 5 minutes, just do it already.
- If you're going to do it anyway, you may as well put maximum effort into the activity.
- Pick your top 5 values and live them with consistency.
- Save money/resources so that they can help you make passive income.
- Borrow money to grow money. Do not borrow money to spend it on trips, parties, luxury items.
- If you borrow money, return it before you're asked to.
- People who complain come from a place of lack. People who give thanks come from a place of gratitude/abundance.
- Choose high-frequency friends. They support and inspire.
- It's not the destination but the adventure getting there that challenges and changes you.
- Replace "problem" with "challenge" or "opportunity".
- Where focus goes, energy flows.
- The Universe gives you exactly what you wish for. Be mindful!
- Ask (for the maximum), and you shall receive. Believe and behave as if you already have it.



Move



- Walk in nature (ocean, forest, hike in a park, etc.)
- Cupping joint points, massage lymphatic areas.
- Dance like no one is watching.
- Swim or walk in all directions in armpit-deep water.
- Jump 200 times a day to encourage bone density.
- Tone muscles by regularly lifting weights. Having more muscle mass than fat helps with metabolism and to protect the bones.
- Following the 4 counts inhale, 12 counts exhale pattern, walk barefoot from heel to toe.
- Grounding - walk barefoot on different (safe) surfaces
- Walk at sunrise to get your Vitamin D quota for the day.
- Repeat this pattern for 30 minutes:
 - Walk for 30 seconds.
 - Run your fastest for 30 seconds.
 - Slow down to calm the heart rate for 3 minutes
 - Say to Yourself: I am safe. I can do hard things safely.
- Alternate using the steam room then taking a cold plunge.
- Do 10 Squats every 1 hour daily.
- Declutter 1 space for 10 minutes every day.
- Lunge-walk to the bathroom instead of just walking to it.
- Shake your whole body for 3 minutes.
- Walk at least 30 minutes a day.
- Stretch, rotate limbs, cross the midline.
- Brush your teeth with the non-dominant hand while standing on one foot.
- Clean the house to a Running Playlist for an energetic pace.
- Get lots of hugs for a calming but happy hormone release.



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4

Surroundings



- Be by clean water forms. Enjoy the view.
- Bird songs give the body a safety signal. Running water sounds calm the nervous system.
- Stay away from news (they're typically negative and stress-inducing. Do not encourage/align with gossiping busy bodies.
- Be in nature, enjoy the views of greenery and lush gardens.
- Guitar, harp, piano, violin, classical music
- Declutter spaces of dead leaves/plants/rotted items/unused clothes/broken furniture/old toys.
- Diffuse pure and high quality essential oils
- Use a humidifier or a misting spray for your skin to cool off.
- Let sunlight into the room every morning.
- Let air/breeze circulate in the house.
- Remove gadgets from the sleeping area. Do not plug phones/ iPads/smart gadgets in your bedroom.
- Include potted plants in frequently lived in rooms for more Oxygen.
- Have a place for things like keys, jewelry, change, contracts, bills, deposit slips, receipt, etc.
- Stick to a routine that will aid your daily flow/planning and lessens decision fatigue.
- A Vision Board and Aligning Your Plans with your partner/ team will help keep your eyes on the prize.
- When going to sleep, remove light sources, put A/C on cool.
- Follow a winding down routine to complete at least 8 hours of uninterrupted sleep.
- Crystal singing bowls
- Binaural beats
- Wind chimes



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5