



Back2Basics4Life.com
Simplify. Reset. Thrive.

5 Simple Shifts

TO CREATE A CALMER, MORE CONNECTED LIFE

Practical tips you can use right away.



1



PAUSE BEFORE YOU REACT

Take a breath. Check in.
Choose your response.

 Try today: Pause three times.

2



CHOOSE CONNECTION OVER PERFECTION

People over perfect.
Listen. Be present.

 Try today: Have one
uninterrupted conversation.

3



START WITH GRATITUDE

Notice the good.
It changes your mindset.

 Try today: Write down
three good things.

4



MOVE YOUR BODY, CALM YOUR MIND

Move more. Stress less.
Feel better.

 Try today: Move for
10 minutes.

5



LIVE WITH PURPOSE

Know what matters.
Take small steps daily.

 Try today: Do one thing
that aligns with your values.

YOUR 5-DAY CHALLENGE

Day 1	Pause Before You React	☐
Day 2	Choose Connection Over Perfection	☐
Day 3	Practice Gratitude	☐
Day 4	Move Your Body	☐
Day 5	Live with Purpose	☐

REFLECTION

-  Which shift feels easiest
to start today?
-  Which one could make the
biggest difference in your life?
-  What's one commitment
you'll make this week?



*Small shifts.
Big impact.* 

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Helping individuals, families, organizations,
and communities create calmer minds,
stronger relationships, and healthier lives—
one simple shift at a time.

