

# The Daily Flow Starter Kit

A simple, soul-fueled rhythm to help you show up aligned—not overwhelmed.

## 1. One Small Joy

What's one thing I can do today just because it brings me joy?

- Sip coffee outside
- Dance to a favorite song
- Send a voice note to a friend

Why: Joy anchors presence. It's not extra—it's essential.

## 2. One Bold Move

What's one thing I can do today that stretches me or moves me forward?

- Hit "publish"
- Ask for help
- Say no with peace

Why: Boldness builds trust with yourself. You're not stuck—you're stepping.

## 3. One Moment of Reflection

What did I learn or notice today?

- A thought that kept returning
- A habit worth keeping (or leaving)
- A feeling I finally faced

Why: Reflection brings wisdom. It turns your day into direction.

## How to Use It:

- Print it, pin it, or save it to your phone
- Use the prompts in your morning or evening
- Let it be light, not another to-do