

THE WURKKFLOW PRESENTS: THE FREE SOFT LIFT STARTER KIT

Welcome to The Wurkkflow

Hey beautiful soul,

Welcome to The Wurkkflow, your sacred space created to uplift, empower, and nurture Black women like you. The Soft Lift Starter Kit is your invitation to gently reclaim your peace, your rest, your wealth, and your healing. Whether you're starting over, slowing down, or finally putting yourself first—this kit is designed to hold you through it all.

Here, rest is resistance, softness is power, and you are the priority.

Let's begin your journey back to you.

1. Healing Resources: Because You Deserve Wholeness

Soft Self-Care Checklist

- Drink a full glass of water before checking your phone.
- Take 5 deep, grounding breaths while speaking a loving affirmation to yourself.
- Spend at least 10 minutes outdoors—let the sun or breeze kiss your skin.
- Name how you feel today. Speak it aloud or journal it down.
- Do one joyful, restful thing—just because you want to.

Journaling Prompts for Inner Clarity

- What does healing look like for me right now, in this season of life?
- Who am I becoming when I give myself space to rest and breathe?
- What have I outgrown, and how can I lovingly release it?
- Where can I soften, forgive, or open up to joy this week?

Mini Meditation Ritual

1. Find a quiet, cozy space where you won't be disturbed.
2. Sit or lie down comfortably. Place one hand on your heart, the other on your belly.
3. Inhale through your nose for 4 counts, hold for 4, exhale for 6.
4. Repeat for 5-10 minutes. When your mind wanders, gently return to your breath.
5. Close by repeating: "I am safe. I am soft. I am supported."

2. Resting Toolkit: Because You Deserve Peace

Rest Rituals That Restore

- Power Down Routine: 1 hour before bed, dim the lights and disconnect from screens.
- Set the mood: Light a candle, spray your favorite scent, or play soft music.
- Intentional Wind-Down: Stretch, journal, or read something nourishing.

Mindful Moments You Can Sneak In Daily

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- Pause to breathe deeply before sending a text or email.
- Take a 'stillness sip'—sip tea or water without distractions for 60 seconds.
- Keep a Joy Jar: write down one beautiful moment per day.

3. Spiritual Growth: Because You Are Sacred

Create a Vision Board That Aligns With Your Soul

- Use your phone or printable to gather images and words that reflect the life you're calling in.
- Focus on how you want to **feel**—free, abundant, rested, radiant.
- Keep your board visible—let it be a daily reminder of your truth.

Affirmations for the Soft Black Woman

- “I am allowed to rest without guilt.”
- “My softness is not a weakness, it's a revolution.”

- “Everything I desire is already finding its way to me.”
- “I am becoming more me every day, and that is enough.”

4. Financial Empowerment: Because Your Wealth Is Worthy

Budgeting the Soft Way

- Start where you are—awareness is the first step to freedom.
- Track your income and expenses weekly. Be honest, not harsh.
- Create categories that reflect your values: Joy Fund, Rest Fund, Essentials, Growth.
- Use tools like Goodbudget or Mint.

Resources to Elevate Your Money Mindset

Books:

- 'We Should All Be Millionaires' by Rachel Rodgers
- 'Get Good with Money' by Tiffany Aliche (The Budgetnista)

Podcasts:.

- 'Rich & Regular' – wealth-building tips through a Black lens.

Websites & Tools:

- The Financial Diet – practical, relatable finance advice.
- Investopedia – learn basic investment terms and strategies.

Questions

- What does healing look like for me right now, in this season of life?
- Who am I becoming when I give myself space to rest and breathe?
- What have I outgrown, and how can I lovingly release it?
- Where can I soften, forgive, or open up to joy this week?
- What does freedom look like for me in this season?
- How do I want to feel when I wake up each morning—and what can help me feel that way?

Daily Grounding Practice

1. Find a calm, safe space—on your bed, in the bath, or outside.

2. Close your eyes. Inhale deeply through your nose for 4 counts, hold for 4, exhale slowly for 6.
3. Feel your body. Name where you're holding tension—and allow it to melt.
4. Whisper this affirmation: "I deserve to rest. I choose peace. I am safe."
5. Repeat this for 5-10 minutes—soft music or silence is your choice.

Resting Toolkit: Rest Is Your Birthright Nighttime Reset Rituals

- Turn off your phone and TV 30 minutes before sleep.
- Use a calming scent like lavender, eucalyptus, or your favorite oil.
- Journal one sentence: What am I releasing from today?
- Listen to a sleep meditation or your personal softness playlist.

Soft Breaks to Sprinkle Through Your Day

- Set a reminder to stretch and hydrate every 90 minutes.

- Keep a Joy List near your workspace—do one thing from it daily.
- Close your eyes and breathe whenever you feel overwhelmed.
- Let silence be sacred. Just five minutes of stillness resets your nervous system.