



30-day

SLOW DOWN CHALLENGE CHILDHOOD

Welcome to the **30-Day Slow Down Childhood Challenge**. I am so excited to walk in this season of slowness together! Before diving in, review the items below to help lay the groundwork for the next 30 days:

- ☐ Take the word “Challenge” lightly. Think of this more as an invitation to connect to a pace and way of being that nourishes you and your family. Do what you can, when you can. Change what you need. **This is YOUR family’s own unique experience!**
- ☐ Get a journal dedicated to writing your observations, thoughts, and progress throughout the Challenge.
- ☐ Take 5 minutes to reflect and journal on what you would like to achieve by joining the Challenge.
- ☐ Share with your family that you have joined the Challenge and what inspired you to join. All of these prompts are focused on families with children in mind, but can also be done individually.
- ☐ Define a space where you can feature the Challenge for the next 30 days. Feel free to add any candles, quotes, or decorations - anything that inspires you to slow down.
- ☐ The holiday season can be incredibly stressful. If it gets overwhelming in any way, come back to your breath and remember to reroot to how YOU want to walk in this season of life.



**"Nature does not hurry, yet everything
is accomplished." - Lao Tzu**












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When shame or frustration rises, remember the golden rules of this challenge:

-  There is no perfect way to do this challenge or this life.
-  Small steps add up.
-  When feeling overwhelmed, let Mother Nature help you reroot and slow down.
-  Being present while doing something is going to feel a lot slower than doing that same thing in an unpresent state.
-  The moment, the very moment you are in when you read this is THE most precious thing you have. It is possible to plan for the future without dwelling in it.
-  To shift your energy, breathe and focus on what IS working.
-  You've got this.

Invite friends to join in the slowing down. Having a supportive community is key to successfully forming new habits and making these shifts. You can invite them [HERE](#).

