

30 Days to a Slower Life



*A Simple Action Plan to More
Peace, Purpose, and Presence*

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Introduction

This **Slow Living Action Plan** is a gentle introduction to the practices explored in the full 30-day journey. Designed as a simple yet powerful tool, it offers daily reminders to slow down, live with intention, and savor life's small moments. Use it to check in with yourself regularly and remember, slow living is a lifelong practice, not a destination.

Key Reminders:

- **Take it one step at a time:** Slow living isn't about perfection—it's about progress. Each small action brings you closer to a more peaceful, intentional life.
- **Be present:** Each moment is an opportunity to slow down and live with purpose. Let go of distractions and enjoy what's in front of you.
- **Celebrate the little things:** The small moments matter. Whether it's a deep breath, a quiet walk, or a good conversation. Every moment contributes to your journey.



Weekly Reminders:

- **Start Your Day with Intention:** Each morning, take a moment to pause, breathe, and set an intention for the day. I want you to know that today is a fresh opportunity to live with presence and purpose.
- **Create Space for Rest:** Rest is not a luxury; it's essential. Prioritize moments of stillness throughout the day. Even five minutes can bring you back to a place of peace.
- **Stay Present in the Moment:** Throughout the day, remind yourself to return to the present moment. Take a deep breath, put down your phone, and appreciate the little things.
- **Unplug and Reconnect:** Set boundaries for technology use. Aim to reduce screen time in the evenings and spend time in nature or with loved ones.

Daily Action Steps:

Day	Action	Reminder
Day 1	Begin your day with three intentional breaths, notice how your body feels. Write down all the sensations you feel in your body currently.	There is no perfect time to begin. You are exactly where you're meant to be. Slow down and check in with yourself before diving into the to-do list.
Day 2	Create a simple morning ritual. Before scrolling on your phone enjoy tea in silence, stretching, or lighting a candle and meditating for 5 minutes.	How you start your day matters. Start small: add one nourishing practice to your morning routine.
Day 3	Set boundaries for tech use. Set a 2-hour phone-free window today. Notice how it feels.	Every scroll or notification pulls energy. Practice using tech intentionally, limiting distractions during moments of presence.
Day 4	Cancel one non-essential task. Use the time to rest guilt-free and just be with yourself.	Saying "no" can create space for things that nourish you. Busyness is not a badge of honor.
Day 5	Focus on unwinding in the evening. Try a screen-free hour before bed. Journal, read, or stretch. Notice how your mind feels before drifting off to sleep.	Your nighttime rhythm sets the tone for tomorrow. Create a calming evening routine to close the day with ease.

Day	Action	Reminder
Day 6	Tune in to your body. Check in with your body every few hours today. What do you notice? Are you hungry, thirsty, tired, or tense?	Your body is wise. Are you listening? Notice any areas of tension or stress and honor what your body needs.
Day 7	Embrace the beauty of doing nothing. Spend 20 minutes today doing nothing. No distractions. Just be.	Rest is productive. Silence holds answers. Let go of productivity and savor moments of quiet stillness.
Day 8	Create a gentle outline of your day: Add 1–2 simple activities that feel grounding or nourishing. Ex: Morning : enjoy coffee without a screen, Midday : step outside for fresh air, Evening : enjoy 1 hour of screen-free time before bed.	Your life doesn't need a strict schedule. It needs a rhythm that supports you, not drains you. Simplify your day with a morning, midday, and evening routine.
Day 9	Align your movements with the sun. Spend 5–10 minutes outside in the morning light. Notice how your energy feels afterward.	Sunlight is nature's timekeeper. Aligning with it can gently reset your body and spirit. Try to wake up with the sunrise and wind down with the sunset.
Day 10	Savor a mindful meal. Enjoy one meal today without distractions. No phones, screens, books, etc. Just you and your food. Chew slowly, savor flavors, give thanks. What do you notice?	Eating slowly is a radical act in a fast-paced world. It tells your body, "You're safe." Eat slowly, paying attention to each bite and the nourishment it brings.

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Day 11	Choose a simple task like washing dishes, sweeping, folding laundry. Do it slowly, mindfully. How does it feel physically, does it smell, what sounds do you notice, what do you see or notice? Stay present.	When we give our full attention to simple things, life becomes sacred again. Do something repetitive, like folding laundry, and bring your full presence to it.
Day 12	Plan your evening wind-down. Create a wind-down ritual tonight: dim lights, gentle music, journal, warm incense, meditate, a hot shower, or tea.	Evenings are invitations to slow the body, soothe the mind, and honor what was. Disconnect from screens and create a peaceful environment to ease into sleep.
Day 13	Make something with your hands. Create something small today: cook, draw, knit, garden, write. Let it be imperfect.	Slow living is not only stillness, it's creation. Your hands are sacred instruments. Engage in a creative, hands-on activity like crafting, cooking, gardening, etc.
Day 14	Focus on rhythm over routine. Notice where your current "shoulds" could become softer rhythms. Let one go today.	Rigid routines lead to burnout. Rhythms ebb and flow and they honor your natural energy. Allow your day to flow naturally, staying adaptable to your needs.
Day 15	Ground with nature. Stand barefoot on grass, earth, or sand for 5+ minutes. Breathe deeply.	You're not separate from nature. You <i>are</i> nature. Let your feet remember. Spend time outside, feeling the earth beneath your feet.

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Day 16	Spend time with trees. Sit or walk among trees today. Observe, listen, thank them.	Trees are teachers of patience, rootedness, and presence. Walk through a park or forest and connect with nature's grounding energy.
Day 17	Visit your animals (or those around you). Spend quiet time with your pet or wildlife. Watch, connect, don't rush.	Animals are slow-living masters. They remind us how to just be. Spend time connecting with the creatures you care for, whether it be pets, chickens, or wildlife.
Day 18	Say no to hustle. Say no to one thing that drains you today. Make space instead.	Busyness is not a badge of honor. You're allowed to rest without guilt. Take a break from the constant drive for productivity and be kind to yourself.
Day 19	Simplify one space in your home. Choose one small space (a drawer, a corner) and simplify it with love.	Your environment reflects your inner state. Less clutter = more peace. Tidy a small area like a desk or corner, and clear any clutter to invite calm.
Day 20	Create without purpose. Make something today purely for joy. No outcome, no perfection.	Not everything needs to be productive. Joy is enough. Engage in a creative activity without any pressure or goal in mind.

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Day 21	Walk slowly. Take a walk without a destination. Feel your feet. Notice beauty.	Walking becomes meditation when we let it. Take a slow walk and focus on your surroundings, noticing details you might usually overlook.
Day 22	Reflect on what matters most. Write down your top 5 values. Let these guide today's choices.	Slow living begins by getting clear on what truly matters to you. Check in with your core values and align your actions with them.
Day 23	Schedule with soul. Review your week. What's aligned? What can you release or shift?	Your calendar reflects your priorities. What if it reflected your soul? Make sure your calendar aligns with your priorities and allows room for ease.
Day 24	Design a weekly reset ritual. Create your own "Slow Sunday" or weekly reset ritual. Keep it simple: A quiet Sunday evening of reflection, a few moments of gratitude, a nature walk, or even a relaxing bath.	A weekly pause helps you realign, reflect, and restore. Choose a day to reset and recharge each week, making space for relaxation.
Day 25	Reevaluate your technology use. Turn off phone notifications for 24 hours. Notice the peace that returns.	Technology is a tool not your master. Make intentional choices about screen time, and reduce distractions when possible.

Day	Action	Reminder
Day 26	Let go of "shoulds." Notice every time you say "should" today. Replace it with "I choose to" or "I want to."	"Should" is often rooted in guilt and old programming. Let your life be a choice. Release any self-imposed pressure and choose what truly feels aligned with your needs.
Day 27	Slow your social connections. Reach out to someone you care about. Share from the heart. Be fully there.	True connection thrives in slowness and when we're present with each other. Spend quality time with loved ones, focusing on deep, meaningful conversations.
Day 28	Visualize your slow life. Close your eyes. Visualize a day in your ideal slow life. Feel it. Savor it.	You're not chasing a slower life. You're creating it. Right now. Take a few moments to imagine the life you want to continue creating, full of simplicity and joy.
Day 29	Celebrate your shifts. Do something joyful today to honor your journey like dance, spend time in nature, or a prepare special meal.	You've made space. You've slowed down. Celebrate that gently and fully. Acknowledge and celebrate how far you've come on this journey.
Day 30	Reflect and integrate. Re-read the actions and reminders. Choose 3 practices you'll carry forward. Write them somewhere visible.	Slow living is not a destination. It's a devotion to presence, over and over again. Take time to reflect on this entire journey and decide how you'll continue living intentionally.

City Life to Farm Life

Feel free to print this action plan as a handy reference to keep by your side as you continue to embrace the slow living lifestyle. It's not about doing everything at once, but rather integrating these practices at your own pace and staying mindful of the present.



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