

Holistic Day My Plan



Morning

- get up between 6 - 6.30
- Stretch, Yoga, Breathwork
- Apply oils: Balance under my feet, Copaiba 3 drops under tongue
- 1 Glass of warm water with 2 drops Lemon EO
- healthy breakfast for my kids
- load washing-machine
- take LLV, Terra-Zyme, PB Assist

Lunch

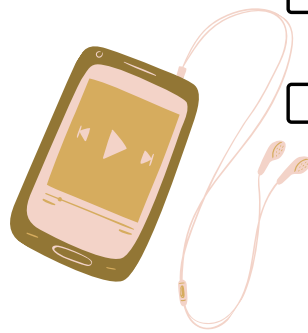
- healthy meal for lunch
- breathwork and movement (5-10 Mins.)
- social media check & mails

Wind-down evening

- run diffuser with calming oils, light candles
- take shower with selfcare
- yoga, work-out, read book, netflix, knit, water my plants...
- write, journal, reflect on day

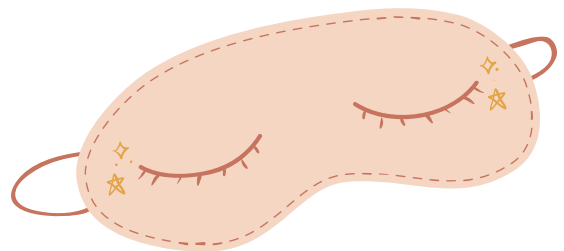
Work-Routine

- 3 most important tasks
- unplug phone
- run diffuser with peppermint & citrus oils for concentration
- apply peppermint, in-tune etc.
- drink 1 Liter Water with citrus oils
- listen to podcasts, audible etc. while doing household tasks



After-School

- unplug from phone
- quality time with kids
- outdoor time



- Apply: Serenity, Adaptive, Copaiba
- 22.00 h lights out