

MY SLOW *August* RHYTHM

Creating gentle rhythms for
a slower, simpler and more
intentional August.



MORNING

- ♥ Today's weather... ..
- ♥ One thing I'd love to notice... ..
- ♥ One simple intention for today... ..
- ♥ Something that will nourish me... ..



AFTERNOON

- ♥ Something seasonal I'd love to enjoy... ..
- ♥ Time outside... ..
- ♥ A nourishing meal or snack... ..
- ♥ A moment just for me... ..



EVENING

- ♥ One slow moment I want to savour... ..
- ♥ Something I'm grateful for today... ..
- ♥ Today's favourite memory... ..
- ♥ How I want to feel tomorrow... ..

*Slow down
enough to
notice the
beauty of
this season.*



OUR LITTLE HOUSE
IN THE COUNTRY

