




Salt + Soil Wellness

Soft Structure Checklist

This isn't about rigid routines. This is about anchoring your days in ways that feel gentle, grounded, and real.





Choose 1–3 anchors for your week that support your nervous system and your season of life. Here are a few places to start:

Morning Anchors

- ☐ Play a calming playlist while getting ready
- ☐ Make your tea or coffee without checking your phone
- ☐ Do one intentional breath cycle before your feet hit the floor
- ☐ Light a candle or open a window and speak your intention aloud

Midday Anchors

- ☐ Step outside for 3 minutes of fresh air or sun
 - ☐ Do a check-in: “What do I need right now?”
 - ☐ Choose lunch that feels nourishing instead of just convenient
 - ☐ Text someone you love just to connect
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Evening Anchors

- ☐ Put your phone in another room for the last hour of your night
- ☐ Dim the lights, lower the volume, soften the energy
- ☐ Stretch or journal for 5 minutes before bed
- ☐ Say something kind to yourself before sleep



Weekly Rhythm Ideas

- ☐ Monday = Movement
- ☐ Wednesday = Wind Down
- ☐ Friday = Reflection
- ☐ Sunday = Soft Reset (prep, rest, and restore)



You don't need to do everything. You just need something that feels like you.

Pick one. Try it. Adjust. Let softness lead.

