MAISON ELÁ

The Soft Life *Blueprint*

Becoming her. Living with intention.



A LIFESTYLE GUIDE + PERSONAL WORKBOOK

YOUR READING MAP

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Begin with the chapter that would make this week easier. Return to the rest when you have room.

03 / DAILY RHYTHM

Routines that fit real life

A routine is useful when it saves you decisions. It does not need a 5 a.m. start or a long list of rituals. Build around events that already happen, such as waking up, coming home, and preparing for bed.

Choose three simple anchors

Beginning: Before opening social media, decide what deserves your attention today.
Transition: After work or caregiving, take a brief pause before the next demand.
Closing: Put one thing in place for tomorrow, then choose a stopping point.

Keep a full version and a small version

A full evening reset might include washing dishes, preparing clothes, and reviewing tomorrow. A small version might be setting out your bag. Both should serve you; neither needs to become a test of your worth.

Shift workers, parents, students, and caregivers can use the same approach at different times. Attach the routine to your sequence of events rather than an ideal clock time.

EXAMPLE / AFTER A LONG SHIFT

Change into comfortable clothes. Sit quietly for five minutes. Decide what truly needs doing tonight. Leave one non-urgent task for another day.

My most useful daily anchor will be ...

15 / WRITE YOUR PLAN

Your personal blueprint

Keep this page realistic enough to use next week. Write short answers. You can revise the plan whenever your circumstances change.

Three words for the life I am creating

My most important goal for this season

The small action I will repeat, and when

The support or preparation that would help

My minimum version on a difficult day

My review date, and what I will look for