



NURTURE

- + your creativity
- + solitude
- + your innermost thoughts

By Janice Armstrong
@gatheredthreads



WELCOME

Nurture is something that has been in the back of my mind for so long.

A guide to journeying through a busy season with calm and intention; to carve out time for moments of self reflection, creativity and time in nature so you can be fully present and enjoy all the pleasures that autumn brings.



ABOUT

I am a mum to 3 girls, a part time primary school teacher and pursuer of calm! Even in a noisy house!

I have always been intentional about carving out time for both solitude and creativity - finding small pockets of time throughout the day, whether my girls were small or the teenagers they now are. Modelling to them the importance of enjoying the simple things of life and finding the richest blessings in the ordinary moments.

Hoping to show them that all these intentional little moments nurture the quiet parts of my soul; those parts that help me to deal with the everyday moments, the big moments and everything in between.

I can't wait to share what I have learned along the way with you!



NURTURE

7 DAY SHIFT

We will focus on making your solitude and creativity a part of your day to day, weaving them through so they become habits that will endure; changing your outlook on the ordinary loveliness of your days.

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Just write! Freeflow

Modern habits mean us taking in a huge amount of information - just think about your daily scroll! Our minds were not designed to take in and absorb the vast amount of processing we do....so it is important to 'brain dump' sometimes. To get rid of the thoughts that jumble by just writing...have a go below!



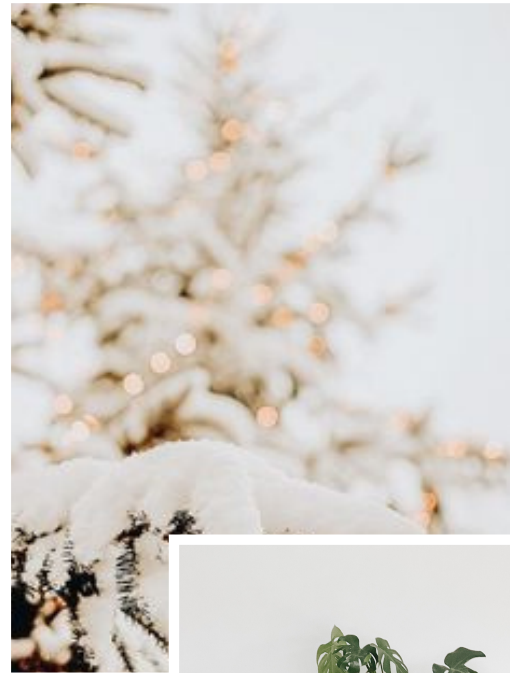
Finding your place

There is no right answer to this but take a little time to consider where you find peaceful.

It may be that your peaceful place is on your daily walk or on your favourite chair.

Acknowledge the places that bring you peace and dig into why that might be.

Look now to your home. Can you find a place that you enjoy. Think about how you can use that space to create a small 'haven' for yourself - a little place of sanctuary within a busy house.



CARVING OUT TIME



ROUTINES

You may be someone who shrinks away from the thought of routine but the truth is that routines take the decision making away and allow us to focus on the task rather than ‘will we do the task’ or ‘when will we do the task’.

Routines don’t have to be set in stone forever. They can be seasonal or change as your needs change but the simpler you keep it the more likely you are to keep it going!

MY ROUTINE



01

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02

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Time blocking

Quite often it is the things that bring us wellness are the things that are left until all the to-do lists have been completed and the messages done. But what if you never get to the end of that to-do list, or finish those messages. It is so important to block out time in your week for the things that bring you wellness and health. So before you pencil in anything else for the week ahead; choose a time each day, no matter how small, for something that will be just for you. That you know will restore and renew you

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

GRATITUDE

The habit of gratitude is powerful. Take a moment each day to think of a few things you are thankful for. Even in moments of stress or frustration try to redirect yourself to a posture of gratitude.



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Visual prompts:

Visual prompts are a great way of pulling your mind back when it gets distracted.

Having something which immediately reminds you of an affirmation or to be thankful or of a trait you are cultivating is an amazing way to lead a more intentional life.

Choose an object today you could use as a prompt and leave it somewhere visible so you will notice it through the day.



HABIT TRACKER

Choose some habits that you feel you would like to change or shift. Over the course of the next week tick them off daily. Even the action of jotting them down can help embed them into the fabric of your everyday.

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WHAT WORKED

TO IMPROVE ON

Notes



Notes

A large rectangular area with a light beige background and horizontal white lines, intended for writing notes. The lines are evenly spaced and extend across the width of the area.