

JOMO 75 Soft: A Gentle Rebuild

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~ Guide ~

Philosophy:

JOMO 75 Soft is about choosing intentionality over intensity. Its for anyone looking to reconnect with themselves, find peace in daily rhythms, and gently cultivate habits that feel good. There are no rest days because every day is restful in its own way. This isnt about willpower its about joypower.

Daily Practice: Choose 45 of these per day

You dont have to do all of them. Let it ebb and flow with your life.

1. Move Daily Gently or Strongly

- 30 minutes of intentional movement: walking, yoga, lifting, dancing.
- The key: it should feel good after, not like punishment.

2. Consume with Intention

- Read 5+ pages of something nourishing, or listen to a podcast that grounds you.

3. Eat with Attention

- One mindful meal each day. Eat slowly, with gratitude.

4. Take a Joyful Pause

- 510 minutes of mindfulness: journaling, breathing, silence, or even just staring at the ceiling.

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5. Practice Digital JOMO

- One phone-free pocket of time daily. Start with 15 minutes.

6. Wind Down Ritual

- Create a sleep cue: dim lighting, cozy socks, music, a warm drink, etc. Repeat nightly.

Weekly Cozy Prompts (Do 12 per week)

- Declutter one small space.
- Wear an outfit that feels 100% YOU.
- Make a seasonal playlist.
- Write a letter to your future self.
- Cook or bake something lovely.
- Take yourself on a solo date.

Feel Tracker (Use daily)

Instead of checkboxes, track your state of being:

- Energized
- Grounded
- Cozy
- Unsettled
- Overwhelmed
- Proud

Optional Reflections:

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- What brought me joy today?
- What drained me today?
- One tiny win Im proud of?
- What would feel nourishing tomorrow?

Reminder:

You dont need to transform to be worthy of rest, love, or softness. You already are.