

7-Day Micro-Habit Plan

Tiny steps, big changes. Follow this simple 7-day plan to build momentum toward better wellness.

Day 1–2

- Use an ice roller in the morning for 60 seconds to wake up and de-puff.
- Drink 8 oz of water immediately after waking up.

Day 3–4

- Do a 5-minute resistance band routine (squats, rows, presses).
- Diffuse lavender essential oil 30 minutes before bedtime.

Day 5–7

- Jump rope for 100 skips (or 1–2 minutes of light cardio).
- Use a sleep mask + earplugs at bedtime to deepen sleep quality.

Tip: Repeat the cycle weekly or stack habits gradually. Small consistent wins compound into lasting change.