



Guide to Wellness

A COMPLIMENTARY GUIDE

Small, simple habits that could change
how you feel.

EATNOURISHLOVE.COM

WHAT'S INSIDE

Fourteen habits, two chapters, and one of them to choose and keep.

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How to read this guide

Read the lead paragraph of each chapter first. If you only have five minutes, those sentences are the guide. Come back for the detail when you're ready to act on it.

What you'll leave with

Fourteen habits worth having, a way of making one of them stick, and permission to ignore the other thirteen until it does.

WELCOME

A NOTE FROM CAROLINE

Over the years I've tried more wellbeing trends than I can count. Most lasted a week.



The habits that actually changed how I feel were the small, unglamorous ones I kept doing, not the dramatic ones I did once.

None of what follows requires an overhaul of your life. It requires picking one or two things and actually doing them, consistently, before you add anything else.

*Real transformation comes from
doing the right small things,
consistently, for long enough that
they stop feeling like effort.*

CAROLINE CARY · FOUNDER, EAT NOURISH LOVE

Caroline x

BEFORE YOU BEGIN

Don't try all fourteen. Choose one, and practise it daily before you add the next.

Who is it for?

Anyone who has tried the dramatic version and watched it fall away by the second week. Nothing here needs equipment, a subscription or an hour you don't have.

How long will it take?

Ten minutes to read. Seven days to test your first habit. Thirty days before you add a second.

Quick-start idea

Before you read on, pick the one habit below that you already half do. Do it properly, on purpose, for the next seven days. That's your starting point.

Caroline's tip

Don't try all six tomorrow. Choose one. Practise it daily before you add the next.

HABITS THAT SET THE TONE

How the first half hour goes tends to decide the rest of it.

01 Water before coffee

Start your day with a large glass of water before anything else. Small, consistent actions create results that dramatic ones rarely do.

02 Daylight in the first thirty minutes

Step outside for natural light soon after waking. It's one of the simplest, most under-used resets available to you.

03 Delay your phone

Leave it alone for the first thirty minutes of the day. Whatever's in it will still be there. Your morning, once gone, won't be.

04 Move before you open your laptop

Ten minutes of walking before you start work changes the whole shape of the day that follows.

05 One intention, chosen on purpose

Before the day runs away with you, choose one thing you want it to hold. It doesn't need to be big.

06 Three things, written down

Gratitude, actually written rather than just thought, works differently. It's the noticing that does the work.

HABITS THAT KEEP YOU STEADY

These are the ones that hold, over months rather than mornings.

07 Strength, twice a week

You don't need a programme. You need to do it twice a week, consistently, for longer than feels exciting.

08 Real food, more often

Whole, real food, more of the time. Not perfection, just more often than not.

09 Slow breathing when it's needed

A few slow, deep breaths when you feel stretched thin does more than it looks like it should.

10 Boundaries, actually protected

Learn to say no without a paragraph of justification attached. It's a full sentence on its own.

11 A small digital break, daily

A short window, phone genuinely away, most days. It doesn't need to be long to matter.

12 People who lift you

Notice who you feel like afterwards, not just during. Spend more time with the people who leave you better than they found you, and find a community that challenges you gently to keep growing.

13 A calmer evening

Screens off a little earlier, a small wind-down routine. Tomorrow starts tonight.

How to make one of them stick

Attach a new habit to one you already do without thinking, and it sticks far faster.

TRY THIS

Habit stacking

James Clear's research on habits makes a simple case: attach a new habit to one you already do without thinking, and it sticks far faster. After the kettle boils, stretch for two minutes. After you brush your teeth, name one thing you're grateful for.

Celebrate progress, not perfection

You will miss days. That's not failure, that's what real habits look like while they're forming. What matters is going back to it the next day, without making it mean anything about you.

Ask yourself

Which one habit, done consistently for a month, would make the biggest difference to how I feel?

Write it here

THIRTY DAYS, ONE HABIT

Pick one habit from this guide. Not the most impressive one, the one you're most likely to actually do tomorrow.

- ☐ Choose the one habit you're most likely to do tomorrow.
- ☐ Attach it to something you already do without thinking.
- ☐ Commit to it for thirty days before adding anything else.

Your challenge

Real transformation doesn't come from doing everything at once. It comes from doing the right small things, consistently, for long enough that they stop feeling like effort.

About Eat Nourish Love

Eat Nourish Love and the ENL Collective exist to support real, sustainable wellbeing, alongside real, sustainable business. We publish guides like this one, run events throughout the year, and open doors between the people in our community wherever we can.

Thank you for spending this time with me and this guide. I hope even one part of it helps.

Caroline x



MORE FROM EAT NOURISH LOVE

COME AND JOIN US

I'd love to have you with us.

The ENL Collective is our curated community for founders, brands and people who want to grow through connection as much as strategy. We run events through the year, share ideas, and open doors for each other wherever we can.

Come and say hello on Instagram, and if you'd like more like this straight to your inbox, pop your email in at eatnourishlove.com to join the list.

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