

LA MAISON GUARIRE

MODERN HEALING, ROUTED IN NATURE

October Wellness Guide

*A month of movement,
nourishment and
reflection*

Hello. beautiful.

October is an invitation to slow down, check in with yourself and create space for the life you want to live.

This guide is here to help you build simple, sustainable habits round movement, nourishment, strength and reflection.

It's not about perfection, it's about progress, presence and coming back to you.

LET'S DO THIS

Elleni



Where Are You Now?

Take a moment to reflect. There are no right or wrong answers, just an opportunity to be honest with yourself.

- How have I been feeling physically, mentally and emotionally?
- What has been draining my energy lately?
- What am I proud of myself for?
- What have I been neglecting that I know I need to do?
- How do I want to feel by the end of October?

You don't need to change everything, you just need to identify where you'd like to begin.

Your Daily Wellness Foundations

Small habits, big impact. These daily foundations will help you feel more energized, balance and grounded.



Morning Hydration

Start your day with a glass of water before reaching for your coffee. Give yourself a moment to wake up and hydrate.



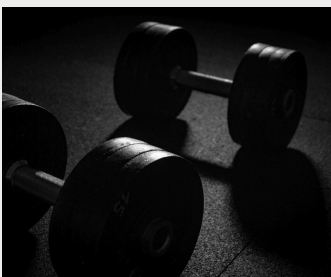
Prioritize Protein

Make protein part of your first meal. Think eggs, Greek yogurt, cottage cheese or a protein smoothie. Pair it with fibre-rich foods to keep you satisfied.



Get Outside & Walk

Aim for a daily walk, even if it's just 15 - 20 minutes. Enjoy the fresh air, get some natural light and take a break from your everyday responsibilities.



Make Time for Strength

Aim for 2-3 strength training sessions a week. Start with manageable weights, focus on good form and gradually build strength. Rest days matter too!



Create Space to Reflect

Spend five minutes in the evening journaling, reading or simply sitting quietly. Make room for yourself, away from the noise of the day.

Your Weekly Movement Routine

A simple plan to keep you consistent feeling strong and energized.



MON

Strength Training

Full body : 30 - 40 minutes

TUE

Walking

30 minute walk + mobility

WED

Strength Training

Full body : 30 - 40 minutes

THU

Walking

30 minute walk, outdoors if possible

FRI

Strength Training

Full body : 30 - 40 minutes

SAT

Enjoy Movement

Longer walk, yoga or something fun

SUN

Rest and Reset

Gentle movement and weekly reflection

Weekly Journal Check - In

Each Sunday, take 10-15 minutes to pause, reflect and set an intention for the week ahead

WEEK 1 - October 1-4

Awareness

- Where am I right now, and how am I truly feeling?
- What habits are supporting me, and which ones are holding me back?
- What is one thing I can do this week to prioritize myself?

WEEK 2 - October 5 - 11

Consistency

- Where have I shown up for myself this week?
- How has movement and nourishment affected my energy?
- What can I simplify to make my routine easier to maintain?

WEEK 3 - October 12 - 18

Letting Go

- What am I holding on to that is no longer serving me?
- What am I putting unnecessary pressure on myself?
- What would it feel like to give myself permission to slow down?

WEEK 4 - October 19 - 25

Reconnection

- What makes me feel most like myself?
- What changes have I noticed in my body, mood or mindset?
- What do I want to make more room for in my life?

WEEK 5 - October 26 - 31

Intention

- What am I most proud of this month?
- Which habits do I want to carry into November?
- Where do I want to be by the end of the year, and what is one step I can take toward it?

October

Autumn naturally invites us to slow down, reflect and make space for change. It reminds us that growth doesn't always mean doing more. Sometimes it means releasing what no longer serves us, settling healthier boundaries and learning to be comfortable with where we are.

This month, set an intention to:



Release

Let go of one habit, expectation or pattern that no longer feels right.



Nourish

Give your body the food, movement, hydration and rest it needs.



Reconnect

Make time for the things and people that bring you .



Grow

Take small steps toward the version of yourself you want to become.

YOUR OCTOBER INTENTION

*“I don’t need to have it all
figured out.*

*I just need to keep showing up
for myself, one day at a time.”*



October Reset

MOVE - NOURISH - REFLECT - GROW

- ☐ Drink water each morning
- ☐ Eat a protien-rich breakfast
- ☐ Walk at least 5 days of this week
- ☐ Strength train 2-3 time
- ☐ Take time to journal
- ☐ Be kind to yourself

Progress, not perfection



Thank you

FOR BEING HERE

LA MAISON GUARIRE

Modern Healing, Rooting in Nature

NATUROPATHY | REIKI | WELLNESS