



ALIGN WITH YOUR DIVINE • BODY

Seven Nourishing Habits

Small, kind habits to nourish the body, one gentle step at a time.

A FREE GUIDE FROM CHARLOTTE HIMSWORTH

WELCOME

Small habits, gently kept

We live on three planes at once: the physical, the mental and the spiritual. All three need nourishing, and when one is cared for, the others are lifted too.

This little guide is about the first: the body that carries you through every day. It holds seven small habits. There are no rules here, no counting and no restriction, just simple acts of kindness towards yourself.

Choose one habit to begin this week. When it feels natural, add another. Small steps, kept gently, change a life.

With love,

Charlotte

This guide shares general wellbeing information, not medical or dietary advice. Please speak to your GP before changing what you eat or drink, especially if you are pregnant, take medication or have a health condition. If food or eating feels difficult for you, please speak to your GP; you deserve support.

Begin the day with water

Before coffee or screens, a glass of water. Your body has rested for hours; a gentle drink wakes it kindly.

TRY THIS

Keep a glass or bottle by the bed, and let it be your first small act of care each morning.

Add colour

Different colours in plants bring different goodness. A plate with some colour on it is a plate that nourishes.

TRY THIS

At each meal, ask: could I add one more colour? A handful of leaves, a few berries, a slice of pepper.

Choose whole foods, most of the time

Food close to how nature made it: vegetables, fruit, beans, whole grains, nuts, eggs, fish and good fats.

TRY THIS

No food is forbidden. Simply let whole foods be the heart of most meals, and enjoy the rest with joy and without guilt.

Eat slowly, with gratitude

When we sit, slow down and taste, the body notices when it is satisfied, and the meal becomes a moment of peace.

TRY THIS

Sit down to eat, put the phone away, take a breath before the first mouthful, and silently say thank you.

Move gently, every day

The body loves to move. Gentle, regular movement lifts the mood, eases stiffness and helps every system flow.

TRY THIS

A walk outdoors, a stretch, a dance in the kitchen. Choose what you enjoy, and begin with ten minutes.

Protect your sleep

Sleep is when the body rests, repairs and renews. Nothing we eat can replace it.

TRY THIS

Keep a regular bedtime, dim the lights and put screens away an hour before sleep. Let the evening be gentle.

Notice, with kindness

Every body is different. Noticing how food, rest and movement make you feel is how you learn what yours needs.

TRY THIS

Keep a few simple notes for a week: what you ate, how you slept, how you felt. Look back with curiosity, never judgement.