

# SPIRAL UP STARTER LIST

A GENTLE LIST OF TINY ACTIONS TO HELP YOU SHIFT UPWARD, ONE KINDNESS AT A TIME.

## Body Kindness Moments



- Drink a glass of water
- Stretch your arms overhead
- Take three slow breaths
- Step outside for fresh air
- Eat something simple and comforting

## Emotional Softening



- Replace one harsh thought with a gentler one
- Put your hand on your heart for a moment
- Say, “I’m doing the best I can today.”
- Celebrate one tiny win
- Let yourself rest without earning it

## Small Acts of Nourishment

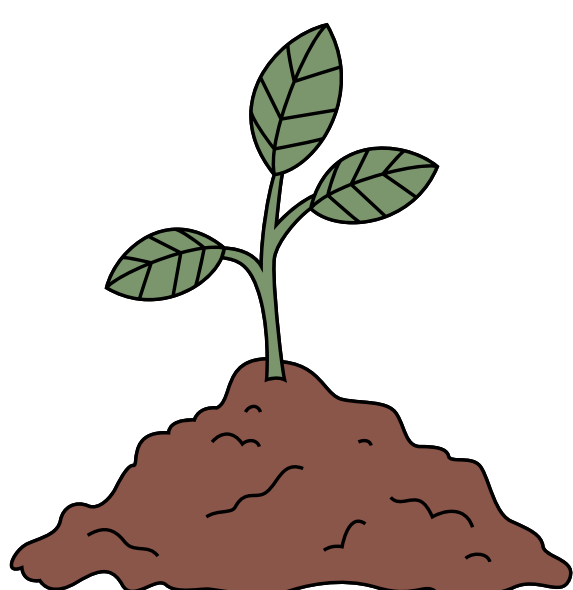


- Tidy one small surface
- Make a warm drink
- Do a 2-minute reset (breathing, stretching, grounding)
- Choose the next right thing, not the perfect thing
- Notice one thing that feels good in your body

## Connection & Comfort



- Text someone who feels safe
- Sit with a pet or soft blanket
- Listen to a calming or uplifting song
- Light a candle or open a window
- Read a few pages of something soothing



## ✨ A Gentle Reminder

You don't have to climb the whole staircase.  
You just choose one small kindness — and let it lift you to the next.

